

Preparing for an Emergency

Emergencies that Californians may face



Drought



Earthquake



Heat Wave



High Winds/
Power Outage



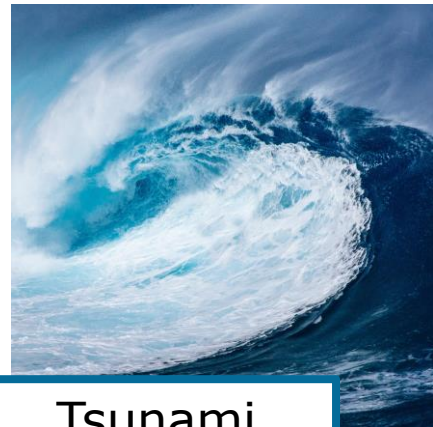
Landslide



Forest Fire/
Severe Smoke



Pandemic/
Epidemic



Tsunami

Other types of emergencies



Flooding



Winter Storm



Acts of Terrorism



House Fire

Emergencies can be very different:

- **Environmental** like droughts, earthquakes, and forest fires
- **Non-Environmental** like acts of terrorism and pandemics

Emergencies and the people you support

- Emergencies can happen at any time – anyone could be vulnerable
- Individuals with intellectual and/or developmental disabilities (IDD) may be more at risk
- Specific plans are needed for each individual in order to prepare for an emergency

Get prepared for an emergency

- Emergencies can take different forms
- There are basic steps to follow to **be prepared for any emergency**:
 1. Introduce your local police and fire departments to the individuals you support
 2. Prepare an Emergency Supply Kit
 3. Make an Emergency Evacuation Plan
 4. Practice makes perfect!
- Plan each step with the people you support!

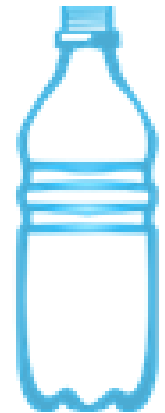


Reach out to the community

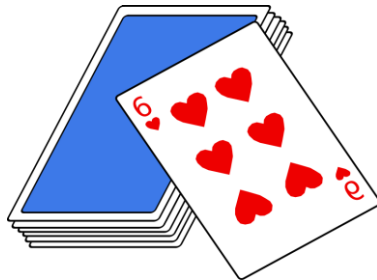
- Make sure that local police and fire department are aware of the needs of individuals with IDD living in the neighborhood
 - Find the local fire department's phone number here: <https://www.firedepartment.net/directory/california>
 - Find the local police department's phone number here: <https://policelocator.com/ca/>
- You can also reach out to places of worship or parks and recreation departments
 - They may have evacuation points or more local advice for emergencies

Emergency supply kit

- Work with each individual you support to prepare a supply kit with both **necessities** and **comfort items**
- Necessities include:
 - Food and water
 - Battery-powered electronics and flashlight
 - Important contact information
 - First aid kit: including medications
 - Also...extra cash, emergency blanket, and multipurpose tool



Emergency supply kit: Comfort items



- The person you support may want to include a comfort item, such as:
 - A favorite book or game
 - A favorite blanket or like items
- While they are not physical necessities, these items may be important for the person's **mental well-being** during an emergency

Emergency evacuation plan



- Work with the individuals you support and their support teams to create plans that will meet their needs
- Include:
 - Contact information for family or close friends, doctor, and local police and fire departments
 - A map of the person's home
 - A checklist of equipment, medications, and other items

Practice, practice, practice

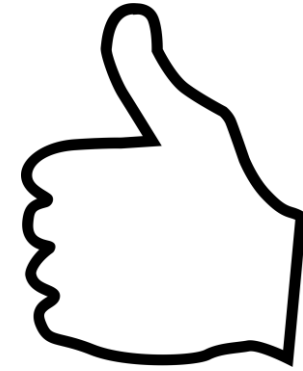
- Practice your emergency evacuation plan often!
- Check on and replenish your emergency supply kit every six months by:
 - Replacing expired food in your emergency supply kit
 - Checking on clothing and items like batteries
 - Replacing expired medications in your first aid kit

Other ways to prepare

- **Stay informed** by knowing which kinds of emergencies are likely in your local area
- **Learn CPR** through a local community class
- **[Download a mobile app from the American Red Cross](#)**
- If the person you support has **pets**, figure out what they would need in an emergency



Don't be scared, be prepared!



- There are many types of emergencies
- Take steps *before* an emergency to be prepared:
 - Contact local police and fire departments
 - Build an emergency supply kit
 - Make an emergency evacuation plan
- Work with the individual you support for all emergency preparation
 - This will help them feel more in control if an emergency happens

Other resources to check out

- **American Red Cross:** <https://www.redcross.org/get-help/how-to-prepare-for-emergencies.html>
 - Specifically for special needs: <https://www.redcross.org/get-help/how-to-prepare-for-emergencies/disaster-safety-for-people-with-disabilities.html>
- **Ready.gov:** <https://www.ready.gov/>
- **CDC Disability and Emergency Preparedness:** <https://www.cdc.gov/ncbddd/disabilityandhealth/emergencypreparedness.html>