

GET READY MARIETTA

A Disaster Preparedness Guide for People with Disabilities

APPROVED BY THE MARIETTA DISABILITY ADVISORY COMMITTEE

FUNDED BY THE EMERGENCY MANAGEMENT AGENCY PERFORMANCE GRANT

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EMERGENCY ACTION PLANS

DEVELOP A DISASTER PLAN

Work with family, friends, neighbors, caregivers or co-workers to develop a disaster plan for each place you spend time - home, work, school, and in the community.

- Ask those in your support group to learn about your personal needs.
- Teach members of your support group how to operate your equipment. 
- Let agencies know if you will need assistance in case of evacuation.
- Know how to contact others in the network at any time.
- Know where to find your emergency supplies. 
- Plan where you will reunite with your support group.
- Practice using all possible exit routes from your home, neighborhood and workplace. 
- Designate an out-of-state friend or relative who family or friends can call during a disaster.
- Document important health and life-saving information.
- If you have a service animal, plan for its needs. 
- Call 911 immediately if you are stranded and need emergency assistance to evacuate your home. 

IMPORTANT PEOPLE AND PAPERS

EMERGENCY REFERENCE CARD

Case Worker: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Fax: _____

Emergency Contact: _____

Relationship: _____

Address: _____

City: _____ State: _____ Zip: _____

Day Phone: _____

Evening Phone: _____

Cell Phone: _____ Fax: _____

Out-of-town Contact and Phone Number: _____

IMPORTANT PEOPLE AND PAPERS

EMERGENCY REFERENCE CARD

Healthcare Provider: _____

Hospital Affiliation: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Fax: _____

Pharmacist: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Fax: _____

Special Conditions: _____


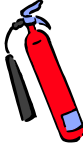








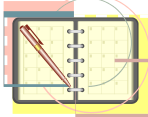

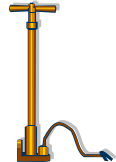
Medications: _____

Allergies: _____

Communication Devices/Equipment/Other: _____

SHELTER IN PLACE

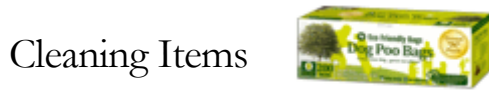
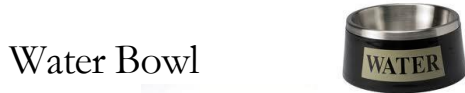
SHELTER CHECKLIST

- First aid kit 
- Fire Extinguisher 
- Water – 3 day supply per person 
- Non-perishable Food – 3 day supply per person 
- Manual can opener 
- Flashlights with extra batteries 
- Whistle or bell 
- Extra blankets and pillows 
- Contact information for your household and members of support network 
- Telephone that does not require electricity 
- Notepad and pen 
- Emergency reference card 
- Aerosol tire repair kits and/or tire inflator to repair flat wheelchair or scooter tires 

SHELTER IN PLACE



SHELTER CHECKLIST


- Supplies for your service animal



- Battery-operated AM/FM radio, and extra batteries, or wind-up radios that do not require batteries 



- Back-up medical equipment (e.g. oxygen, medication, scooter battery, hearing aids, mobility aids, glasses, facemasks, gloves)  

- Style and serial numbers of medical devices and usage instructions (such as pacemakers) 

EVACUATE IMMEDIATELY

GRAB & GO BAG – if you need to leave in a hurry

- Supplies for your service animal

Small bag of food



Bottle of water



Bowl



Leash



Cleaning Items



- Copies of important documents in a waterproof container



Insurance Cards



Medicare/Medicaid Cards



Photo ID

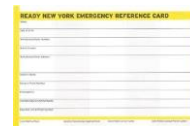


Proof of Address

Marriage and Birth Certificates



Copy of Emergency Reference Card



- Extra sets of car and house keys











- Cash, in small denominations



EVACUATE IMMEDIATELY

GRAB & GO BAG – if you need to leave in a hurry

- Bottles of water and non-perishable food, such as granola bars 
- Flashlight and extra batteries 
- Battery-operated AM/FM radio and extra batteries 
- Small first aid kit 
- Medications in pharmacy packaging 
- Toothbrush and toothpaste 
- Cell phone with charger 
- Extra set of clothes 
- Sturdy, comfortable shoes, lightweight raingear and a Mylar blanket



For more information, contact:
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