

Preparedness Guide
For
People with Disabilities

Contents

An Emergency Plan addresses	4
Before Developing a Plan	4
Evacuation issues	11
Emergency Situations Defined	14
Be Prepared Have an Emergency Plan	31
Emergency Supply Kit	34
Emergency Plan checklist and general items	36
Water	41
Food and medications	42
Essential supplies and equipment	46
Clothing and bedding	52
Special items	53
First Aid supplies and items	61
Maintain your Plans, Supplies, Equipment	64
Additional tips for persons with disabilities	66
Evacuation	68
Advice for Everyone	70
Help Children Cope with Disasters	74

Learn More about Services in your Community	76
Special Needs Shelter telephone numbers	79
County Health Department contact information	89
Disaster contact information	109

An Emergency Plan addresses:

- What to do
- Where to go, if necessary
- A Pet Plan
- What to have on hand
- What to take with you

Before Developing a Plan

If you or someone in your household uses a wheelchair, make more than one exit from your home wheelchair accessible in case the primary exit is blocked. Plan and practice how to escape from your home.

Priority Reconnection Service: Florida law requires that all utility companies offer a “priority reconnection service” for people with disabilities who use power-dependent equipment. Contact your utility company for more information and to get placed on their

priority reconnection list.

For individuals who use telecommunications relay services, look into different options to use as back-up including: dialing 711 (nationwide), Cap Tel (captioned telephone), Internet-based relay (through computer, text pager, PDA, etc.), and/or video relay services (through broadband).

Ask yourself what resources you rely on regularly and determine how a disaster might affect your use of them.

Consider buying flood insurance **even if you are not in a designated flood zone.** Flood insurance must be in place at least 30 days prior to an event that the insurance covers.

Identify your disability-related or health condition need by writing it down and

carrying this information with you, or wearing medical alert tags or bracelets.

If you use medical equipment in your home that requires electricity to operate, talk to your health care provider about what you can do to prepare for its use during a power outage.

If you have a communication disability, make sure your emergency information list notes the best way to communicate with you.

Be sure you have cash or travelers checks in your kits in case you need to buy something.

Advocate for yourself. Practice how to quickly explain to people the best and safest way to help you or move you and your assistive device(s).

In addition to the issues raised above, and the general emergency plan items that are identified in the next part of this Guide, a person with a disability may need to do additional detailed planning. **The following are critical questions you must ask yourself, and answer honestly** before and as you compose your plan.

Have you submitted an application for eligibility for special needs shelter services?

If you must evacuate, do you have transportation? Where will you go? How will you get there?

Do you keep cash in your house or have easy access to a bank or ATM?

Do you and all members of your family or evacuation group have photo IDs issued by a government agency?

Do you have identification bracelets for children, in case they get separated from the evacuation group?

If you have a vehicle, do you keep an eye on the gas gauge, and fill the tank when it is half full? Do you have a spare approved gas can that you can take with you?

While you may not normally need the services of the local transportation provider, will you need their services during an emergency?

Did you register to receive the transportation provider's services? Flood zones and mobile homes are the primary areas from which you should evacuate, **but you need to decide whether you will stay or go, even if evacuation is not mandated.** If you are going to leave

the area, make sure that you plan to leave the area early.

If electricity goes out for three or more days, can you stay in your home safely? Do you use any durable medical equipment that needs electricity to function?

If your equipment is battery operated, how can you get the battery recharged?

If you are deaf or hard of hearing, since most of the media coverage is by radio or television, do you have a support system to let you know what is going on?

If you have a personal care attendant that comes to your home or place of work, what will happen if he or she cannot get to you?

Will you have enough medications or

medical supplies to last at least two weeks? Do you have medications that need to be refrigerated? If so, do you have an ice chest and access to ice or other cooling material?

Do you have food and water that you can get to, to last at least 72 hours?

Do you have plans for your service animal? Your pet?

Evacuation/shelter issues

Consider risks in your area including living on or near the coast, near the shore or a stream that can flood, or near a nuclear power plant. How strong is your home?

Weather related emergencies may affect your roads and utilities. It may take a few days before they are fully restored. Will you be able to cope?

In times of emergency, generally it is best to stay at home, where you will be most comfortable, but it may be necessary to evacuate. It is essential to pay attention to local emergency managers and if directed to, be prepared to evacuate. If you must evacuate, your best choice is family or friends who are in a safe structure and who have room for you. Third best, if you have transportation, is to evacuate the area entirely, out of the danger zone. Be sure

your destination is included in your plan. Fourth choice is a public shelter that can meet your needs.

There are two types of shelters. General population shelters are safe, but will not be able to provide you a lot of attention. The second type shelter is a special needs shelter, for people who are medically fragile, may require continuous oxygen or air conditioning, or who can't take care of their medical oversight needs, but who are not sufficiently ill to allow admission to a hospital or other health care facility. **Most people with disabilities will not be eligible to stay in a special needs shelter.**

Each county emergency management office determines who will be eligible for its special needs shelters. If you think that you may be eligible, you owe it to yourself to contact your county's emergency

management office, complete, and submit a special needs shelter application. That office will review your application and tell you whether you are eligible, or whether you should plan on going to a general population shelter if you decide that going to a public shelter will be the best option for you.

A well thought out and practiced plan will help you and your family to be ready for emergencies. Be sure to include all members of your family, as well as pets, in your emergency plan. You will want to consider the special needs of pregnant women, infants and young children, the elderly, and people with disabilities.

Emergency Situations Defined

Weather related:

SHORT TERM WATCHES AND

WARNINGS These warnings provide detailed information about specific threats, such as flash floods and tornados, that often accompany hurricanes. Tune in to NOAA Weather Radio, commercial radio or television for information.

TROPICAL DEPRESSION: An organized system of clouds and thunderstorms with a defined surface circulation and maximum sustained winds of 38 mph (33 knots) or less.

TROPICAL STORM: An organized system of strong thunderstorms with a defined surface circulation and maximum sustained winds of 39–73 mph.

HURRICANE/TROPICAL STORM WATCH

is issued when hurricane/tropical storm conditions are possible in the specified area, usually within 36 hours.

HURRICANE/TROPICAL STORM

WARNING is issued when hurricane/tropical storm conditions are expected in the specified area, usually within 24 hours.

HURRICANE: An intense tropical weather system of strong thunderstorms with a well-defined surface circulation and maximum sustained winds of 74 mph or higher.

HURRICANE WATCH This watch should trigger your disaster plan. Start protective measures, especially those actions that require extra time such as securing a boat, or preparing to evacuate your home to a safer place.

HURRICANE WARNING

In the event of a hurricane warning for your area, listen to NOAA weather radio, or your local radio and television stations for frequent updates about the storm as well as advice from local officials. The intensity and the path of the hurricane can change quickly, and without notice.

When a warning has been issued, you should review your plan and then start the process of taking protective actions and carrying out your plan to be in the safest location during the storm.

What to do

- Review your emergency plan.
- Decide where you will go if you are requested to evacuate. You may choose to stay with friends or relatives in a safe location, stay in a hotel or motel, or go to a local public shelter (special

needs if eligible).

- Remember your pets. Know if your destination (friends, hotel, shelter) is pet-friendly. If you need to make arrangements for your pet, contact your vet, local SPCA or Humane Society. Be sure you have up to date immunization records.
- Gather your disaster supplies, including for your pet, if necessary (see this guide).
- If you have your own car, have it ready. Check oil and other fluids, tires, and fill your gas tank.

When the storm approaches

- Listen for weather updates. Hurricanes can change direction, so remain informed.

- Check your emergency evacuation supplies.
- Board up or put storm shutters on windows.
- Clear your yard of loose objects, bicycles, lawn furniture, trash cans, etc. Tie down anything that can't be brought in.
- If you have a swimming pool, lower the water level a foot. Super-chlorinate the water; cover the pump and filtration systems and intakes.
- Turn off propane tanks (if you have them).

If you can stay home

- Obtain and mark clean containers for

storing water. You should have a minimum of one gallon per person per day.

- Obtain a week's supply of non-perishable foods that you don't need to cook. Don't forget a non-electric, manual can opener.
- Check your disaster supplies kit (see page 21).
- Stay inside, away from windows, glass doors and skylights.
- Avoid elevators.
- Don't use your telephone or cell phone unless absolutely necessary.
- Wait for official word that the danger is over. Don't be fooled by the storm's calm eye.

- If you must leave home, see page 38 for tips on evacuation.

Tornados and Severe Thunderstorms

Florida has TWO tornado seasons:

- **SPRING SEASON**, from February through April, is characterized by the most powerful storms.
- **SUMMER SEASON**, from June until September, has the most tornados, but usually not the most dangerous.

TORNADO WATCH: Issued when tornados are possible in your area.

TORNADO WARNING: A tornado has been sighted or indicated by weather radar. If a tornado warning is issued for your area and the sky becomes threatening, move to your most safe

place.

SEVERE THUNDERSTORM WATCH:

Issued when a severe thunderstorm is possible in your area.

SEVERE THUNDERSTORM WARNING:

Issued when a severe thunderstorm is occurring.

What you can do before the thunderstorm

- **Review your emergency plan.** Have a NOAA weather radio with a warning alarm tone and battery backup to receive warnings.
- Know your county and its landmarks (major roads, rivers, communities) to allow you to follow the storm's progress.
- Listen to radio and television for

information.

If a warning is issued or if threatening weather approaches

- If you are in a home or other building, move to the strongest room or a designated shelter. Stay away from windows.
- If an underground shelter is not available, move to an interior room or hallway on the lowest floor and get under a sturdy piece of furniture.
- Mobile homes offer little protection from tornados. If a tornado approaches, get away from mobile homes.
- Get out of automobiles. Do not try to outrun a tornado in your car. If caught outside or in a vehicle, lie flat in a ditch or depression.

After the storm

- Stay away from disaster areas.
- Report broken power lines or gas lines. Leave your home if you smell gas fumes or other chemical smells.

Flooding

- **STORM SURGE** is a dome of water pushed onshore by hurricane and tropical storm winds. Storm surges can reach 25 feet high.
- **STORM TIDE** is a combination of storm surge and the normal tide that causes very high water levels.

Before the flood

- Review your emergency plan. See if you are in a flood plain. Find your flood insurance policy (if you have one).

- Begin implementing your plan if the flooding threatens your home. Find an evacuation destination, gather your disaster kit items.

When a flash-flood watch is issued for your area

- Refer to your emergency plan as to what you will do and where you will go in a flash-flood emergency.
- Listen to NOAA weather radio, and your area's radio and television stations for warnings and reports of flooding.
- Be prepared to evacuate immediately.
- If you are on a road, watch for flooding at highway dips, bridges and low areas.
Don't drive through standing water.

- Follow instructions from emergency officials.

When a flash-flood warning is issued for your area

- Move quickly to save yourself and those who depend on you. Gather up your critical disaster kit items.
- Do not attempt to cross a flooding stream on foot where water is above your knees. Avoid walking through deep water if you have open cuts or sores.
- Keep children away from floodwaters near culverts and storm drains.
- Don't try to drive through water. Rising water may sweep the vehicle away causing potentially deadly consequences. If your vehicle stalls, evacuate all passengers immediately to

higher ground.

- Be cautious at night when it is harder to recognize flood danger.

Nuclear Emergencies

In the event of a nuclear emergency, safety information will be broadcast on your local TV and radio stations and public alert systems.

The four levels of emergency alerts are:

- Notification of an unusual event (lowest)—no radiation leak—no action needed.
- Alert—Small amounts of radiation may leak—no action needed.
- Site-area emergency—small amounts of

radiation may leak but it isn't expected to travel offsite—stay alert to broadcast safety information.

- General emergency-(serious)-radiation could leak off-site. Be prepared to evacuate or shelter-in-place. In the event of a general emergency, don't eat food from an outside garden taken after the declaration of a general emergency, unless emergency officials approve.

If your car breaks down while evacuating, keep windows and vents closed and stay inside.

Don't return home from an evacuation unless officials say it is safe.

Terrorism

Terrorism is the unlawful use of violence - or the threat of it - to scare or intimidate

people or governments. Terrorists tend to strike highly populated places or business and government centers. Other targets may involve transportation, healthcare, utilities and education.

There are four types of terrorism:

- Conventional (bombings and hijackings)
- Chemical (poison)
- Biological (bacteria and viruses)
- Radiological (nuclear weapons or radioactive materials)

When you are in public,

- Be aware of your surroundings.
- Never leave personal property unattended.

- Report suspicious packages or behavior.

During a terrorist incident

- Stay calm.
- Follow instructions from emergency officials.

In a chemical or radiological incident

- Stay inside unless otherwise instructed.
- Go to a basement or below ground room for a radiological incident.
- Go to the highest room for a chemical incident, preferably without windows.

- Turn off all air handling units.
- Close windows and doors and seal off rooms.
- In a car or truck, close windows and vents and turn off the heat or air.

Following a terrorist incident

- Leave rescue efforts to trained personnel especially in a collapsed building.
- If you are trapped in debris, tap against a wall for rescuers to find you. Avoid yelling so as not to breathe in more dust or smoke.
- Follow emergency announcements to learn about assistance.

Be Prepared **Have An Emergency Plan**

Considerations for People with Disabilities

If you have access to the Internet, there is an excellent planning tool available at www.floridadisaster.org. Click on "Disability Disaster Information, then, click on "Click here to start your Family Disaster Plan" under paragraph 4.

When making your emergency plan, consider:

- Each person your plan will cover. Include your service animals and pets.
- What supplies and equipment you will need. Read the categories and lists of items to have or take with you.

- How much cash that you may need if your credit or debit cards don't work.
- Which financial, insurance and other records you will need to have readily available to you.
- How you will communicate with others who have a need to know where you are and how you're doing. Does everyone in your evacuation group know the evacuation destination?

Select two meeting places: One if you need to leave home in an emergency and another outside of your neighborhood if you can't get back home after the event.

- Out of town contacts: Make arrangements with an out of town person to serve as your central communications person. Make sure

each person in your evacuation group has this central communications person's name, phone number(s) and email address (if they have one), and this person has everyone's phone numbers and email addresses.

A Pet Plan

Plan for the care of your pets if you have to evacuate your home. Pets, unlike service animals, will only be allowed in designated pet-friendly shelters. Check with your county's Emergency Management Office to see if there is a pet friendly shelter in your area. You will need to plan where you will take your pet if you must leave your home. Remember to take a leash, muzzle, food, water, immunization records, any medications, and a carrier or cage.

An Emergency Supply Kit

There are some general items and six basic categories of items you should stock for your emergency supply kit. Be sure that you or your family members, personal care assistants or friends can carry and transport these items if necessary.

1) Water (1 gallon per day per person, plus pet needs)

2) Food (non perishable, not requiring cooking), disposable eating implements, manual can opener

3) Emergency supplies (insect repellent, toilet paper and wet wipes, other personal hygiene items) and equipment (battery or crank powered radio, battery or crank powered lanterns or flashlights, manual can openers)

4) Clothing and bedding

5) Specialty items including mobility/accessibility/assistive devices, spare parts and equipment, and supplies

6) First aid supplies

Keep the items that you would most likely need during an evacuation in an easy-to-carry container(s) that you or people helping you, can manage. The items, and quantity of items will meet your personal needs and those who are included in the plan.

Emergency Plan Checklist

The items, and quantity of items will meet your personal needs and those who are included in the plan.

People in your Plan:

NAME	AGE	SPECIAL NEEDS	SPECIAL SKILLS	OTHER

- Positive identification (photo ID such as passport, driver's license or other government issued photo ID)
- Emergency plan, written down and easily accessible
- Family communication plan (see

pages 21-22)

- Fire escape plan
- Shelter-in-place plans
- Local map(s) providing shelter locations and routes (most telephone books have maps showing addresses and locations of public emergency shelters)
- Consolidated lists of equipment and supplies from the checklists in this Guide
- Police/Sheriff phone numbers, OTHER THAN 911
- Fire Department phone number, OTHER THAN 911

- Local emergency services phone number, OTHER THAN 911
- Healthcare provider phone number
- Health Clinic/HMO/Hospital phone numbers
- County Emergency Management phone number
- Poison Control Center: 1-800-222-1222
- Elder Hotline 1-800-963-5337
- Florida Relay 711 from anywhere in the state
- If you have a computer and have access to a scanner, scan important documents (including home

belongings inventory and pictures of your home and its belongings) onto a thumb drive to take with you if you have to evacuate your home.

- Waterproof container for:
 - Notebook with the following information:
 - Family and friends contact information
 - Phone numbers for home maintenance and personal services workers
 - A list of official emergency numbers
 - Detailed instructions for shutting off utilities
 - Medical information including

- physician's contact numbers
 - health insurance provider information
 - blood type
 - allergies
 - medical history and current conditions
 - medications and doses, special handling instructions; and dispensing pharmacy phone number(s)
- List of style and serial numbers of medical devices such as pacemakers, pumps, accommodation devices, assistive devices

- Insurance company(s), policy numbers, claims numbers (property insurance, health insurance)
- Documents identifying disabilities
- Credit card, bank, securities information
- If you have an animal: immunization records and veterinarian contact information

1. Water

Store water in plastic containers such as large soft drink, juice, or milk bottles.

Avoid using containers that will decompose or break, such as paper milk cartons or glass bottles.

A person who is generally active needs to

drink at least two quarts of water each day. Hot environments and intense physical activity can double that amount.

Children, nursing mothers, and ill people will need to drink even more.

- Store one gallon of water per person per day for up to 7 days. This includes water for drinking, cooking, hygiene.
- Change stored water every six months so it stays fresh.
- If you purchase bottled water, keep it in the original, sealed container. Observe the “use by” date.

2. Food and medications

- Food
 - Store at least a three to seven day supply of food per person

that does not require refrigeration prior to opening.

- Canned or packaged nonperishable meats or fish
- Canned vegetables
- Canned fruits, packaged dried fruits, nuts
- If you must heat food, have a can of jellied alcohol (i.e. Sterno) and matches (in waterproof package). Only use grills or gas operated cookers outdoors in a well ventilated place.

Medications

- Arrange with your prescriber and pharmacist for adequate supplies of medications. If there is a

declaration of emergency in your county, you can get a 30-day supply for the same price you've been paying – even if you recently filled your prescription(s). Very important for control of chronic high blood pressure, diabetes, mental health, other conditions.

- Equipment and supplies necessary for your medications, such as alcohol wipes, syringes, test equipment; ice or other coolants for medications that require lower temperatures.
- List of medical devices such as pacemakers, pumps, monitors, accommodation devices with their models and serial numbers.
- Spare prescription glasses, even if they are not your latest prescription.

Spare contact lenses and cleaning solution and equipment.

- Sunglasses (prescription or not)

For Babies

- Formula
- Diapers/wipes
- Bottles, disposable, with disposable nipples
- Powdered formula, milk, or baby food
- Medications, medicine dropper
- Baby soap and shampoo
- Baby's physician or nurse phone

number(s)

Pets

- Food, food bowl
- Water, water bowl
- Medications, records of immunizations

3. Essential supplies

- Cash or traveler's checks
- Standard telephone you plug directly into the wall (not a cordless phone)
- Battery or crank powered radio (extra batteries if battery powered), with headphone or earplug
- Battery or crank powered lantern or

flashlight (extra batteries if battery powered)

- **Do not include candles. Candles cause more fires after a disaster than anything else.**
- Hearing devices, and batteries (if appropriate)
- Spare keys
- Can opener(s), manual
- Disposable plates, plastic utensils or special eating utensils, paper goods (napkins, towels)
- Aluminum foil
- Plastic storage containers

Personal Hygiene Supplies

- Toilet paper, moist towelettes (“baby wipes”)
- Feminine hygiene supplies (if appropriate)
- Incontinence pads (if necessary)
- Plastic garbage bags, ties (for personal waste)
- Plastic bucket with tight lid
- Disinfectant
- Household chlorine bleach
- Facial tissues
- Wash cloths

- Towels
- Soap, liquid, laundry detergent
- tooth brush, toothpaste, other oral health items
- Personal hygiene items, including grooming utensils
- Grooming utensils and supplies, including assistive devices

Pets

- Collar/Leash/harness
- Identification tags, rabies tag
- Carrier or cage (1 per animal)
- Litter pan (for cat)

TOOLS

- Utility knife
- Pliers, screwdriver, hammer, crowbar, assorted
- nails, wood screws
- Shutoff wrenches, for water and household gas
- Tape, such as duct tape
- Compass, mirror
- Signal flare
- Paper, pencil, manual pencil sharpener or other writing devices
- Needles, thread

- Safety goggles
- Heavy work gloves (can be used to protect hands while using wheelchair in dangerous areas)
- Whistle
- Heavy cotton or hemp rope
- Disposable dust mask
- Plastic sheeting

Car equipment

- Several blankets (in cold weather)
- Jumper cables and instructions
- Small shovel

- Red cloth to use as a flag
- Flare, flashlight (battery powered or crank)
- Air pump, mechanical or plug-in to accessory socket
- Tire patch kit and can of seal-in-air
- CB radio or cellular telephone
- Quart of engine oil, water (consider radiator stop leak)

4. Clothing and bedding

- One complete change of clothing and footwear per person
 - Sturdy shoes or work boots

- Summer hat, to protect head and ears
- Rain gear
- Personal favorite pillows, sheets
- Blankets or sleeping bags (it may be winter)
- Hat (cold weather) and gloves (it may be winter)
- Thermal underwear (it may be winter)
- Laundry detergent (in container that can be sealed)

5. Special Items (some deliberate duplicates)

- Battery chargers for electrical equipment (Check with your vendor to know if you can charge your battery by either connecting jumper cables to a vehicle battery or connecting batteries to a converter that plugs into a vehicle's cigarette lighter, or a solar charger system.)
- Spare batteries for mobility equipment, other assistive devices, hearing aids
- Ice chest and ice or "keep cool" material for medications. If using "dry ice" use dry cotton gloves
- Special pads or cushions
- Recreational/occupational reading material or other age appropriate diversional items

- Battery-operated radio or music player and extra batteries, with headphone or earplug
- Urinary function supplies, Ostomy supplies, Incontinence pads, personal hygiene items
- Dressing devices
- Oxygen (tanks or generator), with flow rate taped on
- Suction equipment
- Dialysis equipment and supplies
- Wheelchair or scooter (name or other ID on it)
- Wheelchair or scooter repair kit, including spare parts; tire repair kit

- Walker, crutches, canes (name or other ID on them in case you get separated from them)
- Dentures

For Persons with Visual Disabilities

- Talking or Braille clock or large-print timepiece with extra batteries.
- At least one extra white cane.
- Mark your disaster supplies items with fluorescent tape, large print, or Braille.
- Mark your gas, water, and electric shutoff valves with fluorescent tape, large print, or Braille.
- Extra magnifiers.

For Persons with Hearing Disabilities

- Consider getting a portable battery-operated digital television set. Emergency broadcasts may give information in American Sign Language (ASL) or open captioning.
- Paper and pencils in your home disaster supplies kit and with your car disaster supplies. Keep them with you at all times for communication.
- Keep a flashlight, whistle or other noisemaker, and pad and pencil with you at all times.
- Keep a card in the disaster supplies kits (in your home and car), and with you at all times that indicates that you are deaf or otherwise have a hearing disability. Include any other

appropriate communication information such as, “I do (or do not) know American Sign Language (ASL),” or, “My service animal may legally remain with me.”

If you have a speech-related or communication disability

- Consider buying a power converter if you use a laptop computer to communicate. A power converter allows most laptops (12 volts or less) to be operated from the accessory socket on the dashboard of a vehicle.
- Have pencil and paper with you as a backup communication resource.
- If you use an augmentative communication device (such as an electronic communicator or artificial

larynx) that allows you to communicate by voice, be sure to keep it close to you at night in a safe place.

- Store copies of a word or letter board and preprinted key phrases you would use in case of an emergency in all of your disaster supplies kits, your wallet, purse, etc.

If you use self-administered medical treatments,

carry the equipment and fluids (temperature controlled) you will need when traveling. See “Medications” page 24 for obtaining additional quantities in an emergency.

If you have a cognitive disability

- Keep with you, a copy of any instructions or information you think you

will need. Also, keep a copy of this information in the disaster supplies kits you keep both at home and in your car. Prepare this information in a way that is easy for you to understand. You may want to break down the information into a step-by-step sequence. This format will help you remember what to do during the confusion of a disaster.

- Have a pencil and paper ready to keep track of and to help you remember any new instructions or information you may receive.

6. FIRST AID KIT

Assemble a first aid kit for your home and one for each car. A first aid kit should include the following:

- Sterile, adhesive bandages in assorted sizes
- Assorted sizes of safety pins
- Cleansing agent/soap
- Latex gloves (2 pairs)
- Sunscreen
- 2-inch sterile gauze pads (4–6)
- 4-inch sterile gauze pads (4–6)
- Triangular bandages (3)

- 2-inch sterile roller bandages (3 rolls)
- 3-inch sterile roller bandages (3 rolls)
- Scissors
- Adhesive tape
- Tweezers
- Sewing needle
- Moistened towelettes
- Antiseptic
- Rubbing alcohol
- Thermometer
- Tongue blades (2)

- Tube of petroleum jelly or other lubricant
- Medicine dropper

NONPRESCRIPTION DRUGS

- Aspirin or nonaspirin pain reliever
- Anti-diarrhea medication
- Antacid (for stomach upset)
- Syrup of Ipecac (use to induce vomiting if advised by the Poison Control Center)
- Laxative

Maintain your plan and supplies and equipment

- Review your plan every six months and exercise it to see if it is still valid.
- Conduct fire and emergency evacuation drills on a regular basis with your family or those with whom you live.
- Check food supplies every six months for expiration dates. Eat food which will soon expire and replace eaten items in your emergency supply.
- Read the indicator on your fire extinguisher(s) and follow the manufacturer's instructions to recharge. Test your smoke alarms monthly and change the batteries at least once a year. Replace alarms every 10 years.

Plan Maintenance Chart

6 mo

12 mo

Notes

	6 mo	12 mo	Notes
Review plan			
Exercise plan			
Fire Drills			
Replace food and water			
Check fire extinguishers			
Check smoke alarms			

Additional tips for people with disabilities

People will want to help you. Be ready to **give brief, clear, and specific instructions and directions** to these people, either orally or in writing. Examples:

“Please take my—

Oxygen tank.

Wheelchair.

Gamma globulin from the freezer.

Insulin from the refrigerator (or ice chest).

Communication device from under the bed.”

“Please do not try to straighten my knees. They are fused in a bent position.”

“I have had a brain injury that affects my memory. Please write down all important instructions and information.”

“I am blind/visually impaired. Please let me grasp your arm firmly.”

“I am deaf. Please write things down for me.”

When needed, ask for an accommodation from disaster response personnel. For example, let a responder or relief worker know if you cannot wait in lines for long periods for items like water, food, and disaster relief assistance. As above, practice how to explain clearly and briefly why you need this assistance. You may also want to write the explanation down ahead of time.

Evacuation

As discussed at the start of this Guide, you will want to consider evacuating your home in the event of flood, fires, or hurricanes. Local government will issue evacuation orders and alert the public using radio, television or other warning systems.

If you decide to evacuate your home

- Take your emergency kit with you (see page 20).
- Turn off water and electricity at the main valve, breakers or fuses.
- Turn off propane gas tanks that serve individual appliances like a stove or grill. Do not turn off natural gas unless local officials advise to do so.

- Follow the travel routes suggested and bring a map in case they are unfamiliar to you.
- If you don't drive, determine alternative methods of transportation, and make contact with your transportation provider (family, friend, public service).

Advice for Everyone

Lessons Learned from Past Hurricanes and other events

- Remember that people in some areas of your state may have been asked or ordered to evacuate before you, so even if you leave early, roads may be congested.
- If possible, you should know where you are going and how you plan to get there before you leave home. Let others know your destination and intended route.
- Using alternate routes may lessen your travel time. Know what alternate routes are useable before you leave.
- Leaving early will shorten your travel time. Leaving later may not allow you

enough time to reach safe shelter.

- You will need cash and a full tank of gas (see page 4).

After a storm

- Have valid identification (see page 22). You may not be allowed back into your home neighborhood unless you can show proof of residency.
- Stay at home and avoid sightseeing, which can impede emergency and recovery response from officials.
- If there was flooding beware of snakes, insects and animals driven to higher ground.
- Avoid downed or dangling utility wires.
- Enter your house with caution.

- Be cautious with fires. Do not strike matches until you are certain there are no gas leaks.
- If a power outage occurs, turn off or disconnect all electrical appliances and fixtures to avoid damage from sudden surges when power is restored.
- If you have a generator, **DO NOT OPERATE IT INSIDE. DO NOT OPERATE IT OUTSIDE NEAR ANY DOOR, WINDOW, OR GARAGE DOOR.**
- Avoid using candles, as they may result in fire. Use a flashlight or lantern.
- Fill clean containers with water for drinking and cooking. Store water in a bathtub for washing and to flush toilets.
- Turn the refrigerator and freezer controls

to the coldest settings.

- Open the refrigerator or freezer as seldom as possible during a power outage. Food will stay frozen for up to 48 hours if a freezer is full and tightly packed and the door is kept closed. Food in a partly filled freezer may keep for 24 hours.
- Fill empty freezer spaces with reusable ice containers, or fill empty plastic containers about four-fifths full of water, cap the containers loosely and place in empty spaces to freeze.
- If food in the freezer does defrost, use it within one or two days. Never refreeze food that has thawed completely. How do you tell if food has gone bad? The safe answer is, "If in doubt, throw it out!"

Help Children Cope with Disasters

- During a disaster, your family may have to leave your home and daily routine.
- Remind children that your family's emergency plan will address most incidents.
- As an adult, you'll need to cope with the disaster in a way that will help children avoid developing a permanent sense of loss.
- How you react to an emergency gives them clues on how to act. If you seem overcome with a sense of loss, a child may feel losses more strongly.
- Children's fears may also stem from their imagination, and you should take these feelings seriously. A child who

feels afraid is afraid.

- When talking with your child, be sure to present a realistic picture that is both honest and manageable.
- Monitor media exposure. Your child should not see or hear too many stories about the disaster. Teach your child what to do in an emergency. In an age-appropriate way, they should learn to:
 - Call for help.
 - Call a family member or trusted friend of the family.
 - Decide to take shelter or leave the home.

Learn More about Services in Your Community

Online Resources

There are many online resources for you to get more information on disaster preparedness. If you do not have computer access at home, you may visit your local public library to do more research. These online resources include:

- Florida Emergency Management Community: www.floridadisaster.org**
- Federal Emergency Management Agency: www.fema.gov**
- Red Cross: www.redcross.org and www.prepare.org**
- National Organization on Disability: www.nod.org/emergency**

□ **The National Center on Emergency Planning for People with Disabilities:
www.disabilitypreparedness.org**

One of the best guides on how people with disabilities should prepare for disasters was developed by the American Red Cross and is available for free at the following website:
<http://www.redcross.org/services/disaster/beprepared/disability.pdf>

The Americans with Disabilities Working Group's Clearinghouse on Disability Information is another resource to call to answer disaster preparedness questions. Its phone number is 1-877-ADA-4YOU or 1-877-232-4968.

Florida Centers for Independent Living (CIL) are committed to assisting those with disabilities with planning for emergencies. If you need assistance with preparing, call 1-

866-575-6004 or 1-877-822-1993 to
connect to your local CIL.

Special Needs Shelter Registries

Alachua
(352) 264-6500

Baker
(904) 259-6111

Bay
(850) 784-4000

Bradford
(904) 966-6321

Brevard
(321) 637-6670

Broward
(954) 537-2888

Calhoun
(850) 674-8075

Charlotte
(941) 833-4000

Citrus
(352) 746-6555

Clay
(904) 284-8735

Collier
(239) 252-3600

Columbia
(386) 758-1125

DeSoto
(863) 993-4831

Dixie
(352) 498-1240

Duval
(904) 630-2472

Escambia
(850) 471-6400

Flagler
(386) 313-4200

Franklin
(850) 653-8977

Gadsden
(850) 875-8642

Gilchrist
(386) 935-5400

Glades
(863) 946-6020

Gulf
(850) 229-9111

Hamilton

(386) 792-6647

Hardee

(863) 773-6373

Hendry

(863) 612-4700

Hernando

(352) 754-4083

Highlands

(863) 385-1112

Hillsborough

(813) 307-8063

Holmes

(850) 547-1112

Indian River

(772) 567-2154

Jackson
(850) 482-9678

Jefferson
(850) 342-0211

Lafayette
(386) 294-1950

Lake
(352) 343-9420

Lee
(239) 533-3640

Leon
(850) 488-5921

Levy
(352) 486-5213

Liberty
(850) 643-2339

Madison
(850) 973-3698

Manatee
(941) 749-3500

Marion
(352) 369-8100

Martin
(772) 287-1652

Miami-Dade
(305) 513-7700

Monroe
(305) 292-4591

Nassau
(904) 548-4980

Okaloosa
(850) 651-7150

Okeechobee
(863) 462-5819

Orange
(407) 836-9319

Osceola
(407) 742-9000

Palm Beach
(561) 712-6400

Pasco
(727) 847-8959

Pinellas
(727) 464-3800

Polk
(863) 534-5600

Putnam
(386) 329-0379

Santa Rosa
(850) 983-5360

Sarasota
(941) 861-5493

Seminole
(407) 665-5102

St. Johns
(904) 824-5550

St. Lucie
(772) 462-8100

Sumter
(352) 569-6000

Suwannee

(386) 364-3405

Taylor

(850) 838-3575

Union

(386) 496-4300

Volusia:

(386) 258-4088

Wakulla

(850) 926-0861

Walton

(850) 892-8066

Washington

(850) 638-6203

County Health Departments

Alachua County
(352) 334-7900

Baker County
(904) 259-6291, ext. 2230

Bay County
(850) 872-4720, ext. 1122

Bradford County
(904) 964-7732

Brevard County
(321) 454-7111

Broward County
(954) 467-4705

Calhoun County
(850) 674-5645

Charlotte County
(941) 639-1181

Citrus County
(352) 527-0068, ext. 261

Clay County
(904) 529-2801

Collier County
(239) 774-8205

Columbia County
(386) 758-1068

DeSoto County
(863) 993-4601

Dixie County
(352) 498-1360

Duval County
(904) 253-1000

Escambia County
(850) 595-6500

Flagler County
(386) 437-7350

Franklin County
(850) 653-2111

Gadsden County
(850) 875-7200, ext. 325

Gilchrist County
(352) 463-3120

Glades County
(863) 946-0707

Gulf County
(850) 227-1276

Hamilton County
(386) 792-1414

Hardee County
(863) 773-4161

Hendry County
(863) 674-4056, ext. 108

Hernando County
(354) 540-6800

Highlands County
(863) 386-6040, ext. 215

Hillsborough County
(813) 307-8000

Holmes County
(850) 547-8500

Indian River County
(772) 794-7400

Jackson County
(850) 526-2412

Jefferson County
(850) 342-0170

Lafayette County
(386) 294-1321

Lake County
(352) 589-6424 x2225

Lee County
(239) 332-9501

Leon County
(850) 606-8150

Levy County
(352) 486-5300

Liberty County
(850) 643-2415

Madison County
(850) 973-5000

Manatee County
(941) 748-0747, ext. 1222

Marion County
(352) 629-0137

Martin County
(772) 221-4000

Miami-Dade County
(305) 324-2400

Monroe County
(305) 293-7534

Nassau County
(904) 548-1800

Okaloosa County
(850) 833-9255

Okeechobee County

(863) 462-5819

Orange County
(407) 858-1400

Osceola County
(407) 343-2009

Palm Beach County
(561) 514-5300

Pasco County
(727) 861-5250

Pinellas County
(727) 824-6900

Polk County
(863) 519-7900, ext. 1002

Putnam County
(386) 326-3200

Santa Rosa County
(850) 983-5200

Sarasota County
(941) 861-2900

Seminole County
(407) 665-3000

St. Johns County
(904) 825-5055

St. Lucie County
(772) 462-3800

Sumter County
(352) 793-6979

Suwannee County
(386) 362-2708

Taylor County

(850) 584-5087, ext. 174

Union County
(386) 496-3211

Volusia County
(386) 274-0614

Wakulla County
(850) 926-3591

Walton County
(850) 892-8015

Washington County
(850) 638-6240

Disaster contact information

Florida Emergency Information Line: 800-342-3557

FEMA Registration, first step for disaster assistance:

800-621-3362 or 800-621-FEMA

FEMA, TTY for hearing impaired: 800-462-7585

FEMA Fraud and Abuse Hotline
(Department of
Homeland Security): 800-323-8603

American Red Cross—food, shelter,
financial assistance: 866-438-4636
To volunteer and donate: 866-435-7669

Salvation Army: 800-725-2769

Hunger Hotline, Florida Association for
Community Actions: 800-329-3663

Feeding America (food)
800-771-2303

Florida Volunteer and Donations Hotline
800-354-3571

Elder Hotline: 800-963-5337

Disaster Food Stamp Hotline (Florida
Department of
Children and Families): 866-762-2237

Florida Department of Financial Services,
claims problems: 800-227-8676 or 800-22-
STORM

Price Gouging Hotline (Florida State
Attorney General): 800-646-0444

Price Gouging Hotline (Florida Department

of Agriculture and Consumer Services):
800-435-7352

Florida Abuse Hotline: 800-962-2873 or 1-
800-96ABUSE

U.S. Department of Veterans' Affairs,
information and referral: 800-827-1000

Florida Child Care, resource and referral:
866-357-3239