



City of Sebastopol
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People With Disabilities and Special Needs **Preparing for Emergencies**

The likelihood that you and your family will recover from an emergency tomorrow often depends on the planning and preparation done today. While each person's abilities and needs are unique, every individual can take steps to prepare for all kinds of emergencies. By evaluating your own personal needs and making an emergency plan that fits those needs, you and your loved ones can be better prepared. This guide outlines commonsense measures individuals with disabilities, special needs and their caregivers can take to start preparing for emergencies before they happen.

Get a Kit of Emergency Supplies.

The first step is to consider how an emergency might affect your individual needs. Plan to make it on your own for at least three days. It's possible that you will not have access to a medical facility or even a drug store. It is crucial that you and your family think about what kinds of resources you use on a daily basis and what you might do if those resources are limited or not available.

Recommended basic emergency supplies include:

- One gallon of water per person per day for drinking and sanitation.
- Food at least a three-day supply of non perishable food and a can opener.
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both
- Flashlight and extra batteries

- First aid kit
- Whistle to signal for help
- Dust mask to help filter contaminated air and plastic sheeting and duct tape to shelter in place.
- Wrench or pliers to turn off utilities
- Moist towelettes, garbage bags and plastic ties for personal sanitation.
- Pet food, extra water and supplies for your pet or service animal

Include Medications and Medical Supplies

If you take medicine or use a medical treatment on a daily basis, be sure you have what you need on hand to make it fir at least a week. You should also keep a copy of your prescriptions as well as dosages or treatment information. If it is not possible to have a week-long supply of medecines and supplies, keep as much as possible on hand and talk to your pharmacist or doctor about what else you should prepare.

If you undergo routine treatments administered by a clinic or hospital or if you receive regular services such as home health care treatment or transportation, talk to your service provider about their emergency plans. Work with them to identify back-up service providers within your area and the areas you might evacuate. 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.

Additional Items: In addition, there may be other things specific to your personal needs that you should also have on hand. If you use eyeglasses, hearing aids and hearing aid batteries, wheelchair batteries and oxygen be sure you always have extras in your home. Also have copies of your medical insurance, Medicare and Medicaid cards readily available. If you have service animals, be sure to include food water, collar with ID tag, medical records and other emergency pet supplies.

Include Emergency Documents: Include copies of important documents in your emergency supply kits such as family records, medical records, wills, deeds, social security number, charge and bank account information and tax records. It is best to keep these documents in a waterproof container. If there is information related to operating equipment or life-saving devices that you rely on, include those in your emergency kit as well. Make sure that a trusted friend or family member has copies of these documents. Include the names and numbers of everyone in your personal support network as well as your medical providers. If you have a communication disability, make sure your emergency information list notes the best way to communicate with you. Also be sure you have cash or travelers checks in your kits to purchase supplies.

Be Informed About What Might Happen

Some of the things you can do to prepare for the unexpected, such as assembling an emergency supply kit and making an emergency plan are the same regardless of the type of emergency. However it is important to stay informed about what might happen and know what types of emergencies are likely to affect your area.

Be prepared to adapt this information to your personal circumstances and make every effort to follow instructions received from authorities on the scene. Above all, stay calm, be patient and think before you act. With some simple preparations you can be ready for the unexpected.

Local Radio Station **KRSO 1350 AM**

Local TV Station **TV 50**

Links

City of Sebastopol

Fire Department

707 823 8061

<http://ci.sebastopol.ca.us/>

City Services/Fire Department

Sonoma County Fire and Emergency Services Department

2300 County Center Drive Suite 221A

Santa Rosa, CA, 95403

(707) 565-1152

<http://www.sonoma-county.org/des/index.htm>