

Assemble Emergency Supplies:

Recommended supplies to include in a basic emergency supply kit:

- Water, at least one gallon per person per day for at least three days, stored in plastic container
- Food, at least three days of nonperishable food
Tip: don't forget those with special diets such as diabetes
- A first-aid kit
- Prescription medications – watch for expiration dates
- Battery-powered radio, flashlights and extra batteries
- Can opener
- Bedding for each person
- Personal hygiene items
- Dust mask or cotton T-shirt for each person to help filter the air
- A whistle to signal for help
- A waterproof container – to store important documents such as driver's license, birth certificates, copies of medical prescriptions, insurance policies
- **After Assembling Your Kit**
- Store the kit in a place known to all household members
- Review the contents of your kit periodically to make sure food and water are fresh and prescription medicines are up-to-date

Online Resources

Iowa Department of Public Health
www.protectioniowahealth.org
711 or 1-800-735-2942 (deaf relay)

National Organization on Disability
www.nod.org
202-293-5960 (voice)
202-293-5968 (TTY)

US Department of Homeland Security
www.ready.gov
1-800-BE READY (voice)

American Red Cross
www.redcross.org



Iowa Department of Public Health
Promoting and Protecting the Health of Iowans.

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Preparing for Disaster

A Guide for People with Disabilities

Are You Prepared?

From 1989 to 2005, Iowa had 18 major disasters. These were caused by

- Chemical plant explosions
- Floods
- Ice storms
- Plane crashes
- Terrorist activity
- Tornadoes

All 99 counties in Iowa have had at least one disaster in the past 10 years.

Preparing for Disaster

A Guide for People with Disabilities

Complete a Personal Assessment

- Identify capabilities now and what assistance will be needed after a disaster, for example, with daily living, food, water, clean air, medication, and personal care.
- Include assistive devices, service animals and transportation.
- Identify disasters that are most likely to occur in your community.
- Learn about your community's warning signals, what they sound like and what steps should be taken.

Identify Your Resources

- Create a support network of people within and outside of the community that would be able to assist during and after a disaster with evacuation, transportation, daily living, food, water, medication and personal care.
- Tell these people where the emergency supplies are kept.
- Give one of the support network people a house key.
- Contact the local emergency management office and get information about a registry. Many local offices keep lists of people with disabilities so they can be quickly located in an emergency.

Additional Supplies for People with Disabilities

- Keep copies of medical insurance and Medicare cards, list of medications including dosage, any allergies, personal contacts, style and serial numbers of medical devices in a waterproof container that is handy in case of emergency evacuation.
- Include extra eyeglasses, hearing aid batteries, or any specific supplies needed in the emergency "to go" kit.

- Consider wearing a medical alert tag or bracelet. If dependent on medical devices know the location and availability of more than one provider ahead of time that can be of assistance. Contact the provider immediately in case of a power outage. Some medical equipment has battery backup. Know how long backups will last and maintain a re-charging schedule even if they are not in use. Generators work with some equipment, but should only be used outside because they use oxygen.
- Evacuation from the workplace changes with each organization. Have a thorough understanding of the evacuation procedures in the work place regarding each event. If assistance is needed, choose a few co-workers to help. Having several options will increase the odds of someone being available at a moment's notice. Elevators may not be an option. Evacuation chairs are a possibility for those with mobility limitations. These chairs vary in quality. There are no current standards for their design and construction or placement in a building.
- People with disabilities must make their own plans during an emergency. They must know their abilities and options, practice their plans, and know where assistive devices are located and how to use them. Most importantly, learn to instruct for evacuation if necessary. Show friends and co-workers how to operate assistive devices in case of evacuation.
- People with disabilities may need modified alert systems. Adapt each system to meet specific needs, for example, modified radio receivers that have a strobe light to alert a person with a hearing impairment. Or make a plan with a neighbor or co-worker to assist in an emergency and ask for help.
- Special, necessary or even vital daily items (medicines, power supplies, medical devices) are not likely to be available in emergency shelters. Know ahead of time which emergency shelter locations can meet personal needs, even basic availability to restrooms and showers.

Service Animals

■ The ADA defines a service animal "as any guide dog, signal dog, or other animal individually trained to provide assistance to an individual with a disability."

■ Service animals do not have to be licensed or certified by state or local governments. They are permitted into public and private facilities, shelters, hospitals and emergency vehicles.

■ **Service animals should never be separated from their human partner.** They may be excluded from a facility only if the animal poses a threat to the health and safety of others or poses an undue hardship for an employer. Because service animals are considered part of the team, they will only respond to their partner unless otherwise instructed.

- Practice drills with the service animal included.
- Know how to best assist service animals if they become separated from their human partner or become scared, disorientated or resistant to directions.
- Notify first responders of the service animals.
- Keep extra food, water, containers and copies of immunization information in a "to go" kit for the service animal. Don't forget disposal bags for sanitary purposes.

