

What You Can Do to Stay Safe Inside the Home, When Evacuation is NOT an Option

Although emergencies can happen suddenly and require people to evacuate, there are emergencies where evacuating is not an option. Here are lists of things you and the individuals you support can do to stay safe when you cannot evacuate.

No Matter the Situation, Try to Remain Calm

- **Fire**

DO

- Try to find a window and yell for help
- Call 911 if you have a phone with you
- Stay low to the ground to avoid smoke
- Block the cracks in the door with cloth (sheets, clothes, etc.)
- Put a cloth over your nose and mouth (ideally a wet cloth) to breathe. Take care of protecting yourself from smoke inhalation *first*, before assisting the individuals you support to do the same

DON'T

- Hide yourself or those you support
- Open any doors that have smoke coming from under them, or if the doorknob is warm or hot



- **Chemical accident or attacks**

- Find a room with as few doors and windows as possible
- Try to choose a room that is attached to a water supply
 - This room should be as **high** in the building as possible
- Grab the emergency preparedness kits with first aid supplies, food, water, and other essentials
- Bring a radio into your shelter room, so you and others can hear updates and instructions from officials



- **Severe weather**

- Find a room with as few doors and windows as possible
- Try to choose a room that is attached to a water supply
- This room should be as **low** in the building as possible (ideally below ground)
- Grab the emergency preparedness kits with first aid supplies, food, water, and other essentials
- Bring a radio into your shelter room, so you and others can hear updates and instructions from officials



You can find more information about preventative measures and how to take care mentally as well as during this high stress situation at the [Centers for Disease Control and Prevention](https://www.cdc.gov).

Other Resources to Check Out:

- National Park Service: <https://www.nps.gov/articles/p52-fire-safety-for-people-with-disabilities.htm>
- Department of Homeland Security: <https://www.ready.gov/disability>