



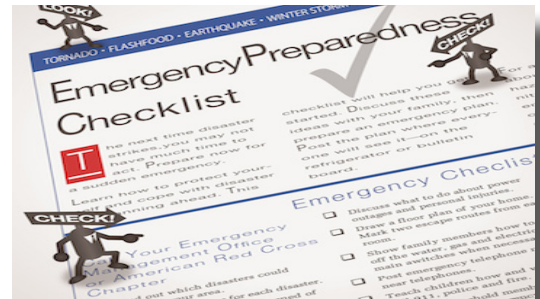
Ready, Set, KNOW...

Emergencies Happen, Are You Prepared?

When it comes to emergencies, basic needs for survival are the same for everyone: first aid, food, clean water, batteries, shelter, communication. If you or someone you know has a disability, basic needs can also include:

- ✓ power for electric-dependent equipment
- ✓ accessible shelter and transportation
- ✓ back up personal care
- ✓ provisions for service animal
- ✓ medication and medical supplies

While individual needs and circumstances vary, one thing is for sure: it's not a question of *if*, but *when* an emergency will happen. Take steps today to prepare for tomorrow.



Get Connected

First Responders: In the event of an emergency, the fire department is usually the first to respond. Do not wait for an emergency to call and let them know if anyone in your home has mobility challenges, medical conditions, or other considerations that are important for first responders to be aware of. If something occurs at your address, their responders will be prepared with the aide and equipment you need. While you're on the phone, take the opportunity to ask them for information on emergency preparedness and where to go for information on accessible emergency shelters and evacuation plans.



Utilities and Other Services: Make a list of utilities and communications services you use. Find and follow them on Twitter or Facebook for updates on outages, delays, and notices. Some have outage apps to download now, for use when you need it. Do the same for city and statewide agencies (such as the Department of Transportation) that can provide updates on road conditions, evacuation locations, and information specific to your area.

Create a Plan

Emergencies and disasters may force you to evacuate or stay in place at work, at home, or out in the community. Create a personal emergency response plan that identifies what you will need, how you will communicate, and where to go if you have to evacuate.

If you receive services from the state (such as DDA), talk to your case manager about back-up care options and what you can expect from the agency in an emergency.

Disability-Related Planning and Preparedness Resources

- **READY.GOV:** <http://ready.gov/individuals-access-functional-needs>
- **Red Cross:** <http://redcross.org/prepare/location/home-family/disabilities>
- **Washington State Independent Living Council:** wasilc.org/InclusiveEmergencyPreparedness.html
- **CDC Disability and Health Emergency Preparedness:** <https://www.cdc.gov/ncbddd/disabilityandhealth/emergencypreparedness.html>
- **OSHA Emergency Action Planning:** <https://www.osha.gov/etools/evacuation-plans-procedures>