

ATTENTION FIRST RESPONDERS:

- ✓ MY CONTACT INFORMATION IS LOCATED ON.....PAGE 2
- ✓ MY HEALTH & MEDICATION INFORMATION IS LOCATED ON...PAGE 3
- ✓ MY DOCTORS' CONTACT INFORMATION IS LOCATED ON.....PAGE 4

VITAL INFORMATION ABOUT ME IN AN EMERGENCY INCLUDES:

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My Emergency Readiness Plan



This Plan Is For:

Date Plan Was First Made:

Date Plan Was Last Updated:

My Go Bag Is Located:

My Stay-At-Home Kit is Located:



Introduction



Start Making A Plan To Be Ready For Emergencies!

The Governor of Delaware has asked all Delawareans to make a plan to be ready for emergencies. If you are a person with a disability, emergencies can make it harder for you to take care of your daily needs. So start making an emergency readiness plan now!

To help you make an emergency readiness plan, you can use this booklet called “My Emergency Readiness Plan.” There is room in the booklet to add information about you and your daily needs, and what to do to take care of your daily needs during emergencies. The booklet has four **Steps**:

- **Step 1:** My Important Information
- **Step 2:** My Plan For Taking Care Of My Needs
- **Step 3:** Should I Stay Or Should I Go?
- **Step 4:** After Emergencies Are Over

When you are done with all of the **Steps** in the **Plan** booklet, you will:

- Have your own **Plan** to be ready for emergencies;
- Know what to do to take care for your daily needs during emergencies; and
- Feel more confident about taking care of your daily needs during emergencies.

Make Your Plan With Someone Else You Know!

Everyone can make better plans when they work together with someone else. Working with an emergency planning Navigator and others that support you, the Emergency Readiness Plan can be completed in a short time.

My Emergency Readiness Plan

Step 1

Step 1: My Important Information



My Contact Information

My Name:		
My Address:	Street:	
	City/State/Zip:	
My Phone Number:		
This Emergency Preparedness Plan includes people living with me:		
Name:	Relationship:	Phone Number:

PEOPLE WHO CAN HELP ME IN AN EMERGENCY			
Name		Phone Number	How They'll Help
Local Fire Phone Number (non-emergency):			
Local Police Phone Number (non-emergency):			
If You Are Seriously Ill/Injured or In Immediate Danger:		CALL 911	

My Emergency Readiness Plan

Step 1



My Health Information

_____ Information about health and medications for other people I live with is included in this plan (please check ✓).

☐

Attention: Life-Threatening Allergy!

Check here if you have a severe allergy

✓ My health conditions/diagnoses include:

Condition/Diagnosis Name	Describe Condition/Diagnosis

My blood type is: _____ (e.g., A+, A-; B+, B-; AB+, AB-; O+, O-; use “?” if not known).

✓ My Medications Include:

Medication Name	Prescription Number, Dosage/Purpose, Storage Issues?

My Emergency Readiness Plan

Step 1



My Health Information

MY DOCTORS		
Name	Phone Number	Other Information
Doctor # 1:		
Doctor # 2:		
Doctor # 3:		
Doctor # 4:		
Doctor # 5:		

OTHER IMPORTANT HEALTH-RELATED CONTACTS		
Name	Phone Number	Other Information
Pharmacy:		
Other Pharmacy:		
Personal Assistant/ VNA/Home Health Care:		
Medical Equipment Co.:		
Other:		

My Emergency Readiness Plan

Step 1



My Important Documents or Papers

Gather your important documents or papers together, place them in a waterproof bag or container, and keep them in a safe place! You can make copies to give to a trusted person. You can also scan them into a computer (like on a CD or USB flash drive). Examples include:

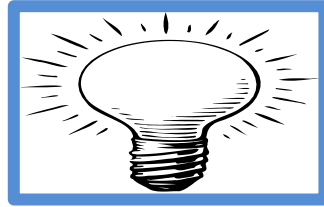
- Copy of driver's license or photo ID
- Social Security card
- Copies of prescriptions and medical equipment warranties or manuals
- Legal papers such as birth and marriage certificates
- Bank account/credit card information
- Insurance policy numbers and information
- Copies of utility bills (used as proof of residence at a location)
- Important school or work papers

✓ My important documents or papers include:

Name of Document/Paper with Description

✓ I have given copies of my important papers to:

Name	Contact Information

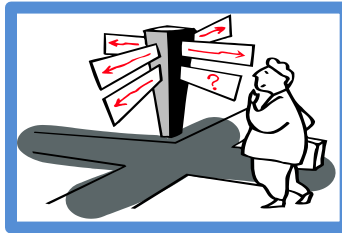


Step 2: My Plan For Taking Care Of My Needs

✓ First, place a check next to any area of need you care for every day

Area of Need	✓ If Yes	Area of Need	✓ If Yes
Behavioral		Medication	
Cognitive/Intellectual		Memory Loss	
Communication		Mental Health	
Deaf		Mobility Challenges	
Deaf/Blindness		Personal Needs	
Dialysis		Severe Allergies	
Electricity-Dependent Equipment		Use of Oxygen	
Hearing Loss		Use of Service Animal/Pet	
Learning/Attention		Vision Loss	
Medical Equipment		Other	

- ✓ Next, your Navigator will give you work sheets for the areas of need you checked off.
- ✓ Working with your Navigator and others that support you, on each of the worksheets list information about:
1. The things you do to take care of your needs every day;
 2. The things you can do to take care of your needs if you must shelter-at-home; and
 3. The things you can do to take care of your needs if you must evacuate to be safe.



Step 3: Should I Stay Or Should I Go?

What Kinds Of Emergencies Could Happen Near You?

- ✓ Talk with your Navigator and others that support you about:
 - What emergencies could happen at home?
 - If there was no power at home, what do I do?
 - What emergencies could happen where I work or spend time with others?
 - Are dangerous products made, stored or transported near my neighborhood or town?
 - If the roads to home were blocked for several days, who would check on me?
- ✓ Talk about ways you could respond to different emergencies:
 - “What emergency information do I need to make a decision to stay or go?”
 - “If I was ordered to leave, can I do so quickly?”
 - “What do I need to have with me if I shelter at home or evacuate?”

Where Will You Get Emergency Alerts?

During emergencies, staying safe is important! To help people stay safe, Emergency Managers will send out “alerts” on local radio, television or by telephone. Emergency alerts:

- Will include information about the emergency;
- May include instructions for people to either shelter-at-home or to evacuate away from the area to be safe; and
- May not be accessible to everyone. If you have a hearing- or vision-related disability, talk to your Navigator about possible accommodations for alerts that would fit your needs.



- ✓ In the spaces below, list where you can get emergency alerts and support information. Your Navigator can provide this information.

My Emergency Radio and Television Sources (include frequency)

Local radio station:	
Local television station:	
NOAA radio (if available):	

My Sources of Personal Support During Emergencies

I will receive phone calls from:
I will receive mobile phone or text messages from:
I will receive Email or Internet-based messages from:
I will receive TTY messages from:
I will be visited personally by:
I will receive information from other sources based on my needs from:

- ✓ I am registered with the following Delaware emergency alert programs/registries:

Delaware Emergency Registry/Alert Program	Yes/No	Registration Dates
Delaware Emergency Notification System (DENS): https://alertregistration.com/dema/		
Special Needs Alert Program (SNAP) for children: http://dhss.delaware.gov/dph/ems/emscsnap.html		
Emergency Preparedness Voluntary Registry for citizens who have special needs: http://www.de911assist.delaware.gov/		



Start Getting Your Emergency Preparedness Supplies Ready!

- ✓ It is best to make two kinds of emergency preparedness supply kits or bags:
 1. A **Shelter-At-Home Kit** that includes items you will need to shelter at home for five days or longer.
 2. An **Evacuation Go Bag** that includes the most important things you need for survival away from home for five days or longer, but is easy to carry so you can evacuate quickly.
- ✓ Gathering supplies takes time. Start gathering a few items at a time. Ask people who support you to help you gather your supplies.
- ✓ Some supplies can be used for both staying at home and evacuating, including food, water, medications, flashlight with batteries and a first aid kit. Plastic garbage bags with ties can be used for toilets. Include bathroom supplies like toilet paper, toothbrushes and toothpaste.

My Plan For Sheltering-At-Home

- ✓ First actions to take when sheltering at home:
 - Listen to your radio or television for alerts or updates about the emergency.
 - Call people that support you to discuss your actions. It is best to have multiple sources of communication.
- ✓ Start getting your Shelter-At-Home Kit ready NOW!
 - Use one or more sturdy plastic containers to keep items in.
 - Keep the Kit in a safe place in your home.
 - The Kit should include enough items and supplies for everyone living at home for 5 or more days.

My Emergency Readiness Plan

Step 3

✓ My **Shelter-At-Home Kit** contains (basic items):

✓	Date Added	Kit Item
		Copy of "My Emergency Readiness Plan"
		Cash and credit cards (cash is better)
		Water: a gallon per person (and per pet) per day for 5 or more days
		Food for you and your pet: ready to eat or requiring minimal water for 5 or more days
		Manual can opener and other cooking supplies
		Plates, utensils and other feeding supplies
		First Aid kit and instructions
		Warm clothes and rain gear
		Personal hygiene items including toilet paper, feminine supplies, hand sanitizer and soap
		Plastic sheets, duct tape and utility knife to cover broken windows
		Tools such as a crowbar, hammer and nails, staple gun, adjustable wrench and bungee cords.
		Blanket or sleeping bag
		Large heavy duty plastic bags and plastic bucket for waste and sanitation

✓ My **Shelter-At-Home Kit** also contains items for my specific needs:

✓	Date Added	Kit Item For My Needs

My Plan For Evacuating

- ✓ First actions when evacuating:
 - Plan places where you can meet with members of your family or others that support you if you need to evacuate:

- ✓ Places I Will Evacuate To And How I Will Get There:

Information About Evacuating to a Place IN THE NEIGHBORHOOD	
Site Address and/or Description of Location:	
Method of Transport (e.g., Car):	People Who Will Assist Me In Transport:
Information About Evacuating OUT OF TOWN	
Site Address and/or Description of Location:	
Method of Transport (e.g., Car):	People Who Will Assist Me In Transport:
Information About Evacuating OUT OF STATE	
Site Address and/or Description of Location:	
Method of Transport (e.g., Car):	People Who Will Assist Me In Transport:

- ✓ Other first actions when evacuating:
 - Know what support will be available at your meeting places: Will water, food, clothing, extra assistance, etc., be available?
 - If you have a pet, make sure it is wearing a collar, bring it in a pet carrier labeled with your name and the pet's name. Bring a go-bag for your pet too!
 - If you have a car, keep a half tank of gas in it at all times in case you need to evacuate (that goes for everyone that may assist with your evacuation!).
 - If you do not have a car, you need to plan for how you will evacuate.

- Learn about other routes or transportation out of your area. The Delaware Department of Transportation has a Web resource to help plan evacuation routes during a disaster: http://www.deldot.gov/information/projects/tmt/evac_map.shtml
- Take your Evacuation Go Bag with you. Lock the door behind you.
- ✓ If time allows:
 - Contact your Evacuation Contacts. Tell them where you are going.
 - Leave a note telling others when you left and where you are going.
- ✓ Start getting your Go Bag ready NOW!
 - Use a sturdy container to keep items in, but keep it small enough to take with you during evacuations.
 - Don't overload your Go Bag –only include items that are essential for your survival.
 - If you are evacuating with your family members with you, the Evacuation Go Bag can include items and supplies for everyone. Or you can have individual Go Bags for every member.
- ✓ My **Go Bag** contains (basic items):

✓	Date Added	Go Bag Item
		Copy of "My Emergency Readiness Plan"
		Cash and credit cards (cash is better)
		Flashlight and extra batteries
		Radio – battery operated, and extra batteries
		Whistle
		Dust mask
		Pocket knife
		Sturdy shoes, a change of clothes and a warm hat
		Maps
		Some water and food
		Photos of family members and pets for re-identification purposes
		Prescription medications and first aid supplies
		Toothbrush and toothpaste
		Extra keys to your house and vehicle
		Duct tape
		Leather gloves

- ✓ My **Go Bag** also contains items for my specific needs:

✓	Date Added	Go Bag Item

Community Evacuation Shelters

- ✓ When emergencies or disasters lead to evacuation orders by emergency managers or the governor, evacuation shelters will be opened in designated areas of the county or state. A list of evacuation shelters will be announced through local radio or television to the public.
- ✓ Only use community shelters as a last resort and nothing else is available to you. It is always better if you already have a plan to evacuate to the home of a family member or friend that lives away from the emergency area (Step 4).
- ✓ If you must go to a community shelter:
 - Tell your out-of area-contact where you are going.
 - Take your go-bag with you to the shelter.
 - Initially, emergency shelters may not be able to provide basic supplies and materials. Consider bringing extra items (e.g. blanket, pillow, air mattress, towel, washcloth, diapers, food and supplies for infants.)
 - Pet-friendly shelters may be available for your pet. Shelters that care for pets will be announced through local radio or television to the public.



Step 4: After Emergencies Are Over

What To Do When The Emergency Is Over

- ✓ Contact members of your personal support network to let them know where you are and how to reach you.
- ✓ If your home becomes damaged, contact your insurance company. Apply for government disaster assistance if needed.
- ✓ Visit the Federal Emergency Management Agency (FEMA) Web site <http://www.fema.gov/assistance/process/guide.shtm> about post-disaster help.

Seeking Disaster Assistance

After an emergency or disaster is over, listen to local radio or television reports for information about where to get emergency housing, food, first aid, clothing, and financial help.

Direct Assistance:

Direct assistance to individuals and families may come from:

- American Red Cross: <http://www.redcross.org/>
- Salvation Army: <http://www.salvationarmyusa.org/>
- Other volunteer organizations

These organizations provide food, shelter, supplies and assist in clean-up efforts.

The Federal Government Role:

- Most federal assistance becomes available when the President of the United States declares a "Major Disaster" for the affected area at the request of a state governor. FEMA will provide information through the media and community outreach about applying for federal assistance.

My Emergency Readiness Plan

Suggested citation: Center for Disability Studies, Project of National Significance: Emergency Preparedness Special Initiative, University of Delaware (2011). My Emergency Readiness Plan. By G. N. Mears and P. Guinivan. Newark, DE.

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This document was supported by Project of National Significance: Emergency Preparedness Special Initiative Number HHS-2010-ACF-ADD-DN-0032, U.S. Department of Health and Human Services (DHHS), Administration for Children and Families, Administration on Developmental Disabilities. The content of this document is the responsibility of the authors and does not necessarily represent the views of DHHS.

The emergency planning information in this document comes from a variety of government and non-governmental sources, including Delaware Citizen Corps, the Federal Emergency Management Agency, the Independent Living Resource Center in San Francisco/June Kailes, the Oregon Office on Disability and Health, the Board Resource Center, the Inclusive Preparedness Center, the Hawaii Disability Rights Center, the New York City Office of Emergency Management, and the Delaware Emergency Management Agency.

Notes

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Revised / /2012