

# Preparing for an Emergency

Being prepared for emergencies is the best way to keep you and the individuals you support safe. Visit the DDS Health Toolkit for information and resources.

## *Inform*

- Visit your local **law enforcement** and **fire department** with the individuals you support whenever possible.
- The local authorities will then be better prepared to assist you in any emergency.

## *Prepare*

- Prepare an emergency supply kit that includes **essential items** you may need during an emergency.
- Please see the emergency supply kit tip sheet for a checklist of all the items you need.



## *Create*

- Create an emergency evacuation plan with the individuals you support.
- Make a plan that details your evacuation routes, where you will go, who you will contact, and the steps you will take in different emergencies and disasters.

## *Practice*

- Practice your emergency evacuation plan with the individuals you support until you both understand how to act safely during an emergency.