

## Preparing for an Emergency

This tip sheet accompanies the presentation "Preparing for an Emergency."

### About Emergencies

Emergencies can occur in many ways. Californians could face emergencies like earthquakes, droughts, and forest fires/severe smoke.

**Environmental emergencies** include:

- Drought
- Earthquake
- Flooding
- Forest Fire/Severe Smoke
- Heat Wave
- High Winds/Power Outage
- Landslide
- Tsunami
- Winter Storms, like Blizzards



**Non-environmental emergencies** include:

- Acts of Terrorism
- House Fires
- Pandemic/Epidemic



Emergencies can happen at any time; anyone could be vulnerable. People with intellectual or developmental disabilities (IDD) may be at higher risk. They require specific plans to meet their needs in order to prepare for an emergency.

### The Basics of Emergency Preparedness

There are basic steps that you and the individuals you support can follow to be prepared for *any* emergency. For each step, work with the individuals you support will help everyone feel more in control in the event of an emergency.

#### 1. Reach Out to the Community

Visit your local law enforcement and fire department with the individuals you support and introduce yourselves whenever possible. You can also reach out to places of worship or parks and recreation departments, which may have evacuation points and local advice.

- Find the local fire department's phone number here:  
<https://www.firedepartment.net/directory/california>
- Find the local police department's phone number here:  
<https://policelocator.com/ca/>



#### 2. Prepare an Emergency Supply Kit

Work with each individual you support to prepare a supply kit with both **necessities** and **comfort items**.

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Necessities include:

- Food and water
- Battery-powered electronics and flashlight
- Important information
- First aid kit
- Also...extra cash, emergency blanket, or multipurpose tool



Each person you support may want to include a comfort item, such as a favorite book or game. These items may be important for the person's mental well-being during an emergency.

### 3. Make an Emergency Evacuation Plan

Work with the individuals you support and their support teams to create a plan that meets their needs.

Each plan can include:

- Contact information of family or close friends, doctor, and local police and fire departments
- A map of the person's home
- A checklist of equipment, medications, and other items



### 4. Practice, Practice, Practice

To plan for an emergency event, the best way to be prepared is to practice! Also, check on and replenish your emergency supply kit every six months by:

- Replacing expired food in your emergency supply kit
- Checking on clothing and items like batteries
- Replacing expired medications in your first aid kit

### Other Ways to Prepare

- Stay informed by knowing which kinds of emergencies are likely in your area
- Learn CPR through a local community class
- [Download a mobile app from the American Red Cross](#)
- If the person you support has pets, plan out what they would need in an emergency



## Other Resources to Check Out

- American Red Cross: [www.redcross.org/get-help/how-to-prepare-for-emergencies.html](http://www.redcross.org/get-help/how-to-prepare-for-emergencies.html)
- Ready.gov: [www.ready.gov/](http://www.ready.gov/)
- CDC Disability and Emergency Preparedness: [www.cdc.gov/ncbddd/disabilityandhealth/emergencypreparedness.html](http://www.cdc.gov/ncbddd/disabilityandhealth/emergencypreparedness.html)
- The Department of Homeland Security: [www.ready.gov/disability](http://www.ready.gov/disability)