

# **GET READY MARIETTA**

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A Disaster Preparedness Guide for People with Disabilities

APPROVED BY THE MARIETTA DISABILITY ADVISORY COMMITTEE

FUNDED BY THE EMERGENCY MANAGEMENT AGENCY PERFORMANCE GRANT

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# EMERGENCY ACTION PLANS

## DEVELOP A DISASTER PLAN

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

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



# IMPORTANT PEOPLE AND PAPERS

## EMERGENCY REFERENCE CARD

Case Worker: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Fax: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_

Relationship: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Day Phone: \_\_\_\_\_

Evening Phone: \_\_\_\_\_

Cell Phone: \_\_\_\_\_ Fax: \_\_\_\_\_

Out-of-town Contact and Phone Number: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# IMPORTANT PEOPLE AND PAPERS

## EMERGENCY REFERENCE CARD

Healthcare Provider: \_\_\_\_\_

Hospital Affiliation: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Fax: \_\_\_\_\_

Pharmacist: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Fax: \_\_\_\_\_

Special Conditions: \_\_\_\_\_

Medications: \_\_\_\_\_

Allergies: \_\_\_\_\_

Communication Devices/Equipment/Other: \_\_\_\_\_


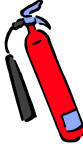








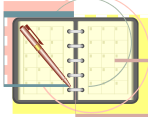

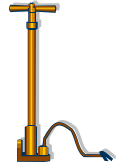
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# SHELTER IN PLACE

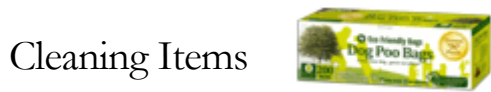
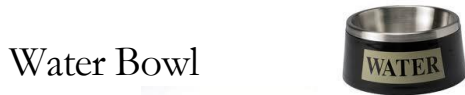
## SHELTER CHECKLIST

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

# SHELTER IN PLACE



## SHELTER CHECKLIST


- Supplies for your service animal



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



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

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

# EVACUATE IMMEDIATELY

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

- ☐ Supplies for your service animal

Small bag of food



Bottle of water



Bowl



Leash



Cleaning Items



- ☐ Copies of important documents in a waterproof container



Insurance Cards



Medicare/Medicaid Cards



Photo ID

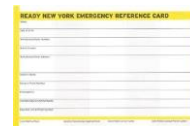


Proof of Address

Marriage and Birth Certificates



Copy of Emergency Reference Card



- ☐ Extra sets of car and house keys











- ☐ Cash, in small denominations



# EVACUATE IMMEDIATELY

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

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



For more information, contact:  
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