



Preparing for an Emergency

Emergencies can happen at any time, and it's important to be prepared. Talking with your support team and creating an emergency supply kit and an evacuation plan are great first steps to being ready for potential emergencies.

1) Get Alerts and Know Your Support Team

- Sign up for local emergency alerts.
- Talk with direct support professionals who work with you and your service coordinator to set up alerts.
- Speak with direct support professionals about what to do if they are not with you during an emergency, and who else you can call for help.
- Meet your local fire and police departments.



2) Prepare an Emergency Supply Kit

The following should be a part of your kit, but there may be more items you want to add:

- Water, 1 gallon for each person for each day;
- Food that won't go bad, like canned foods;
- Flashlight and extra batteries;
- First aid kit;
- N95 or surgical masks;
- Medications and medical items;
- Sanitation and personal hygiene items;
- Copies of important personal documents;
- Cell phone charger;
- Emergency contact information;
- Extra cash in small bills like \$1 and \$5;
- Emergency blankets;
- Map of the town or area;
- Extra set of house and car keys;
- Extra clothing; and
- Some items that are comforting like cards or games.



3) Make an Emergency Evacuation Plan

This plan should include:

- Names, phone numbers, and emails of:
 - Local emergency contact info
 - Out-of-town emergency contact info
 - Support team (DSP, RC service coordinator)
 - Family members
 - Your doctors
 - Local fire and police departments
- List of your health information and medications you take to carry with you:
 - [Health Passport](#)
- Map of your home and where to evacuate if you need to leave your home.



4) Practice Your Plan

Practicing your emergency plan can make an emergency less scary. Talk with your support team and ask them to practice with you. Check the DDS website to make sure you have your emergency kit ready.

Don't be scared, be prepared!

Link to DDS Emergency Preparedness Website:

[Emergency Preparedness - CA Department of Developmental Services](#)

Link to CA Public Safety Power Shutoffs Alerts Website:

[Public Safety Power Shutoff – What You Can Do to Prepare \(prepareforpowerdown.com\)](#)

