



My Emergency Preparedness Guide



*A guide for individuals with **disabilities** and their families*

EVERYONE SHOULD HAVE A PLAN

As a person with a disability, planning is critically important because during an emergency you may not have access to the supplies and resources you need to stay healthy, safe, and independent. Emergency planning includes having the food, medicine, and medical supplies in place to make it on your own when disaster strikes. Talk to your health care provider about the specific supplies you will need to have on hand that will last for two weeks.

Who to Call

Keep your home care/hospice company's number close by the phone in case you need assistance. And if you are having a true emergency, call 9-1-1.

EMERGENCY PREPAREDNESS CHECKLIST FOR INDIVIDUALS WITH A DISABILITY

- Create an emergency plan and communicate it to at least three relatives, friends, or other caregivers.
- Arrange for more than one person from your personal support network to check on you in an emergency.
- Prepare an emergency kit for your home that is portable, waterproof, and insulated, which includes medications and supplies for two weeks. Check it every 2-3 months and watch for expiration dates. Also remember to include any necessary assistive devices such as crutches, walkers, hearing aids, and visual devices.
- Save a copy of complete personal medical information and other important documents, such as legal papers, a list of medications and dosages, and insurance information. Include contact information for your health care providers.
- Know how to connect and start a back-up power supply for essential medical equipment.
- Label equipment and attach laminated instructions for use.
- Consider purchasing a portable medical alarm device that calls for help if you experience a medical emergency.
- If you use an electric wheelchair or scooter, have a manual wheelchair in case of loss of power.
- Learn about community warning systems, evacuation routes, and special assistance programs available in an emergency.
- Contact your local emergency management office to determine if they maintain a registry of people who require evacuation and transportation assistance during a disaster. Consider registering and remember to update if your information changes.

PREPARE AHEAD OF TIME

- During storms and outages, stay aware of alerts, warnings, and emergency communications. Monitor both traditional (TV, radio) and non-traditional media (web, social media) for announcements.
- Record your county's emergency management, fire, and police non-emergency phone numbers, and the numbers of any other organization or service that you may need.
- Know the emergency plan for your area including evacuation routes, shelter locations, and emergency numbers. Store the information on your mobile device and emergency kit.

Emergency Supply Kit

In addition to your emergency kit, be sure to keep these items on hand for emergencies:



Water – one gallon of water per person per day for at least three days



Food – at least a three-day supply of nonperishable food



Battery Powered Radio – and extra batteries



Flashlight – and extra batteries



First Aid Kit – be sure to check expiration dates of the contents and keep them up to date



Whistle – to signal for help



Dust Mask – or cotton T-shirt, to help filter contaminated air



Plastic Sheeting and Duct Tape – to shelter-in-place



Wrench or Pliers – to turn off utilities when necessary



Can Opener – to open canned food



Infant Formula and Diapers – if you have an infant



Local Maps– including a map of your area and a map for where you plan to go if you are evacuated

Other Considerations

Prepare an emergency kit for your pet or service animal. Have the vaccination record, recent photo, food, water, medicine, etc. collected in one container. Consider having your pet microchipped in case you are separated.

If you require electric powered medical equipment, notify your power company before an emergency. Keep assistive technology devices charged when not in use.

For More Information & Resources

For more information and resources, you can visit these websites.

<http://preparedness.dhmh.maryland.gov> and www.facebook.com/MarylandOPR

www.mema.maryland.gov

www.mncha.org/emergency-preparedness

<http://mdod.maryland.gov/ep/Pages/Emergency-Prep-Home.aspx>



Provided in partnership by the Department of Health and Mental Hygiene Office of Preparedness and Response and the Maryland-National Capital Homecare Association in consultation with the Maryland Department of Disabilities Emergency Preparedness

WRITE THE NAME AND PHONE NUMBER
OF YOUR HOME CARE/HOSPICE
COMPANY IN THIS BOX.