



DISASTER PREPAREDNESS FOR PEOPLE WITH DISABILITIES



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Introduction

For the millions of Americans who have physical, medical, sensory or cognitive disabilities, emergencies such as fires, floods and acts of terrorism present a real challenge. The same challenge also applies to the elderly and other special needs populations. This booklet will help people with disabilities prepare and emergency plan to protect themselves, family, friends, personal care assistants and others in their support network in the event of an emergency. Post the plan where everyone will see it, keep a copy with you and make sure everyone involved in the plan has a copy.

If you have special needs, find out about special assistance that may be available in your community. Register with the office of emergency services or the local fire department for assistance, so needed help can be provided.

If you or someone close to you has a disability or a special need, you may have to take additional steps to protect yourself and your family in an emergency.

Disability/Special Need	Additional Steps
Visually impaired	A guide dog could become confused or disoriented in a disaster. People who are blind or partially sighted may have to depend on others to lead them, as well as their dog, to safety during a disaster.
Hearing impaired	May need to make special arrangements to receive warnings
Mobility impaired	May need special assistance to get to a shelter
Single-working parent	May need help to implementing the plan for disasters and emergencies
Non-English speaking persons	May need assistance planning for and responding to emergencies. Community and cultural groups may be able to help keep people informed.
People without vehicles	May need to make arrangements for transportation.
People with special dietary needs	Should take special precautions to have an adequate emergency food supply.
People with medical conditions	Should know the location and availability of more than one facility if dependent on a dialysis machine or other life-sustaining equipment or treatment.
People with intellectual disabilities	May need help responding to emergencies and getting to a shelter.
People with dementia	Should be registered in the Alzheimer’s Association Safe Return Program

Before a Disaster

There are several important things that can be done in order to reduce the effects of a disaster:

- Make sure you have a support system in place.
- Complete your individual personal assessment and prepare your individual disaster plan.
- Gather the supplies you will need before, during and after a disaster. Make sure the supplies are specific to your disability.
- Make sure your residence is as safe as possible in the event of an emergency.

Check for hazards in the home during and right after a disaster. Ordinary items in the home can cause injury or damage. Anything that can move, fall, break or cause fire is a home hazard. Check for items such as bookcases, hanging pictures, or overhead lights that could fall in an earthquake or a flood and block an escape path.

Personal Disaster Preparedness

Remember preparedness must begin with you. Preparation, which includes practice, is the key to success in dealing with a disaster. Preparation is an ongoing process. Keep in mind the usual means of support and assistance may not be available during an evacuation and after the disaster. Prepare a personal disaster plan. Included in this preparedness guide are information for the plan and a disaster plan checklist for you to follow. Keep several copies at different accessible locations and remember, share the plan with your support system.

Support Systems

A support system, sometimes called the "buddy system," can help you prepare for a disaster, as well as during and after a disaster. Members of your support system, or "buddies," can be roommates, relatives, neighbors, friends, co-workers or anyone you choose. They should be people you trust to determine if you need assistance. Your support system members should know your capabilities and needs and be able to help in a matter of minutes.

- Arrange to have your buddies assist you in preparing a written personal assessment
- Give your support system copies of your emergency information list, medical information list, disability related supplies and special equipment list, evacuation plans, any emergency documents and your personal disaster plan
- Arrange for your support system to check on you immediately if local officials announce a recommendation to evacuate if a disaster occurs.
- Agree on methods of communication to be used during a disaster.
- Give your buddies any keys they need for your place of residence or vehicles.
- Make sure your support system knows how to operate and transport any equipment specific to your disability. Make sure it is labeled and laminated instruction cards are attached.
- If you have a service animal, ensure the animal is familiar with your support system members and have written instructions on any care the animal may require.
- Review and update your personal assessment and disaster plan with your support system on a regular basis.

Personal Assessment

The assistance you will need before, during, and after a disaster will be determined by the nature of the disaster itself and your individual capabilities. The answers to the following questions should be written or recorded and distributed to all members of your support system.

Personal Care:

- Do you need assistance with activities of daily living such as bathing and grooming?
- Do you use adaptive equipment to help you get dressed?

Water Service:

- What will you do if you are unable to heat water?
- What will you do if there is no water for several days?

Personal Care Equipment:

- Do you use a shower chair, tub-transfer bench or other similar equipment?

Adaptive Feeding Devices:

- Do you use special utensils that help you prepare or eat food independently?

Electricity Dependent Equipment:

- What equipment do you have that runs on electricity and how will you operate it if electrical service is disrupted?

Transportation:

- Do you need a specially equipped vehicle or accessible transportation?

Necessities:

- Who will get groceries, medication and medical supplies?
- Who will get prescription medicines?

Evacuating:

- Do you need assistance if you are requested to evacuate?

Exits:

- Who will you call if you need help exiting your residence?
- What available alternate exits are in your residence?

Service Animals and Pets:

- Who will care for your animal(s) in case of an emergency?

Emergency Information List

An emergency information list is to let others know the people that should be called if you are found unconscious, unable to speak or need assistance to evacuate. Include emergency out-of-town contacts as well as names and phone numbers of your support system.

Have a relative or friend who lives from 50 - 100 miles away from you as your contact person. This is advisable because normally someone outside a disaster area is easier to contact. Ask your contact person to relay information to others; this will help reduce phone calls into and out of the affected area. Be sure your emergency information list states the best way to communicate with you.

Medical Information List

A medical information list should contain information about your medical providers, the name, dosage and prescribing physician of medications, your medical condition and physician's phone number. List any adaptive equipment you use, your allergies and sensitivities, and communication or cognitive difficulties you may have. Attach copies of health insurance cards. Make arrangements to have additional medication, enough to last 14 days, in case of a disaster. Have additional copies of prescriptions.

General Preparation Information

Install adequate smoke detectors. If you are hearing impaired, install a system that utilizes strobe lights. Test your detectors monthly and replace the batteries at least twice a year. The spring and fall Daylight Saving is an excellent time to change the batteries.

Write down the location of the utility cutoff valves and how they are turned off. Have the proper tools available and provide the information to your support system members. Remember, if it is necessary to turn off the gas, it can only be turned back on by a professional.

Have a floor plan of your residence

- Note your primary and alternate escape routes.
- Practice using different ways out of your residence.
- Note the location of your disaster supply kit.
- List any equipment you will need for assistance.
- Practice or write down brief, clear, specific instructions or directions.
- Write down plans for your pets and/or service animal.

Disaster Supply Kit

Prepare a Disaster Evacuation Kit

Assemble supplies you might need in an evacuation. Store them in an easy-to-carry container such as a backpack or duffel bag. Tailor this kit to your specific needs. Your emergency kit should include these items:

- Battery-powered radio, flashlights, lighter and extra batteries which should be stored together
- A first aid kit, medications and copies of prescriptions
- Water purifying tablets
- Change of clothing, sturdy shoes, and rain gear
- Personal hygiene items.
- Special equipment you may need such as augmentative communication equipment, insulin supplies, cane, food and water for sight dog
- The style and serial numbers of medical devices you use
- Blanket and sleeping bag
- A list of family, physicians, and a relative or friend who should be notified if you are injured, along with a back-up contact person living outside the immediate area
- Important documents including contacts, ID cards and bank account numbers, as well as cash

Be ready to evacuate

Have a plan for getting out of your home or building (ask your family or friends for assistance, if necessary). Also, plan two evacuation routes because some roads may be closed or blocked in a disaster.

- Create a network of neighbors, relatives, friends and coworkers to aid you in an emergency. Discuss your needs and make sure everyone knows how to operate necessary equipment.
- Discuss your needs with your employer.
- If you are mobility impaired and live or work in a high-rise building, have an escape chair.
- If you live in an apartment building, ask the management to mark accessible exits clearly and to make arrangements to help you leave the building.
- Keep specialized items ready, including extra wheelchair batteries, oxygen, catheters, medication, prescriptions, food for service animals and any other items you might need.
- Be sure to make provisions for medications that require refrigeration.
- Keep a list of the type and model numbers of the medical devices you require.
- Wear medical alert tags or bracelets to identify your disability.
- If you are dependent on a dialysis machine or other life-sustaining equipment or treatment, know the location and availability of more than one facility.

Prepare a Disaster 72 Hour Kit

The following list contains basic disaster supplies for your residence including disability related supplies. You should keep enough basic supplies that you can stay in your home for at least three days, preferably seven or more.

- A supply of water for drinking and cooking (one gallon per person per day). Store in sealed, unbreakable containers
- A supply of non-perishable packaged or canned food and a non-electric can opener
- A change of clothing, shoes and rain gear
- Blankets or sleeping bags (one per person)
- A first-aid kit
- Additional prescription medications
- Extra eyeglasses or contact lens supplies
- A battery-operated radio, flashlight, and extra batteries

- Credit cards and CASH in a water-proof container
- Extra keys
- Books, magazines, cards, toys and games
- Important documents in a water-proof container (will, insurance policies, deeds, etc.)
- Photographs or videotapes of personal property and an up to date inventory of valuable items
- Hygiene and sanitary supplies, grooming supplies
- Tools (hammer, screwdrivers, wrenches, etc.)
- Fire extinguisher
- Food, leash, harness, and other items for service animals and/or pets Eating utensils

Disaster Plan Checklist

Protecting yourself at home when disaster strikes requires planning by both you and others who live with you for at least 72 hours. This checklist can help you get started.

Get Information

- Find out how you would be warned of an emergency.
- If the warning is by means not accessible to you, suggest or arrange alternatives.
- Determine help that might be available to you in an emergency.

Contact your local fire department or emergency management office to see if they maintain a register for people with disabilities so help can be provided quickly in an emergency.

Create a Plan

- Talk to your landlord, service provider, family and/or roommates to discuss emergency.
- Discuss provisions that have been made to assist you in an emergency.
- Discuss what preparations you can make to prepare yourself for different kinds of emergencies.
- Learn what you will need to know for each of these emergencies (e.g., how to evacuate or shelter-in-place, where emergency equipment is located, where a designated meeting place is, where you will be evacuated to, etc.).
- Learn what to do for each kind of emergency. For example, if you use a wheelchair, can you access the “safe area” for a tornado (usually the basement), or do you need to go to an alternate place?
- Be self reliant. Assume responsibility for your safety, even if your building has a plan that takes into account your disability.
- Learn escape routes and how to exit the building without help.
- Establish two evacuation routes in case the primary one is blocked.
- Practice evacuating the building on your own as well as in the building’s drills.
- Determine alternative “safe areas” with input from the fire marshal.

Remember, your usual way of getting groceries, medications, and medical supplies may be disrupted. It may take several days before stores reopen, so you may not be able to readily replace even basic items related to your disability, i.e. hearing aid batteries and prescription medications.

You may have difficulty reaching the police, fire department, EMS, doctors, hospitals, pharmacies, veterinarians or home health providers. Utilities may be disrupted for a long time. You may not be able to cook, cool or heat your home, use the telephone, watch television, use medical equipment dependent on electricity, use banks or ATM machines or fill your vehicle with gas.

Public transportation may not be operating. Routes and schedules may be changed. Roads may be damaged or blocked. Road signs may be down. Traffic lights may not be operating. Travel time may be longer because of obstacles, detours and additional traffic. You may need temporary housing for your pets.

As you complete each section of your personal disaster plan, mark the date completed on the checklist below:

Make an Emergency Information List with the following:

Action Item	Date Completed
Medical and emergency contact information	
Emergency out-of-town contacts	
Names and phone numbers of your support system.	
Name and phone number of a contact person who lives 50 - 100 miles from you	
Means of communication if you have a communication disability.	

Make a Medical Information List. Include the following:

Action Item	Date Completed
Medical Providers	
Medications	
Adaptive equipment, body support equipment	
Allergies and sensitivities	
Communications or cognitive difficulties	
Copies of health insurance cards	

Review and update your plan on a regular basis.

First Aid Kit

A first-aid kit is a part of your disaster supply kit. The following items are suggested as a minimum:

- Sterile adhesive bandages in assorted sizes
- Scissors, tweezers, needle
- 2 inch and 3 inch sterile gauze pads
- Safety razor blade
- Hypoallergenic adhesive tape
- 2 and 3 inch sterile roll bandages
- Moistened towelettes
- Tongue blades and wooden applicator sticks
- Tube of petroleum jelly or other lubricant.
- Antiseptic spray
- Safety pins in assorted sizes
- Thermometer
- Cleansing agent/soap
- Latex gloves
- Sunscreen
- Insect repellent
- Aspirin, ant diarrheal medication, antacid, laxative, and other non-prescription drugs

In addition to the basic first-aid supplies you should have information or copies of prescriptions for the following items:

- Dressing, writing, or hearing devices
- Source of oxygen and flow regulator.
- Suction equipment
- Dialysis equipment.
- Urinary supplies
- Osmotic supplies
- Wheelchair, walker, crutches, cane
- Blood pressure or diabetes monitors

Making Your Residence Safer

One of the best ways to reduce damages from a disaster, as well as avoid possible injuries, is to prepare your residence before the disaster.

The following is a list of suggestions to help make your residence safer.

- Check the hallways, stairwells, doorways, windows and other areas for any hazards that may keep you from leaving your residence.
- Secure or remove furniture and other items that may block your escape route.
- Keep a battery powered emergency light or provide illumination in case of a power outage.
- Secure any outdoor items which may be blown around.

Watches and Warnings

The National Weather Service provides severe weather including thunderstorms, winter weather, floods and tornadoes information to the public. Listen for the following terms:

Watch

A Watch means that severe weather is threatening and may occur in your area. Continue to listen to the radio or watch television for information and advice.

Warning

A Warning means that the event is happening now, it is imminent or has been seen on weather radar. This is the time to immediately protect you. Some events happen quickly, and there may not be time to issue warnings. It is important to take action when severe weather may be moving into your area, even if no official watch or warning has been issued.

Natural Disasters

Floods

Flooding can be caused by multiple things including torrential rains, heavy snow melt or mud slides. In case of flooding, if officials recommend it, evacuate immediately. Avoid areas subject to flooding. Do not attempt to cross or drive over a flooded road. The roadbed may be washed out and you could be stranded or killed. If you have a two-story residence, move to the second floor.

Roads and sidewalks may be covered with mud, water or debris, so you may not be able to tell where they begin or end. If fresh food has come in contact with flood waters, throw it out. Local authorities may issue a boil water order. Boil drinking water before using if pressure is low or the water is cloudy. Electrical equipment should be checked and dried before using. Use flashlights, not lanterns, torches, candles or matches. You should always report broken utility lines to the proper authorities.

Winter Storms

While the danger from winter weather varies across the country, nearly all Americans, regardless of where they live, are likely to face some type of severe weather at some point in their life. This could mean snow or sub-freezing temperatures, as well as strong winds or even ice or heavy rain storms. One of the primary concerns is the winter weather's ability to knock heat, power and communication services to your home, sometimes for days. Heavy snowfall and extreme cold can immobilize an entire region. Even areas that normally experience mild winters can be hit with a major snowstorm or extreme cold. Winter storms can result in flooding, storm surge, closed highways, blocked roads, downed power lines.

Be prepared for isolation at home. Make sure you can survive for a week or two without outside help.

Familiarize yourself with these terms to help identify a winter storm hazard:

- Freezing Rain: Rain that freezes when it hits the ground, creating a coating of ice on roads, walkways, trees, and power lines.
- Sleet: Rain that turns to ice pellets before reaching the ground. Sleet also causes moisture on roads to freeze and become slippery.
- Winter Storm Watch: A winter storm is possible in your area. Tune in to NOAA Weather Radio, commercial radio, or television for more information.
- Winter Storm Warning: A winter storm is occurring or will soon occur in your area.
- Blizzard Warning: Sustained winds or frequent gusts to 35 miles per hour or greater and considerable amounts of falling or blowing snow (reducing visibility to less than a quarter mile) are expected to prevail for a period of three hours or longer.
- Frost/Freeze Warning: Below freezing temperatures are expected.

Because Utah County is at risk for winter storms, it is prudent to develop a winter storm specific plan. This plan should be based on your general family plan but should include considerations for extreme cold as well as being stranded at home or in an automobile.

You can be prepared for a winter storm that occurs while you are at home or in your car.

At home

- Arrange for emergency heat supply in case of power failure
- Prepare battery powered equipment, food, heating fuel and other supplies
- Assemble a warm coat, gloves or mittens, hat and water-resistant boots for each member of the family, extra blankets and warm clothing, and non-clumping kitty litter. Kitty litter will generate temporary traction. Rock salt will melt ice on walkways but can damage vegetation and concrete. Other, less damaging, ice melting products is available from building supply stores
- Make sure your home is properly insulated. If necessary, insulate walls and attic. This will help you to conserve electricity and reduce your home power demands for heat. Caulk and weather-strip doors and windowsills to keep cold air out, allowing the inside temperature to stay warmer longer
- Install storm windows or cover windows with plastic from the inside. This will provide an extra layer of insulation, keeping more cold air out

To keep pipes from freezing

- Wrap pipes in insulation or layers of old newspaper
- Cover the newspaper with plastic to keep out moisture
- Let faucets drip a little to avoid freezing
- Know how to shut off water valves

In your car

- Prepare a winter survival kit for your car. Include the following list: blankets or sleeping bags, extra clothing, flares, high energy foods (candy, nuts, raisins), first-aid kit, flashlights, knives, compass, candles and matches, maps, jumper cable, tow chain, shovel, windshield scraper, sack of sand, and paper and pen to leave a note in case you evacuate your car.
- Your car will help you keep warm, visible and alive if you get trapped in a winter storm. A lighted candle will help keep you from freezing, but remember to have a window open slightly for ventilation.
- Keep car fuel tank above half full.

During and After the Storm

The following are guidelines for what you should do during a winter storm or under conditions of extreme cold:

- Listen to your radio, television, or NOAA Weather Radio for weather reports and emergency information.
- Eat regularly and drink ample fluids, but avoid caffeine and alcohol.
- Avoid overexertion when shoveling snow. Overexertion can bring on a heart attack—a major cause of death in the winter. If you must shovel snow, stretch before going outside.
- Watch for signs of frostbite. These include loss of feeling and white or pale appearance in extremities such as fingers, toes, ear lobes, and the tip of the nose. If symptoms are detected, get medical help immediately.
- Watch for signs of hypothermia. These include uncontrollable shivering, memory loss, disorientation, incoherence, slurred speech, drowsiness, and apparent exhaustion. If symptoms of hypothermia are detected, get the victim to a warm location, remove wet clothing, warm the center of the body first, and give warm, non-alcoholic beverages if the victim is conscious. Get medical help as soon as possible. Conserve fuel, if necessary, by keeping your residence cooler than normal. Temporarily close off heat to some rooms.
- Maintain ventilation when using kerosene heaters to avoid build-up of toxic fumes. Refuel kerosene heaters outside and keep them at least three feet from flammable objects.
- Drive only if it is absolutely necessary. If you must drive, consider the following:
 - Travel in the day, don't travel alone, and keep others informed of your schedule
 - Stay on main roads; avoid back road shortcuts
- Beware of the chill factor if winds are present. Keep dry. Change wet clothing frequently to prevent a loss of body heat.
- Be prepared for isolation at home. Make sure you can survive for a week or two in case a storm isolates you and makes it impossible for you to leave.

TORNADOES

Although rare, tornadoes have occurred in Utah. A tornado warning means a tornado has been sighted; take shelter immediately. Stay away from windows, doors, and outside walls. Protect

yourself from falling objects or flying debris. Go to an interior part of the structure on the lowest level (closet, interior hallway). If at all possible get under something sturdy; such as a heavy table, and stay there until the danger has passed.

Homes and buildings may be totally destroyed or left isolated. Your residence could be damaged making it unlivable for a long time. Streets may be filled with debris, power lines may be down, sewer and water mains may be broken. Tornadoes are nature's most violent and erratic storms. A tornado can travel for miles along the ground, lift and suddenly change direction and strike again. It may be necessary to seek shelter with family or friends. Listen to the radio and TV for information about the location of emergency shelters.

Disaster Related Stress

Experiencing a disaster can be overwhelming. Stress can make many medical conditions worse. If you experience any symptoms that affect your ability to function, seek medical attention. Some people may never have a reaction. Others may have delayed reactions that can appear days, weeks or even months after a disaster.

After a disaster, be sure to talk to someone about how you are feeling, i.e. a friend, a member of the clergy, a counselor or seek the assistance of a mental health professional that can help you deal with the stress related to your disaster experience.

A disaster can change your ability to deal with your normal environment. It is important to anticipate the lowest level of functioning in your individual disaster plan.

Your condition may become worse because of physical or emotional reactions to stress. For example, people who do not need the aid of devices on a daily basis may need a wheelchair after a disaster.

After a disaster

After a disaster, you may need to ask for help to do things you usually would have done independently. This may make you feel especially vulnerable. You may need assistance putting your home back in order, filling out forms, or providing documentation and information to disaster relief agencies. This can add to the stress you may be feeling. A personal support network that knows your needs may anticipate some of them and make your recovery easier and less stressful.

For more information concerning emergency preparedness please contact your local emergency management office.

- KBYU is the emergency communication station in the Provo/Utah County area. Turn to this station for information and instructions during an emergency. KBYU broadcasts on 89.1 FM or 89.5 FM depending on the coverage area.
- KSL 1160 AM is the state wide communication source for Emergency Alert System, and will broadcast messages on a statewide basis
- For general emergency information people are encouraged to call the United Way of Utah County 2-1-1 Information System.

Appendix A – Tips for Creating an Emergency Health Information Card

Introduction

This fact sheet is designed to provide a check list for creating an Emergency Health Information Card to improve your emergency preparedness in an earthquake. It is designed to be used in conjunction with United Way Utah County’s general Personal and Family Emergency Plan, Earthquake Tips for People With Disabilities, Earthquake Tips for People With Specific Disabilities (i.e., Mobility, Visual, Communication, Cognitive, Psychiatric, Hearing, etc), and Tips For Collecting Important Documents . Without all four tip sheets you do not have all the information you need to be prepared. Preparing takes time and effort do a little at a time, as your energy and budget permit. The important thing is to start preparing. The more you do, the more confident you will be that you can protect yourself, your family, and your belongings.

ACTIVITIES	DATE COMPLETED
Complete and/or Customize Health Card	
Keep copies in wallet, purse and all emergency supply kits	

Customize Card

An emergency health information card communicates to rescuers what they need to know about you if they find you unconscious or incoherent, or if they need to quickly help evacuate you. An emergency health information card should contain information about medications, equipment you use, allergies and sensitivities, communication difficulties you may have, preferred treatment and treatment-medical providers, and important contact people.

Copies of Card

Make multiple copies of this card to keep in emergency supply kits, emergency carry-with-you kits, car, work, wallet and purse (behind driver’s license or primary identification card) wheelchair pack, etc.

Put these items on the front:

1. Name
2. Street address
3. City, state, zip
4. Phone (home, work, mobile)
5. Birth date
6. Blood type
7. Health insurance carrier and Individual and Group number
8. Primary physicians

Put these items on the back:

- Emergency contacts
- Conditions, disability
- Medications
- Assistance needed
- Allergies
- Immunization dates
- Communication/Equipment/Other needs

Explanation for filling out the card:

(1-10) Self-explanatory:

Name, address, phone, birth date, blood type, primary physician(s), insurance carrier, local and out of town emergency contacts and personal support network. Social Security Number is optional.

(11) **Conditions** that a rescuer might need to know about (if you are not sure, list it): i.e. diabetes, epilepsy, heart condition, high blood pressure, respiratory condition, HIV positive.

- "I have a psychiatric disability and may become confused in an emergency. Help me find a quiet corner and I should be fine in about 10 minutes; if not give me one green pill, (name of medication) located in my (purse, wallet, pocket, etc.)."
- "I take Lithium and my blood level needs to be checked every _____."
- **Multiple chemical sensitivities** - these conditions may not be commonly understood therefore explanations may need to be detailed. "I react to...; my reaction is..... doing this...."

(12) Medications

If you take medication that cannot be interrupted without serious consequences make sure this is stated clearly and include:

- prescriptions
- dosage
- times taken
- Other details regarding specifications of administration/regime; i.e., insulin, etc.
- Name, address, and phone and fax numbers of pharmacy where you get your prescriptions filled.
- **Instructions:** i.e.: take my gamma globulin from the freezer; take my insulin from the refrigerator.
- Have enough medication, to last 14 days, in case of a disaster.
- Have additional copies of prescriptions.

(13) Anticipated assistance needed

- "I need specific help with walking, eating, standing, dressing, transferring." Example- "the best way to assist is to allow me to hang on your arm for balance."

(14) Allergies and sensitivities:

History of skin or other reaction of sickness following injection or oral administration of.

- Penicillin or other antibiotics
- Morphine, Codeine, Demerol or other narcotics
- Foods such as eggs, milk chocolate, or others

(15) **Immunization Dates** (self explanatory)

(16) **Other Needs** -Communication or a speech-related disability

- "I speak slowly, softly and my speech is not clear. Find a quiet place for us to communicate. Be patient! Ask me to repeat or spell out what I am saying if you cannot understand me!
- ""I use a word board, augmentative communication device, artificial larynx, etc., to communicate. In an emergency I can point to words and letters."
- "I cannot read. I communicate using an augmentative communication device. I can point to simple pictures or key words which you will find in my wallet or emergency supply kit"
- "I may have some difficulty understanding what you are telling me, please speak slowly and use simple language “

(17b) Equipment used:

- motorized wheelchair
- suction machine
- home dialysis
- respirator
- Instructions: take my oxygen tank, take my wheelchair

(17c) Sanitary needs:

- indwelling catheter
- trach

Emergency Health Information Card

NAME: 1.		
STREET ADDRESS: 2.		
CITY: 3.	STATE:	ZIP:
HOME PHONE: 4.		WORK PHONE:
MOBILE PHONE; 5.		
DATE OF BIRTH: 6.	BLOOD TYPE: 7.	SSN: 8. Optional
Health Insurance Carrier and Individual and Group Number: 9.		
PHYSICIANS: 10.		
Back: EMERGENCY CONTACTS: 11.		
CONDITIONS/DISABILITIES: 12.		
MEDICATIONS: 13.		
ASSISTANCE NEEDED: 14.		
ALLERGIES: 15		
IMMUNIZATION DATES: 16.		
OTHER NEEDS:		

Appendix B - Earthquake Tips for People with Cognitive Disabilities

Introduction

This fact sheet is designed to provide a check list for creating an Emergency Health Information Card to improve your emergency preparedness in an earthquake. It is designed to be used in conjunction with United Way Utah County’s general Personal and Family Emergency Plan, Earthquake Tips for people with a Specific Disability and Tips for Collecting Emergency Documents. Without all four tip sheets, you do not have all the information you need to be prepared. Preparation may seem like a lot of work. It is. Preparing does take time and effort. So do a little at a time, as your energy and budget permit. The important thing is to start preparing. The more you do, the more confident you will be that you can protect yourself, your family, and your belongings.

ACTIVITIES	DATE COMPLETED
Practice what to do during and after an earthquake.	
Keep a written Emergency Plan with you.	
Give copies of plan to Personal Support Network buddies.	
Make a list of important people to notify.	
Practice how to tell someone about what you need.	

Before, During and After an Earthquake

Practice what to do during and after an earthquake, do this until you feel comfortable and feel confident that you will know what to do during and after a quake.

Emergency Plan

Keep a written emergency plan with you and in several locations. Make sure your emergency plan is easy to read and understand.

- After a quake, information often comes at you quickly. Think through ways to do things you will need to do after a quake. Small tape recorder, calendar with room for notes, to do list, etc., will help you remember things.
- Give copies of your written emergency plan to your personal support network buddies.

Communication

Think through what a rescuer might need to know about you and be prepared to say it briefly, or keep a written copy with you:

“I cannot read. I communicate using an augmentative communication device. I can point to simple pictures or key words which you will find in my wallet or emergency supply kit.”

“I may have difficulty understanding what you are telling me, please speak slowly and use simple language.”

“I forget easily. Please write down information for me.”

Appendix C - Earthquake Tips for People with Visual Disabilities

Introduction

This fact sheet is designed to provide a check list for creating an Emergency Health Information Card to improve your emergency preparedness in an earthquake. It is designed to be used in conjunction with United Way Utah County’s general Personal and Family Emergency Plan, Earthquake Tips for people with a Visual Disability and Tips for Collecting Emergency Documents. Without all four tip sheets, you do not have all the information you need to be prepared. Preparation may seem like a lot of work. It is. Preparing does take time and effort. So do a little at a time, as your energy and budget permit. The important thing is to start preparing. The more you do, the more confident you will be that you can protect yourself, your family, and your belongings.

ACTIVITIES	DATE COMPLETED
Store extras canes.	
Alternate Mobility Cues in each room	
Label Emergency Supplies with Braille, large print or fluorescent tape	
Secure computers and important information	

Canes

- If you use a cane, keep extras in strategic and secured locations at job, home, school, volunteer site, etc. to help you maneuver around obstacles and hazards.
- Keep a spare cane in your emergency kit.

Alternate Mobility Cues

- If you have some vision, place security lights in each room, to light paths of travel. These lights plug into electrical wall outlets and light up automatically if there is a loss of power. They will, depending on type, continue to operate automatically for 1 to 6 hours and can be turned off manually and used as a short-lasting flashlight.
- Store high-powered flashlights with wide beams and extra batteries.
- If you wear soft contact lenses, plan an alternative because you will not be able to operate the cleaning unit without power.
- Service animals may become confused, panicked, frightened or disoriented in and after a disaster. Keep them confined or securely leashed or harnessed. A leash/harness is an important item for managing a nervous or upset animal. Be prepared to use alternative ways to negotiate your environment.
- Plan for losing the auditory clues you usually rely on after a major quake.

Label Supplies

- If helpful, mark emergency supplies with large print, fluorescent tape or Braille.

Secure Computers

- Anchor special equipment such as computers. Create a back-up system for important data and store it off site.

Advocacy Issues

- Advocate that TV news not only post important phone numbers but also announce them slowly and repeat them frequently for people who cannot read the screen.

Appendix D - Earthquake Tips for the Hearing Impaired

Introduction

This fact sheet is designed to provide a check list for creating an Emergency Health Information Card to improve your emergency preparedness in an earthquake. It is designed to be used in conjunction with United Way Utah County’s general Personal and Family Emergency Plan, Hearing Disability and Tips for Collecting Emergency Documents. Without all four tip sheets, you do not have all the information you need to be prepared. Preparation may seem like a lot of work. It is. Preparing does take time and effort. So do a little at a time, as your energy and budget permit. The important thing is to start preparing. The more you do, the more confident you will be that you can protect yourself, your family, and your belongings.

ACTIVITIES	DATE COMPLETED
Store and maintain extra batteries	
Store hearing aids	
Install both audible alarms and visual smoke alarms	
Have written communication for emergency personnel	

Batteries

- Store extra batteries for hearing aids and implants. If available, store an extra hearing aid with emergency supplies
- Maintain TTY batteries (consult TTY manual).
- Store extra batteries for your TTY and light phone signaler. Check the manual for proper battery maintenance.

Hearing Aids

- Store hearing aid(s) in a strategic, consistent and secured location so they can be found and used after a quake. Consider storing it in a container by your bedside that is attached to a night stand or bed post using string or Velcro. Missing or damaged hearing aids will be difficult to replace or fix immediately after a major disaster.

Alarms

- Install both audible alarms and visual smoke alarms. At least one should be battery operated.

Communication

- Determine how you will communicate with emergency personnel if there is no interpreter or if you do not have your hearing aids. Store paper and pens.

- Consider carrying pre-printed copy of key phrase messages with you such as "I speak American Sign Language (ASL) and need an ASL interpreter" or "If you make announcements, I will need to have them written or signed."
- If possible, obtain a battery operated television that has a decoder chip for access to signed or captioned emergency reports.
- Determine which broadcasting systems will be accessible with continuous news that will be captioned and/or signed. Advocate that television stations have a plan to secure emergency interpreters for on camera emergency duty.

Advocacy

- Recruit interpreters to be Red Cross emergency volunteers.
- Maintain pressure on TV stations to broadcast all news and emergency information in open caption format.
- Ensure hotels have access packets for deaf and hearing impaired persons, including audible alarms, when you travel. Ask for them when you check in.

Appendix E - Earthquake Tips for People Mobility Disabilities

Introduction

This fact sheet is designed to provide a check list for creating an Emergency Health Information Card to improve your emergency preparedness in an earthquake. It is designed to be used in conjunction with United Way Utah County's general Personal and Family Emergency Plan, Earthquake Tips for people with a Visual Disability and Tips for Collecting Emergency Documents. Without all four tip sheets, you do not have all the information you need to be prepared. Preparation may seem like a lot of work. It is. Preparing does take time and effort. So do a little at a time, as your energy and budget permit. The important thing is to start preparing. The more you do, the more confident you will be that you can protect yourself, your family, and your belongings.

ACTIVITY	DATE COMPLETED
Store needed aids in convenient and secured locations.	
Check the list below for emergency kit extras.	
Arrange and secure furniture and other items to provide multiple barrier-free passages.	
Practice using alternate methods of evacuation.	

Storage

- Store emergency supplies in a pack or backpack attached to walker, wheelchair, scooter, etc.
- Store needed mobility aids (canes, crutches, walkers, wheelchairs) close to you in a convenient and secured location. Keep extra aids in several locations, if available.

Emergency Kit

- Keep a pair of heavy gloves in your supply kit to use while wheeling or making your way over glass and debris.
- If you use a motorized wheelchair/scooter consider having an extra battery available. A car battery can be substituted for a wheelchair battery but this type of battery will not last as long as a wheelchair's deep-cycle battery. Check with your vendor to see if you will be able to charge batteries by either connecting jumper cables to a vehicle battery or by connecting batteries to a specific type of converter that plugs into your vehicle's cigarette lighter in the event of loss of electricity.
- If you do not have puncture proof tires, keep a patch kit or can of "seal-in-air product" to repair flat tires. Also keep an extra supply of inner tubes.
- Store a lightweight manual wheelchair, if available.

Evacuation Plan

- Arrange and secure furniture and other items to provide paths of travel and barrier free passages.
- If you spend time above the first floor of an elevator building, plan and practice using alternate methods of evacuation. If needed, enlist the help of your personal support network. If you cannot use stairs, discuss lifting and carrying techniques that will work for you. There may be instances where wheelchair users will have to leave their chairs behind in order to safely evacuate a structure.
- Sometimes transporting someone downstairs is not a practical solution unless there are at least two or more strong people to control the chair. Therefore, it is very important to discuss the safest way to transport you if you need to be carried, and alert them to any areas of vulnerability. For example: the traditional "fire fighter's carry" may be hazardous for some people with some respiratory weakness. You need to be able to give brief instructions regarding how to help you.

Appendix F - Earthquake Tips for People with Environmental Illness or Chemical Sensitivities

Introduction

This fact sheet is designed to provide a check list for creating an Emergency Health Information Card to improve your emergency preparedness in an earthquake. It is designed to be used in conjunction with United Way Utah County's general Personal and Family Emergency Plan, Hearing Disability and Tips for Collecting Emergency Documents. Without all four tip sheets, you do not have all the information you need to be prepared. Preparation may seem like a lot of work. It is. Preparing does take time and effort. So do a little at a time, as your energy and budget permit. The important thing is to start preparing. The more you do, the more confident you will be that you can protect yourself, your family, and your belongings.

ACTIVITIES	DATE COMPLETED
Emergency supplies based on your worst allergies days.	
Carry with You important supplies with you with you at all times (medications, first aid kit, and evacuation kit)	
Gather special additions to your emergency supplies	
In case of Evacuation, know where the nearest safe places are from your home	

Emergency Supplies

Collect emergency supplies based on your worst days. After a major quake an excess of smoke, excessive dust, molds, gas leaks, diesel from idling rescue vehicles, flashing lights, radio waves, electromagnetic fields (from generators, emergency lights, cellular phones and walkie-talkies) and airborne toxins may trigger stronger reactions than you normally experience.

"Carry With You" Emergency Supplies

- Emergency Health Information Card should clearly explain your sensitivities and reactions, most helpful treatments, and treatments which are harmful, Be specific, as environmental illness is not commonly understood. Remember that some reactions (disorientation, aphasia, panic) may be diagnosed and treated as something other than chemical sensitivity and you may not be able to describe your needs verbally.

- Medications including: inhalers, epinephrine shots, anticonvulsant.
- Prescriptions and Treatment Authorization Request (T.A.R.'s) from your doctor for unusual, orphan or hard-to-find medications.
- Supplements, herbs, homeopathic remedies.

First Aid Kit:

- Cotton bandages, gauze, and paper tape.
- Hydrogen peroxide, zephiran chloride or your tolerated disinfectant.

Emergency Supplies

- Charcoal mask and/or respirator.
- Well aired-out (out gassed) plastic or steel tubing and ceramic mask or out gassed plastic mask for oxygen.
- Rolls of aluminum foil for such things as covering chairs, sleeping area, food, etc.
- Baking soda stored in a waterproof container (for washing).
- Food that requires no cooking.
- Water, if storage in glass containers is necessary, consider using one quart bottles, stored inside layers of thick socks to protect the glass and to enable carrying. Note: glass bottles will break if the water freezes and expands.
- Portable charcoal water filter.
- Before purchasing a fire extinguisher, check your sensitivity to the contents.

Evacuation Plan

- Know where the nearest safe places are, especially open air places, such as a beach, up wind from traffic, refineries and fires.

Appendix G - Earthquake Tips for People Who Use Life Support Systems

(Dialysis, respirator, oxygen, suction, intravenous pumps or infusion therapy)

Introduction

This fact sheet is designed to provide a checklist for activities for people who use Life Support Systems to improve your emergency preparedness in an earthquake. It is designed to be used in conjunction with United Way of Utah County’s general Personal and Family Emergency Plan, Earthquake Tips for People with Disabilities, Tips for Collecting Emergency Documents, and Tips for creating an Emergency Health Information Card. Without all four tip sheets, you do not have all the information you need to be prepared. Preparation may seem like a lot of work, it is. Preparing does take time and effort. So do a little at a time, as your energy and budget permit. The important thing is to start preparing. The more you do the more confident you will be that you can protect yourself, your family, and your belongings.

ACTIVITIES	DATE COMPLETED
Secure Equipment	
Maintain current list of Alternate Providers	
Obtain Alternate Power source	
Obtain a Generator	
Oxygen Users	
Regularly Test and Back Up power supply	
Register with Utility Company	
Teach a Personal Support Network how to operate and safely move your equipment	

Secure Equipment.

Secure any life support equipment to prevent damage from falling. If you use a chain to secure equipment, make sure it is a welded (not bent) chain.

Alternate Providers

Determine which facilities/providers would serve you in the event that your home system becomes inoperable or your provider is unable to provide you service.

Alternate Power

- Discuss with your vendor alternative power sources that will provide you with support for up to five to seven days.
- Could you use a generator? What type?
- Could you use manually operated equipment?

- Can your equipment be powered from a vehicle battery? If yes, obtain necessary hardware for the hook-up.

Obtain a Generator

- If appropriate and feasible obtain a generator. Fuel must be safely stored. Generators need to be operated in an open area to ensure good ventilation. A 2,000 to 2,500-watt gas-powered portable generator can power a refrigerator and several lamps. (A refrigerator only needs to run 15 minutes an hour to stay cool if the door closed. So, you could unplug it to operate a microwave or other appliance.)
- For 24-hour use over several days, a gasoline-powered generator is probably the preferred alternative power source. A generator does not take the same vigilance as storing batteries, although it still needs to be tested periodically to make sure it will be operable when needed. The challenge with generators comes when you live in an apartment and have to figure out how to safely store an adequate gasoline supply. Store a siphon kit if you need to obtain gasoline directly from a vehicle.
- Some generators can be plugged into house wiring systems. It is important to first consult your utility company before you plug a generator into house wiring.

Oxygen Users

- Check with your provider to determine whether a reduced flow rate may be used in the event of a disaster to prolong the life of the system. Record on your equipment the reduced flow numbers so that you can easily refer to them.
- Be aware of oxygen safety; avoid areas where gas leaks or open flames may be present.
- Post "Oxygen in Use" signs.
- Keep the shut-off switch for oxygen equipment near you so you can get to it quickly in case of emergency.

Regular Test Backup

- If your backup power system relies on storing batteries, be aware of the disadvantage. Stored batteries require periodic charging even when they are unused. So, a battery charging routine needs be strictly followed.
- Regularly check back-up or alternative power equipment to ensure it will function during an emergency.
- Know the working duration of any batteries that support your system.
- Discuss with your power company the type of backup power you plan to use; get their advice.

Utility Company Registry

- If the service is available, register with your local utility company (is). Many utility companies maintain a list and map of your location in the event of an emergency. Contact the customer service department for additional information.
- In order to restore power as soon as possible to those who need it most during power outages, many power utility companies keep a list of names of people dependent on

powered life support systems and tag their meters. In some instances, this list is prioritized by the time a person is able to tolerate being off a life support system. Information is given to local power stations. Registering for this service may also qualify you for a discount rate. NEVER COUNT ON YOUR POWER BEING QUICKLY RESTORED. Utility personnel may not be able to get to you after a major earthquake.

Personal Support Network

- Inform your personal support network how to operate and safely move your equipment if necessary.
- Label equipment; add instruction cards, laminate instruction cards for added durability, attach to equipment.