

If Disaster Strikes

Remain calm and be patient.

- Put your Emergency Plan into action.
- Check for injuries. Give first aid and call 911 only for life-threatening emergencies.
- Follow the advice of local emergency officials.
- Listen to your radio or television for news and instructions.
- Evacuate, if advised to do so. Wear protective clothing and sturdy shoes.

Check your home for damage.

- Use flashlights. Do not light matches or candles.
- Do not turn on electrical switches until you rule out damage.
- Shut off any other damaged utilities.
- Check for fires, fire hazards and other household hazards. Sniff for gas leaks, starting at the water heater. If you smell, hear, or see gas, or suspect a gas leak, turn off the main gas valve, open the windows, and get everyone outside quickly.
- Clean up spilled medicines, bleaches, gasoline and other flammable liquids immediately.

Remember to...

- Confine or secure your pets.
- Call your family contact. Do not use the telephone again unless it is a life-threatening emergency.
- Check on your neighbors, especially those living alone, or those who are elderly or have a disability.
- Stay away from downed power lines.



The American Red Cross of Greater Los Angeles and the Los Angeles County Department of Health Services want individuals and families to be prepared for all types of emergencies. We believe that emergency preparedness can save lives and we encourage everyone to take as many of the steps in this pamphlet as possible to help ensure their own safety.



To find out more about emergency preparedness visit www.redcrossLA.org, www.labt.org or www.ladhs.org.

Emergency Plan For People with Disabilities

Emergencies can happen at any time, often with no warning. Some emergencies can force a person to evacuate their home; others may force whole neighborhoods to be evacuated, while still others may require people to stay in their homes for days. Whether small or widespread, **emergencies can pose special challenges for individuals with disabilities.** If you or a loved one has a disability and were forced to evacuate your home, or if basic services such as water, gas, electricity or telephones were cut off, would you, your family and your neighbors know what to do to ensure your well-being and safety?

People with disabilities are best prepared to cope with emergencies by preparing customized emergency plans in advance, and sharing it with those around them. Having a plan and knowing what to do is your best protection and an important responsibility.



Emergency Checklist

- Check with your local fire department and/or city hall for more information on emergency preparedness for disabilities in your community.
- Learn what to do in case of power outages and personal injuries. Know how to connect or start a back-up power supply for essential medical equipment.
- If you or someone in your household uses a wheelchair or an assistive device, make more than one exit from your home wheelchair-accessible in case the primary exit is blocked in a disaster.
- Teach those who may need to assist you in an emergency how to operate necessary equipment.
- Arrange for a relative and/or neighbor to check on you in an emergency.
- Learn to turn off the water, gas and electricity at the main switches.
- Consider getting a medical alert system that will allow you to call for help if you are immobilized in an emergency.
- Keep family records in a watertight, fireproof container.
- Discuss what types of emergencies are mostly likely to happen in your area. Discuss what to do in each case.
- Using the floor plan provided, determine the best escape routes from your home. Find two ways out of each room.
- Learn about your community's warning signals: what they sound like, what you should do when you hear them, and what visual signals are available if you have a hearing loss.
- Pick two places to meet:**
 1. Right outside your home in case of a sudden emergency, like a fire.
 2. Outside your neighborhood in case you can't return home.
- Everyone must know their emergency contact addresses and phone numbers.
- Ask an out-of-state relative or friend to be your "family contact."
- After a major disaster, it's often easier to call long distance. Family members should call this person and tell them where they are. Everyone must know your contact's phone number.
- Ask about animal care during and after a disaster. Pets are not allowed inside emergency shelters or in some hotels. Contact your local humane society for additional information. Plan how to take care of your pets. Service animals are allowed in shelters.
- Find out about the emergency plans at your workplace, your children's school or daycare center and other places where your family spends time. Make sure all family members are aware of the different plans.

Emergency Plan



For People with Disabilities



Prepare an Emergency Supply Kit

The essential items of a kit include at least a three-day supply of food and water for each person, first aid supplies, clothing and bedding, tools, and emergency supplies and special items.

Review your kit every six months. Replace the food and water and add necessary items as your family's needs change.

Disability Checklist

- Extra wheelchair and hearing aid batteries, oxygen, medication, catheters, food and water for service animals, or other special equipment you might need.
- A list of the style and serial numbers of medical devices, such as pacemakers.
- Store backup equipment, such as a manual wheelchair, at a neighbor's home, school, or your workplace.

Water

- Store one gallon of water per person (or pet) per day. Store water in plastic containers, such as soft drink bottles. Avoid using containers that may break, such as glass bottles.

Food

Select foods that require no refrigeration, preparation or cooking and little or no water.

- Ready-to-eat canned meats, fruits, and vegetables, canned juices, milk, soup, high energy foods, such as peanut butter, jelly, crackers, granola bars, trail mix,
- Special food for infants, elderly persons, or persons on special diets, comfort food, such as cookies, candy, etc.

First Aid Kit

Assemble a first aid kit for your home and one for each car.

- Sterile adhesive bandages in assorted sizes, 2-inch sterile gauze pads (4-6), 4-inch sterile gauze pads (4-6), Hypoallergenic adhesive tape, Triangular bandages (3), 2-inch sterile roller bandages (3 rolls), 3-inch sterile roller bandages (3 rolls), Scissors, Tweezers, Needle, Moistened towelettes, Antiseptic, Thermometer, Tongue depressor (2), Petroleum jelly or other lubricant, Assorted sizes of safety pins, Cleansing agent/soap, Latex gloves (2 pair), Sunscreen.

Tools and Supplies

- Eating utensils, cups, and plates, solar, manual or battery operated radio and extra batteries, flashlight and extra batteries, non-electric can opener, whistle, plastic sheeting, duct tape, map, gloves, wrench (to turn off gas and water), crowbar, soap or antibacterial gel, toilet paper, feminine supplies, personal hygiene items, such as a toothbrush and toothpaste, plastic garbage bags, chlorine bleach, cash (small bills and coins. If the electricity is out you won't be able to use ATMs or credit cards).

Clothing and bedding

- Blankets or sleeping bags



Test your smoke alarms monthly and change the batteries at least once a year.



- Do not overload electrical outlets.
- Install smoke alarms - especially near bedrooms. Clean and test smoke alarms once a month. Change batteries at least once a year.
- Keep a whistle in each bedroom to awaken household members in case of a fire.
- Purchase an A-B-C type fire extinguisher.
- Have a collapsible ladder on each upper floor of your house.
- Consider installing home sprinklers.

Fill out, copy and distribute to all family members

Emergency Meeting Place (outside your home) :

Meeting Place (outside your neighborhood) :

Phone: _____

Address: _____

Family Contact:

Phone (Day) _____

Phone (Evening) _____

Create an Escape Plan

In a fire or other emergency, you may need to evacuate your house, apartment or mobile home on a moment's notice. You should be ready to get out fast.

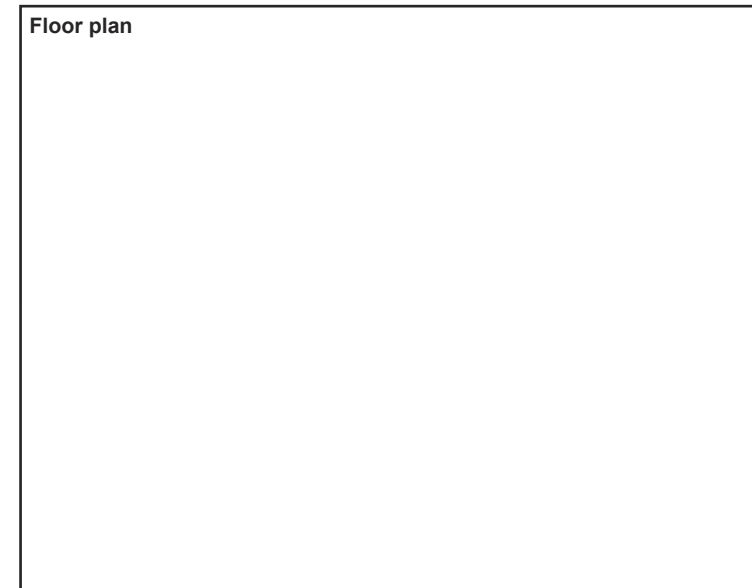
Develop an escape plan by drawing a floor plan of your residence. Indicate the location of emergency supplies (Emergency Supplies Kit), fire extinguishers, smoke alarms, collapsible ladders, first aid kits and utility shut off points.

If you or someone in your household uses a wheelchair or other mobility device, make more than one exit from your home wheelchair-accessible in case the primary exit is blocked in a disaster.

Next use a color pen to draw a broken line charting at least two escape routes from each room. Mark a place outside your home where household members should meet.

Practice emergency evacuation drills at least two times each year.

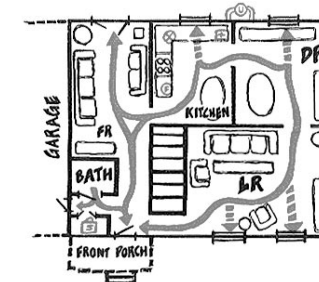
Floor plan



Use the box to draw your floor plan

Use a second sheet of paper if you have a multiple level home.

Example Escape Plan



- Normal Exit Route
- Emergency Exit Routes
- Fire Extinguisher
- Smoke Detectors
- Disaster Supplies Kit
- Doors
- Collapsible Ladder
- Reunion Location (Outside)
- Stairways
- Utility Shut Off
- Windows
- First Aid Kit

Hazard Hunt

In a disaster, ordinary items in the home can cause injury and damage. Anything that can move, fall, break or cause a fire is a potential hazard.

- Keep the shut-off switch for oxygen equipment near your bed or chair, so you can get to it quickly if there's a fire.
- Repair defective electrical wiring and leaky gas connections.
- Fasten shelves securely.
- Place large, heavy objects on lower shelves.
- Brace overhead light fixtures.
- Secure water heater. Strap to wall studs.
- Repair cracks in ceilings or foundations.
- Store weed killers, pesticides and flammable products away from heat sources.
- Place oily polishing rags or waste in covered metal cans.
- Clean and repair chimneys, flue pipes, vent connectors and gas vents.



Don't hang pictures and mirrors above beds.