

DISASTER PREPAREDNESS CHECKLIST

Things to Keep With You or Have Handy in a Crisis:



Instructions on your personal assistance needs & how to best provide them

Copy of emergency documents

Small flashlight

Signaling device (whistle, beeper, bell, etc.)

Small battery-operated radio and extra batteries

Essential medications/copies of prescriptions (at least a week's supply)

Disability-related supplies to add to regular emergency kits

(keep them where you can get to them easily...to add to your "Go-Kit")

Plan for enough supplies for up to two weeks. Don't expect shelters or first aid stations to meet your supply needs.

Important Things to Have in Disasters

Bottled Water (Suggested: 3 gal. per person, per day, in small, easy-open bottles)

Non-perishable Food Items (cans with pop top lids preferable)

Flashlights (by the bed, in a drawer or secured...and around the house)

One week supply of medicines (rotated regularly) and instructions for use—dosage, frequency, doctor's name and phone...suggested: post on refrigerator with the heading "Emergency Instructions.")

First Aid Kit

Shoes under the bed (to protect feet from broken glass, etc.)

Fire Extinguisher (know how to use it)

Battery-operated radio or TV

Whistle or loud bell (to attract attention)

Wrench for gas turn-off (only if you or someone else smells gas)

Garbage bags (for personal waste)

In the event of a disaster, everyone should be self-sufficient for several days, until help arrives. There may be no electricity, gas, water, or phone service. Your home may be the best place to stay, if it is not too badly damaged to be safe. If you use a wheelchair/scooter, secure it with a bungee cord to a heavy piece of furniture at night...as during a quake it may move across the floor and out of reach. Keep it fully charged.

EMERGENCY INFORMATION

Name _____

Street Address _____ City/State/Zip _____

Phone: Home _____ Work: _____ Cell: _____

Birth Date ____ / ____ / ____ Blood Type _____

Health Insurance _____

Individual Number _____ Group Number _____

Physician(s) Name; Physician(s) Phone Number

Emergency Contact(s) Name; Contact(s) Phone Number

Condition(s) / Disabilities _____

Medications _____

Assistance Needed _____

Allergies _____

Communication/Equipment/Other Needs _____

DISASTER PREPAREDNESS - SERVICE ANIMALS/EMOTIONAL SUPPORT ANIMALS

- Sturdy leashes, harnesses, and carriers to transport animals safely and securely.
- Current photos and descriptions to identify them in case you are separated.
- Food/water for several days for each animal, bowls, cat litter and litter box, manual can opener, medications. Pet bed and toys, if you can easily take them.
- Information on feeding, medical conditions, veterinarian name & phone #.