

EMERGENCY PREPAREDNESS

Emergencies can be frightening and stressful. It's important to be prepared and these tips will help.

GENERAL

- Register with www.smart911.com
And include current disabilities, like O2 needs, POLST form info, speech/language needs, allergies, etc.
- Store emergency contacts in your phone and on paper.
- Always keep your wheelchair/mobility device somewhere you can transfer.
- Be able to direct others in your care needs and transfers.
- 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.

FIRE

- Check and maintain your smoke detectors. If you need help changing the battery you can ask the fire department.
- Check your fire plan. Make sure you get out in 5 minutes.
- Make sure your family's emergency meeting place is 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 in case of evacuation.
- Use the *Red Cross Smartphone App* to find an accessible shelter.
- Always travel with your phone and charger.
- If you use a power chair, have a manual chair backup.
- Coordinate with your neighbors so they know your needs in emergency situations.
- Check with family and friends to have 2 places you can go.

WILDFIRE

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

MEDICATIONS

- Always have 2 weeks supply of your medications.
- Make sure you have a paper copy of your prescriptions.
- Make sure you have supply of anything you need for bowel and bladder management.
- Keep a list of all medications on your refrigerator.

WHEELCHAIR

- Always take your cushion with you in emergency situations.
- Mark the brakes and release mechanisms on your wheelchair so others can assist if needed.
- Be able to explain how to put your power chair in manual mode or how to fold up your manual chair.

POWER FAILURE

- Check the website of your power company for information.
- Have batteries for your cellphone, CPAP or other crucial equipment in a place you can easily access them.
- 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

Local Fire departments

