

3 Get a Kit

Of Emergency Supplies

Think about how an emergency might affect your individual needs. Plan to make it on your own for at least three days, preferably seven or more. It is possible that you may not have access to a grocery store, drugstore or medical facility. **What if help you count on every day, such as a caregiver or oxygen supplier can't reach you?** Think about what kinds of resources you use on a daily basis, and what you might do if those resources were limited or not available.

Think about the things that you, your pets, service animals, or anyone else you are responsible for use on a daily basis. Food and water are the most important items, followed by tools, clothing and other supplies that you use every day or might need during a disaster. You may want to make a kit for your home, and a go-kit to take to a shelter or other location if you are asked to evacuate.

You probably have some supplies on hand right now that you could use to start making a kit. Each time you make a trip to the store to do your regular shopping, pick up a few things for your kit as well.

4 Maintain

Your Plan & Kit

Read your disaster plan with your family and personal support network. Quiz each other to be sure that everyone remembers what the plan says to do.

Conduct drills as often as possible. Pick a hazard each month to test, such as a house fire evacuation drill. Be sure everyone knows how to get out of the house safely and where to meet. Discuss your performance of the drill and update your plan as needed.

Maintain the equipment in your house such as smoke alarms and fire extinguishers. Read the manufacture's instructions for testing and replacement and be sure to follow them closely.

Rotate supplies in your emergency kit, especially food and water. Be sure to check medications, insurance policy numbers and other items that may have expired or need to be updated.

Remember to have fun! Preparing and having a plan makes us feel empowered, and less vulnerable to disasters. Training and testing can be positive experiences that help alleviate anxiety over the unknown.

For More Information

About Pandemic Influenza:

Visit www.pandemicflu.gov or call the Josephine County Public Health Department Preparedness Coordinator at (541) 474-5325.

About disaster planning and emergency supply kits:

“Preparing For Disaster for People with Disabilities or Special Needs” and “Disaster Preparedness for People with Disabilities” are both available from the Red Cross at www.redcross.org or call 471-7822.

Download a Josephine County Family Emergency Preparedness Handbook from www.co.josephine.or.us/files/2005bookfinal.pdf or call 474-5300 for a free copy.

You can also visit www.ready.gov and www.fema.gov.



Preparing
Makes
Sense!

PREPAREDNESS FOR PEOPLE WITH VARIED ABILITIES

The likelihood that you and your family will recover from an emergency often depends on the planning and preparation done in advance. **Everyone can take steps to prepare for any kind of emergency like wildfires, floods, earthquakes or pandemic influenza.** You are the best judge of what kinds of help you may need before, during and after a disaster. By evaluating your own needs and abilities, and making an emergency plan that fits your needs, you can be better prepared. This brochure outlines easy steps people with varied abilities and their caregivers can take to start preparing for emergencies before they happen.



1 Be Informed

Of what might happen

Learn about community hazards:

In Josephine County, our risks include wildfires, floods, severe winter weather, earthquakes and pandemic influenza. Think about how these hazards may impact you. How would you cope with a long term power outage? Would smoky air from a forest fire cause you difficulty breathing?

Learn about disaster planning:

Find out what planning activities have taken place in your community. In addition to county response plans, many families, businesses and churches have disaster plans. Ask your friends, family, coworkers, or contact your local emergency manager or Red Cross office.

Learn about warning systems:

How will you be warned of an impending disaster? How will you get information during and after a disaster? Learn about the NOAA weather radio system and what different weather words such as 'watch' and 'warning' mean at www.noaa.gov.

The Disaster Registry:

The Rogue Valley Council of Governments (RVCOG) maintains a database of people that need assistance evacuating their homes or sheltering in place, or who need special notification about an emergency due to varying abilities. **The Disaster Registry provides the names and locations of people who need special assistance to fire, police, health and rescue workers to be used during the emergency.** This information is kept secured when not needed for disaster planning or response. Contact your local Public Health Department or the Rogue Valley Council of Governments (RVCOG) at (541)664-6674 for more information.

2 Make a Plan

For what you will do in an emergency

Create a personal support network:

A personal support network can be made up of friends, relatives, neighbors, coworkers, teachers or other people you trust. Your personal support network can help you plan for what you will need during a disaster, and can assist you during a disaster.

Members of your personal support network should know your capabilities and needs, and be able to offer assistance within a short time. You should have a minimum of three people in your network for each place you regularly spend time during the week.

Complete a personal assessment:

Decide what you will be able to do yourself, and what you will need assistance with before, during and after a disaster. This will be based on the environment during and after a disaster, your capabilities and your limitations. Make a list of your personal needs and your resources for meeting those needs in a disaster environment. **Think about topics such as personal care, water service, medications, personal care equipment, adaptive feeding devices, electricity-dependant devices, transportation, errands, building evacuation and service animals or pets.** Share your personal assessment with your personal support network.

Make a family disaster plan:

Whether you live by yourself, or with family members, friends or pets it is very important to have a disaster plan. This plan will include information about how you will communicate with friends, family and coworkers during and after a disaster, how you

will decide to stay or evacuate, and so much more. Refer to the section titled 'For More Information' at the end of this brochure for publications that can assist you in preparing your family disaster plan.

Plan for your pets

Plan to take your pets with you when you evacuate if at all possible. Red Cross shelters usually don't let you bring your pets except service animals. Make a list of friends, family, coworkers and pet-friendly hotels that you could stay at in an emergency. Make a list of facilities that could board your pet in case you are not able to stay somewhere with your pet. Be sure to prepare a go kit for you pet to use if you have to evacuate!

Prepare for different hazards

Different hazards may require you to protect yourself in different ways. For instance, during a tornado you would want to hide in your basement, but during a flood you would want to get to higher ground. Think about the hazards that may impact your community and the ways that you would protect yourself. Be sure to include in the information in your family disaster plan.