Emergency Preparedness: Hurricanes, acts of terrorism, pandemic flu and floods are in our minds today. But, even though we all know what CAN happen… are we prepared? Would we know what to do?

For families of individuals with disabilities and/or health care needs, planning becomes even more difficult. Knowing how you will respond is critical. It means extra attention to details and needs that typical families may not have to worry about. Using this preparation and planning guide can help you be better prepared, no matter what the emergency or disaster!

This guide is a project of the Consortium for Infant and Child Health (CINCH) Children with Special Health Care Needs Work Group. Funding and program support for this guide was provided by Care Connection for Children at Children’s Hospital of The King’s Daughters. This guide, originally developed by Conni Wells, AXIS Group I, LLC, was adapted with permission from the Florida Institute for Family Involvement.
Emergencies can occur without warning. Where will your family be when disaster strikes? They could be anywhere—at work, at school or in the car. How will you find each other? Will you know if your loved ones are safe? What if your child/adult has disabilities or health care needs? You may need to evacuate your neighborhood or be confined to your home. What would you do if basic services—water, gas, electricity or telephones—were cut off for several days? Local officials and relief workers will be on the scene after a disaster, but they cannot reach everyone right away. If you have an individual with disabilities or health care needs, planning becomes critical. You could be on your own for several days with limited resources.

Families can cope with emergencies by preparing in advance and working together as a team. Being prepared is your best protection and your responsibility. This booklet is organized to assist you and your family in being prepared and ready for emergencies!

**SECTION ONE: Thinking Ahead**

This section will assist you in thinking about possible emergencies and where to begin with preparation for your family.

- Types of Emergencies and Disasters
- Resources

**SECTION TWO: Emergency Planning & Preparation**

Planning is critical to keep your family safe. Families dealing with individuals with disabilities or health care needs require extra planning. This section will focus on planning and preparation.

- Emergency Supply Kits
- Developing an Emergency Plan for Your Family and Neighborhood

**SECTION THREE: Response & Recovery**

Plans will be put to test in an emergency situation. There are many things for a family to consider when responding to a disaster and beginning the recovery process. This section will offer strategies to enable families to move from the emergency response through recovery.

- Evacuation
- What to Do When Disaster Strikes
- Tips to Help Families Support Their Loved Ones
Types of Emergencies

Natural disasters and emergency situations are not new to the families of Virginia. The state has experienced major hurricanes, tornados, floods, and wild fires multiple times over the last few years. Each natural disaster has the potential to kill, injure, displace, and cause property damage to thousands.

Most families, when discussing emergency preparation, think about hurricanes. But, there are many types of natural disasters that are common to the state. This includes fires during the dry months, floods from heavy rains, coastal damage from Atlantic storms, tornados and high winds, and fog that causes extended periods of limited visibility. Families should also be prepared for disease epidemics that could hit the state, causing limited access to health care and forcing strict sanitation and prevention practices or extended stays within the home or a community because of quarantine.

We cannot escape the vision of September 11, 2001 and continued threats of terrorism. Since terrorism can come in many forms, such as bombs, disease, or attack, it is important that your family understand how to put into action an emergency plan for a variety of situations.

Families need to think about potential situations and make sure they can adapt their plan to meet their family's needs no matter what the cause of the emergency.

By calling one number, 511, motorists everywhere in the state can find out about construction updates, lane closures, traffic incidents, severe weather reports and Amber Alerts for child abductions.

http://www.readyhamptonroads.org
Ready Hampton Roads is a public awareness campaign supported by the Hampton Roads Planning District Commission in coordination with the Cities of Chesapeake, Franklin, Hampton, Newport News, Norfolk, Poquoson, Portsmouth, Suffolk, Virginia Beach, and Williamsburg, and the Counties of Gloucester, Isle of Wight, James City, Southampton, Surry, and York. The purpose of this outreach initiative is to promote emergency preparedness within the Hampton Roads region. This website can help those who have medical or functional needs plan for emergencies.

http://www.readyvirginia.gov/
Ready Virginia is a statewide public education effort to prepare Virginians for all hazards, including natural disasters and potential terrorist attacks. The web site is a central, authoritative resource for preparedness information for all Virginians.

http://www.vaemergency.gov/
This site provides information and planning tools to the Virginia Emergency Management Community. It has helpful information on disasters (all kinds), planning, disaster supply kits, maps of evacuation routes, maps of potential coastal flooding due to storms, and much more.
services in Virginia

The Federal Emergency Management Agency website has information on current and past disasters, applying for assistance, maps, and libraries of information and resources for disaster planning, response, and recovery. They also have a special website (http://www.fema.gov/kids/) just for kids.

The Homeland Security office hosts a website to assist Americans in preparing for and responding to disasters of all kinds. The site has kits, tools, forms, and resources available for downloading.

The Red Cross website is home to a broad base of information relating to planning and response to disasters. The site has resources as well as specific information for communities after a disaster strikes.

National Oceanic Atmospheric Administration’s (NOAA) weather programs touch the lives of every American. Every day, decisions are made based on NOAA weather information – from the mundane "should I pack an umbrella today?” to the most critical and potentially life-saving. With the mission to protect life and property, and enhance the United States’ economy, NOAA’s National Weather Service is the sole official voice of the U.S. government for issuing warnings during life-threatening weather situations.

Over the past few years we as Americans have experienced both natural and man-made disasters. In an effort to better inform the community the Northeast Texas Public Health District has compiled 18 Emergency Preparedness Topics and formatted the information to be friendly to deaf, blind, and limited sight populations. The information is in video and downloadable document format for public use. There is no charge for use of the materials posted on this website.

Paratransit services are federally mandated through the American with Disabilities Act (ADA) of 1990 that provides special transportation services for people with disabilities who are unable to use fixed-route public transportation for some or all of their mobility needs. In addition to paratransit services, area transportation systems also make their fixed-route services as accessible as possible, and offer discounted fares to people with disabilities. A variety of different vendors throughout Virginia exist and have made arrangements with localities for emergency situations.

http://www.fema.gov/
The Federal Emergency Management Agency website has information on current and past disasters, applying for assistance, maps, and libraries of information and resources for disaster planning, response, and recovery. They also have a special website (http://www.fema.gov/kids/) just for kids.

http://www.ready.gov/america/index.html
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http://www.redcross.org/
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http://www.weather.gov/
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http://www.accessibleemergencyinfo.com/
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https://211virginia.org
2-1-1 Virginia is a free service available 24 hours a day, seven days a week that can help individuals find the local resources they need. 2-1-1 is an easy to remember phone number. When called, a trained professional can connect people with free information on available services in their community and statewide using one of the largest databases of health and human services in Virginia.

http://www.nad.org
The National Association of the Deaf (NAD) is a civil rights organization that preserves, protects, and promotes the civil, human and linguistic rights of individuals who are deaf and hard of hearing in the United States of America.

http://www.ncd.gov
The National Council on Disability (NCD) is an independent federal agency charged with advising the President, Congress, other federal agencies, state, tribal communities, local governments, and other entities and organizations regarding policies, programs, practices, and procedures that affect people with disabilities and enhance equal opportunity.

http://www.ncil.org/
The National Council on Independent Living (NCIL) advances independent living and the rights of people with disabilities through consumer-driven advocacy.

http://www.nod.org
The National Organization on Disability (NOD) is a private, non-profit organization that promotes the full participation of America’s men, women, and children with disabilities in all aspects of life. The current focus is on improving employment prospects for America’s 33 million working-aged Americans with disabilities.

http://www.jik.com/disaster.html
June Isaacson Kailes is a consultant and a disability rights advocate. Respected and recognized nationally and internationally, she is one of the original national leaders in the Independent Living Movement. June is the recipient of many honors and awards and has published widely on disability-related topics including numerous articles, book chapters, monographs and training manuals to include emergency preparedness.

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Your Loved One with Disability & Health Care Needs

- Do you have a current care plan and list of medications from your loved one’s physician?
- Do you have an emergency information form filled out for your loved one?
- Do you have a minimum of a two week supply of medications and supplies for your family member with disabilities and/or health care needs?
- Do you have back up systems or plans for medical equipment that require electricity? (notify your local power company)
- Have you discussed with your family member’s doctor the best place for him/her in the event there is a disaster?
- Are your local emergency management team and neighbors aware that you have a family member with disabilities and/or health care needs and are they familiar with those needs? (See http://www.readyhamptonroads.org to contact your local emergency management office)
- Do you have an emergency plan for your loved one while he/she is at school, day care or church?

Your Family

- Does your family have an emergency plan? Have you practiced your plan?
- Do you have an emergency supply kit for your family?
- Have you designated and shared with friends and family a “meeting” place and central point of contact should your family be separated during an emergency?
- Have you discussed disasters and emergency situations and preparation with your children/adults and shared information on common disasters?
- Have you shown your children/adults pictures of emergency workers common to disaster scenes (such as workers in uniform, in fire suits, and workers wearing protective face gear)?
- Have you made plans for your pets?

Your Home

- Have you checked your home for materials and items that might pose a hazard during a disaster? (Don’t forget the outside!)
- Have you located and learned how to turn on and off utilities such as gas and electricity?
- Do you have a working smoke and carbon monoxide detectors in your home?
- Does your home have necessary resources such as a water hose, fire extinguishers, generators, etc?
- Have you developed a plan with your neighbors on how you will assist one another in case of an emergency?
SECTION TWO: Preparation & Planning Tips

- Meet with your family and discuss why you need to prepare for emergencies. Explain the dangers of fire, severe weather, and hurricanes to your loved ones. Plan to share responsibilities and work together as a team.

- Discuss the types of natural disasters and emergency situations that could happen. As a family, discuss how this can affect all family members and how you will address the needs of individuals with a disability and/or health care needs. Explain what to do in each case.

- Pick two places to meet in the event you are separated. You might pick outside your home in case of a sudden emergency such as a fire. Or, if you can’t return home, you would pick someplace outside of your neighborhood. Everyone must know the address of the “meeting place” and how to contact one another.

- Ask an out-of-state friend to be your "family contact." After a disaster, it's often easier to call long distance. Other family members should call this person and tell them where they are. Everyone should memorize your contact's phone number.

- Discuss what to do in an evacuation. Plan how to take care of your pets or service animals.

- Post emergency telephone numbers by phones (fire, police, ambulance, hospital, doctor, poison control, etc.).

- Teach everyone how and when to call 9-1-1 or your local Emergency Medical Services number for emergency help.

- Show each adult family member how and when to turn off the water, gas, and electricity at the main switches.

- Decide the best evacuation routes from your home.
Emergency Supply Kit

For Families of Individuals with Disabilities and/or Health Care Needs
Preparation is the key to surviving an emergency and managing the chaos that occurs afterwards. There are many tips for preparing for a disaster that are applicable to all families. In addition, families with individuals with disabilities or health care needs must be prepared to manage their needs under undesirable conditions. One way to prepare is by making an Emergency Supplies Kit. By gathering and storing supplies in advance, your family can more readily handle an evacuation or home confinement. Remember that putting together an emergency kit can seem like a daunting task. So, purchase and gather necessary items over a period of weeks or months each year. Every few months, recycle water, food and other perishable items from your kit.

WATER
Store water in plastic containers such as soft drink bottles. Avoid using containers such as cardboard milk cartons or glass bottles. A person needs to drink at least two quarts of water each day. Hot environments and intense physical activity can double that amount. Children, nursing mothers, and many persons with disabilities and/or health care needs will require more.

- Store one gallon of water per person per day.
- Keep at least a three-day supply of water per person (two quarts for drinking, two quarts for each person in your household for food preparation/sanitation).*

FOOD
Store at least a three-day supply of non-perishable food. Select foods that require no refrigeration, preparation or cooking, and little or no water. If you must heat food, pack a can of sterno. Select food items that are compact and lightweight.

- Ready-to-eat canned meats, fruits, and vegetables with pop tops
- Canned or boxed juices
- Staples (salt, sugar, pepper, spices, etc.)
- High-energy foods such as raisins, peanut butter, or granola bars*
- Vitamins
- Food for infants*
- Food that meets diets of individuals with disabilities & special care needs(such as special formulas, Pedialyte)*

If You Must Leave Home
You should always be prepared to evacuate. Items that should be packed in preparation for an evacuation to a shelter or a safe location are marked with an asterisk*. Keep all of the items that you will most likely need during an evacuation in an easy-to carry container—such as a backpack or duffle bag. Keep the bag in an easy to reach place near the exit you most often use at your home.
FIRST AID SUPPLIES

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

A FIRST AID KIT SHOULD INCLUDE:

- Sterile adhesive bandages in assorted sizes
- Assorted sizes of safety pins
- Cleansing agent/soap including waterless alcohol based
- Latex gloves (2 pairs)
- Sunscreen
- 2-inch sterile gauze pads (4–6)
- 4-inch sterile gauze pads (4–6)
- Triangular bandages (3)
- Anti-itch cream (Hydrocortisone)
- 2-inch sterile roller bandages (3 rolls)
- 3-inch sterile roller bandages (3 rolls)
- Eye dressing pads
- Scissors
- Tweezers
- Needles and thread
- Moistened towelettes
- Antiseptic
- Thermometer
- Tongue blades (2)
- Tube of petroleum jelly or other lubricant

NON-PRESCRIPTION MEDICATIONS IN AGE APPROPRIATE DOSES FOR ALL FAMILY MEMBERS

- Tylenol or Ibuprofen pain reliever
- Anti-diarrhea medication
- Antacid (for stomach upset)
- Laxative
- Activated charcoal if advised by the Poison Control Center 1-800-222-1222

SUPPLIES FOR DISABILITY & HEALTH CARE NEEDS:

- Two week supply of all disposable medical supplies such as dressing materials, nasal cannulas, or suction catheters
- Two-week supply of all medications, prescription, non-prescription
- Generator or battery backup for all electrical medical equipment
- Copies of prescriptions for medical equipment, supplies, and medications
- Extra contact lenses and supplies or glasses
- Extra batteries for hearing aids, communication devices
- Special dietary foods and supplies
- Wheelchairs and/or other necessary mobility equipment, such as, a power wheelchair, charger, wheelchair repair kit, walker, cane, gait trainer, etc.
- Sensory items such as weighted blankets, fidgets, chew items

Have a cooler and ice on hand to store any prescription medications that need refrigeration.

FOR INFANTS, CHILDREN & INDIVIDUALS WITH DISABILITIES AND HEALTH CARE NEEDS (TWO WEEK SUPPLY)

- Formula-ready to eat or with sterile water for mixing
- Diapers
- Bottles
- Powdered milk
- Medications
- Pacifiers
- Favorite blanket or toy

If a mandatory evacuation is not ordered, can you care for yourselves and your home without outside assistance – “sheltering in place” - for ten days? Depending on your family’s needs & resources available, it might be a better option to stay in place versus going to a shelter.
TOOLS AND EMERGENCY SUPPLIES
- Cups, plates, and plastic utensils
- Emergency preparedness manual
- Battery-operated radio with extra batteries
- Flashlight with extra batteries
- Cash or traveler’s checks, change
- Non-electric can opener, utility knife
- Fire extinguisher: small canister ABC type
- Tube tent - pop up tent
- Pliers
- Tape
- Compass
- Matches in a waterproof container or lighter
- Aluminum foil
- Plastic storage containers
- Signal flare
- Paper, pencil
- Needles, thread
- Medicine dropper
- Tool(s), to turn off household gas and water
- Whistle
- Plastic sheeting
- Map of the area (with shelter locations and evacuation routes)
- Non electric cooking utensil, such as a camp stove or burner (for outside use only)
- Charcoal for grill (outside use only)

SANITATION
- Toilet paper, towelettes
- Soap, liquid detergent (waterless, antibacterial)
- Feminine supplies
- Personal hygiene items
- Plastic garbage bags, ties (for personal sanitation)
- Plastic bucket with tight lid
- Disinfectant or household chlorine bleach

CLOTHING AND BEDDING
- Include at least one complete change of clothing and footwear per person appropriate for the season and conditions
- Sturdy shoes or work boots
- Rain gear
- Blankets and sleeping bags
- Hat and gloves
- Sunglasses

ENTERTAINMENT
- Games (card or board games)
- Books for all ages
- Personal hotspots and/or chargers for WiFi, tablets, cell phones, etc.

DOCUMENTS AND OTHER IMPORTANT ITEMS
Keep these records in a waterproof, portable container:
- Will
- Insurance policies
- Contracts & deeds
- Stocks and bonds
- Passports
- Social security cards
- Immunization records
- Bank account numbers
- Credit card account numbers and companies
- Inventory of valuable household goods
- Phone book with important telephone numbers
- Family records (birth, marriage, death certificates)
- Cash, traveler’s checks and coins
- Disposable camera

Keep items in airtight plastic bags or containers. Change your stored water supply every six months so it stays fresh. Replace your stored food every six months. Review your kit and family needs at least once a year.
If Disaster Strikes...

Stay calm. Put your plan into action.
Check for injuries and give first aid or get help for seriously injured people.
Listen to your battery powered radio for news and instructions.
Evacuate, if advised to do so.
Check for damage in your home.
Use flashlights—do not light matches or turn on electrical switches if you think there may be damage to your home.
Check for fires, fire hazards and other household hazards.
Check (smell) for gas leaks, starting at the water heater. If you smell gas or suspect a leak, turn off the main gas valve, open windows, and get everyone outside quickly. Shut off any other damaged utilities.
Clean up spilled medicines, bleaches, gasoline and other flammable liquids immediately.
Put your pets in a safe place.
Call your family contact--do not use the telephone again unless it is a life-threatening emergency.
Check on your neighbors, especially persons who are elderly or disabled.
Stay away from downed power lines.
Watch animals as they will be confused and scared and may be dangerous.
Be careful of snakes and insects. They may be on the move looking for new homes or a place to hide.

NEIGHBORS HELPING NEIGHBORS

Meet with your neighbors to plan how you can work together after a disaster until help arrives. If you’re a member of a neighborhood organization, such as a home association or crime watch group, introduce disaster preparedness as a new activity. Know your neighbors’ special skills (such as medical, technical) and how to help those that have varying needs, such as persons who are elderly or disabled. Teach your family members who in the neighborhood can help them in the event there is a disaster and you cannot get home. Make sure your neighbors know how to contact you at work and where your family meeting place is in the event of a disaster. Set up a system with your neighbors to “signal” for needed help, such as a towel shut across the top of the front door or a red ribbon on their door knob.

PRACTICAL TIPS

Stay in your home or other shelter during a disaster or emergency
Stay off the streets and do not drive around to “see what happened”
Do not use anything in your home that has a fire, such as a charcoal/propane grill for cooking or staying warm or candles
Generators are to be set up outside only; not in any living space.
Listen to your radio for updates and directions from emergency teams
Follow the directions of officials and do not hide from officials
Stay out of unfamiliar places
Put a sign on your home that shows you have chosen to stay there so officials can locate you after the emergency passes
Do not leave loaded weapons in the reach of children or individuals with disabilities
Keep all of your pets in a safe and secure place. Do not “let them go”, leash or cage them
Tips to Help Families in Preparation for an Emergency Event

You have been told that a disaster may be heading right for your home. What are you going to do? How will you help your loved ones prepare? How can you help with their fears? These are just a few questions that may be going through your mind in addition to your own emotions and responsibilities in preparing your home, protecting your property, fulfilling job responsibilities, and keeping yourself safe from harm’s way. Below are a few simple tips to help you support your family during difficult times.

1. **Don’t get caught up in the “hype.”** The potential for a disaster is great opportunity for media to increase their audience. Constant exposure to drama that is presented as information for the purpose of entertainment can cause serious emotional issues for your loved ones. Limit your family’s time in front of the television and tune in for regular updates and alerts.

2. **Have a plan and know what you will do.** It is the unknown that frightens most people. Most children, youth & adults with a disability & health care need are more disturbed about what they think might happen than by reality. Planning makes the unknown easier for children/youth/adults with a disability & health care needs.

3. **Talk on a level that your child/adult can understand.** Children/adults of all ages will know or sense that something is wrong. Older ones should be included in developing the family plan. They should also be encouraged to develop their own plan about things important to them. Younger ones can help you pack things such as flash lights or preparing water bottles. Infants, young children or loved ones may not understand your words, but take the time to hold them and tell them how much you love them and that you will always do your best to care for them. Singing and playing games they recognize can help calm them.

4. **Give your child/adult information they need.** When a child/adult asks how bad the expected disaster can be, such as a storm, you can compare it to others they may have experienced. If they see devastation on television explain to them what you will do IF it is that bad. Have them talk about what they think they could do to help protect themselves and their belongings. Talk about the plan and where you will be.

5. **Keep routines and regular schedule.** Routines reinforce to your loved ones that things will be staying the same for a while. They are comforted by doing what they are used to doing. This helps them understand that “life goes on.” When it gets to the point where you can no longer follow these routines because of the weather, build new routines that relate to your planning and response to the storm.

6. **Make sure your child/adult knows what to do if you are not around.** Make sure that all family members have some identification on them even if everyone is together. This could be an identification card kept in a pocket or wallet, kept on a lanyard or retractable identification holder, wrist/ankle band or bracelet, etc., including all personal contact information. Emergency information should also include how to get a hold of adult family members, relatives, or other responsible friends in the event that the family is separated.

7. **Make your child/adult with disabilities and/or health care needs known.** If your child/adult has disabilities and/or health care needs, make sure they have medical alert identification. This is especially important if they have a need that may not be obvious (such as diabetes, a chronic health condition, or allergy). Teach your child/adult to answer questions about their condition and treatment as soon as they are old enough or able. This will help ensure that others can care for them in your absence. Also, keep a health history information form or medical summary on your loved one in their pocket and make copies to keep with you. (http://www.medicalalert.org)

8. **Teach your child/adult to recognize and accept help from emergency officials.** Make sure your child/adult can recognize emergency officials, such as police, Red Cross, firemen, and others. Help them understand that if they are alone they can go to these people for help. It is important that they learn to NOT be afraid and hide from emergency officials. This can make locating them if they are separated from you more difficult.
Appendix A

Resources for Disaster Preparedness

Check your local Office of Emergency Management for plans for your area.

Below is a list of some of the many resources on Disaster Preparedness

- American Council of the Blind – [www.acb.org](http://www.acb.org)
- American Federation of the Blind – [www.afb.org](http://www.afb.org)
- American Foundation for the Blind – [www.afb.org](http://www.afb.org)
- American Red Cross – [www.redcross.org](http://www.redcross.org)
- Center for Disability Issues and the Health Profession, Western University of Health Sciences – evac@westernu.edu
- Easter Seals – [www.easter-seals.org](http://www.easter-seals.org)
- Gallaudet University – [www.clerccenter.gallaudet.edu](http://www.clerccenter.gallaudet.edu)
- Humane Society of the U.S. – [www.hsus.org](http://www.hsus.org)
- Independent Living Research Utilization – [www.ilru.org](http://www.ilru.org)
- June Isaacson Kailes – [www.jik.com](http://www.jik.com)
- Medically Vulnerable Populations Workgroup–Dare to Prepare video – [www.youtube.com/watch?v=zO1UbkhzF9s](http://www.youtube.com/watch?v=zO1UbkhzF9s)
- National Association of the Deaf – [www.nad.org](http://www.nad.org)
- National Organization on Disability – [www.nod.org/emergency](http://www.nod.org/emergency)
- Telecommunications for the Deaf, Inc. – [www.tdi-online.org](http://www.tdi-online.org)
- United Spinal Association – [www.unitedspinal.org](http://www.unitedspinal.org)

Reference Materials

- American Red Cross Publications
  - Disaster Preparedness for People with Disabilities
  - Homeland Security Advisory System Recommendations
  - Your Family Disaster Supplies Kit
  - Preparing for Emergencies – A Checklist for People with Mobility Problems
- Center for Disability Issues and the Health Professions by June Isaacson Kailes
- Emergency Evacuation Preparedness-Taking Responsibility for your Safety: A Guide for People with Disabilities and Other Activity Limitations
- Humane Society of the U.S.
  - Disaster Preparedness for Pets
- National Organization on Disability-Emergency Preparedness Initiative
  - Prepare Yourself-Disaster Readiness Tips for Owners of Pets or Service Animals
  - Prepare Yourself-Disaster Readiness Tips for People with Disabilities
  - Prepare Yourself-Disaster Readiness Tips for People with Developmental or Cognitive Disabilities
  - Prepare Yourself-Disaster Readiness Tips for People with Sensory Disabilities
  - Prepare Yourself-Disaster Readiness Tips for People with Mobility Disabilities
- Virginia Department of Emergency Management
  - Get Ready for Emergencies and Disasters
**Attach a copy of your insurance card and store in a sealed plastic freezer bag with your emergency kit**

**EMERGENCY INFORMATION LIST**

*Please complete this form and distribute copies to out-of-town/local contact people in your network.*

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<th>Network member’s home/work numbers:</th>
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13
MEDICAL INFORMATION LIST

Please complete this form and distribute copies to out-of-town/local contact people in your network.

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<th>Primary physician:</th>
<th>Telephone number:</th>
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<table>
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<th>Address:</th>
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<thead>
<tr>
<th>Hospital affiliation:</th>
<th>Type of health insurance:</th>
<th>Policy number:</th>
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<td>(Attach copy of card front and back)</td>
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<thead>
<tr>
<th>Blood type:</th>
<th>Allergies and sensitivities:</th>
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<table>
<thead>
<tr>
<th>Medications and dosages being taken:</th>
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<tr>
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<th>Pharmacy:</th>
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<table>
<thead>
<tr>
<th>Specific medical conditions/Associated problems/Diagnosis:</th>
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<table>
<thead>
<tr>
<th>Special dietary need (describe diet needs, equipment, route and schedule for feeding)</th>
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<tbody>
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| Communication difficulties: |
|                            |
|                            |

<table>
<thead>
<tr>
<th>Cognitive difficulties:</th>
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**DISABILITY-RELATED SUPPLIES AND SPECIAL EQUIPMENT LIST**

*Check items you use, and describe item type and location. Distribute copies to out-of-town/local contact people in your network.*

<table>
<thead>
<tr>
<th>Item Type</th>
<th>Vendor Contact</th>
<th>Item Type</th>
<th>Vendor Contact</th>
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</thead>
<tbody>
<tr>
<td>Glasses:</td>
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<td>Ostomy supplies:</td>
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<tr>
<td>Vendor contact:</td>
<td></td>
<td>Vendor contact:</td>
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<tr>
<td>Eating utensils:</td>
<td></td>
<td>Urinary supplies:</td>
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<td>Vendor contact:</td>
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<tr>
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<td>Wheelchair:</td>
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<tr>
<td>Flow rate:</td>
<td></td>
<td>Motorized:</td>
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<tr>
<td>Dressing devices:</td>
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<td>Manual:</td>
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<tr>
<td>Hearing device:</td>
<td></td>
<td>Crutches:</td>
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<tr>
<td>Vendor contact:</td>
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</tr>
<tr>
<td>Grooming utensils:</td>
<td></td>
<td>Cane(s):</td>
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<tr>
<td>Suction equipment:</td>
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<td>Dentures:</td>
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<tr>
<td>Dialysis equipment:</td>
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<tr>
<td>Sanitary supplies:</td>
<td></td>
<td>Mobility Device:</td>
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Revised June 2019