

EMERGENCY CHECKLIST

General

- Register with www.smart911.com
Current disabilities, O2, POLST, Aphasia, etc.
- Store emergency contacts in your phone
- Always keep your wheelchair/mobility device so you can transfer
- Be able to direct others to help you transfer
- Have an emergency/weather radio
- Have a family contact plan
- Dial 211 or 866-904-9060 (or visit win211.org) to get help when it is not life threatening
- Talk with your neighbors about how they can help you be safe and what your needs are

Fire

- Check and maintain your smoke detectors. If you need help changing the battery you can ask the fire department
- Check your fire plan. Do you have 2 ways out of each room? Think about where you spend the most time in your home, make sure there is an accessible exit from there.
- Is your family's emergency meeting place accessible?
- Always have a phone nearby that you can use independently
- Visit your local fire department if you have questions or concerns

Evacuation

- Have a ready-to-go bag
- Use the Red Cross Smartphone App to find an accessible shelter
- Always travel with your phone and charger
- Have a manual chair backup
- Have a plan of where to go (family, hotel, shelter). Is it accessible to you?

Wildfire

- Have an evacuation plan
- Clear your property of fuel ahead of time
- Have insurance

Medications

- Always have 2 weeks supply
- Have a hard copy of your prescriptions
- Give a copy of prescriptions to your emergency contact and know recommended storage temperatures of your medications.
- Bowel and bladder supplies

Wheelchair

- Always take your cushion
- Mark the brakes and release mechanisms on your wheelchair
- Be able to explain how to put your chair in manual mode

Power Failure

- Check www.avistautilities.com for power outages
- Have batteries/back up plan for your cellphone, Cpap or other crucial equipment
- Always have some cash on hand
- Always keep a ½ tank of gas
- Consider a back-up generator

Resources

www.firewise.org
www.ready.gov/basic-disaster-supplies-kit
www.redcross.org
www.usfa.fema.gov
www.nfpa.org
www.spokanecounty.org/emergencymgmt
www.win211.org