

🏠 🏠 🏠 **MY PLAN TO STAY SAFELY AT HOME** 🏠 🏠 🏠
FOR AT LEAST 3 DAYS

Date: _____ **Check ✓ the things I need to do.**
When I have done them, give myself a second checkmark ✓ ✓.

TO PREPARE FOR A DISASTER, I WILL

- Plan to stay at home or work after a disaster unless I am instructed to evacuate by an emergency worker or by a radio broadcast or by calling 211. This could be for 3-14 days without electric power or running water.
- Form my local Support Team.
- Plan and train with my Support Team what we will do in an emergency.
- Gather two weeks of medications
- Review My Emergency Supplies Checklist and identify what I will need for my Home and for my Car Bag.
- Gather the supplies I already have.
- Buy any additional items I need.
- Pack my emergency supplies into watertight containers for the house and a travel bag for the car.
- Rotate my medications and emergency supplies at least once every six months.

WHEN THERE IS AN EMERGENCY OR DISASTER, I WILL:

- Use a flashlight to see if anyone is injured.**
- Turn on my radio**
- Carefully clean up any broken glass or spills.**
- Bring my pets into the house and make sure they are wearing their collars and tags**
- Call my primary contact person, who will contact the rest of your Support Team. DO NOT use the telephone again unless it is a life-threatening emergency.**
- Check on my neighbors.**

MY PLAN TO STAY SAFELY AT HOME FOR 3 TO 14 DAYS

I WILL PLAN TO BE SAFE AND COMFORTABLE AT HOME

Staying in one's home or workplace after a disaster is usually the safest and most comfortable option. If there is no immediate danger of fire, flood, or building collapse it is better for you and for your community. The more people on the roads, the harder it will be for fire engines, ambulances, and other emergency vehicles to get through. The more people staying at home will mean more room for those who have no other place to go than an emergency shelter.

Your neighbors are close by and can help you. Also, your home already meets your access needs and is a familiar environment. But most of all, you will be far more comfortable in your own home than in a shelter.

I WILL RELY ON MY SUPPORT TEAM

I will form a Support Team of people who I already know and trust. These are probably family, neighbors, co-workers, my caregivers, and friends. We will promise to help each other in an emergency.

I will talk with them about what help I may need and work out how my disability-specific needs can be met. People have different interests and skills, so the person who can best retrieve a manual wheelchair from a rubble filled room might not be the same who can help me with personal care.

If I spend a large part of my day at work, school, or at a volunteer site, I will find out who in my the organization is responsible for safety, and talk with them and my friends about what help I might need if we are asked to stay off the roads and I cannot get home .

Meeting your disability-related needs in an emergency can be a catalyst to form teams that will benefit everyone. It is also a great opportunity to become better acquainted with your co-workers and neighbors.

I WILL PLAN WITH MY SUPPORT TEAM

Identify the people who would likely be in your neighborhood or workplace if a disaster struck. Invite them to join you in planning for an emergency.

You could have a meeting to identify people's skills. Sometimes, these will not be obvious, but everyone has something to contribute in an emergency situation, whether it's comforting others or cleaning up debris or reading to small children.

Together, make plans for how you would help each other with physical assistance, emotional support, and communications if you had to stay in your home for 3-14 days.

Then practice together – act out how you would alert each other there was an emergency, how you would check on each other to see if anyone needed help, and which of you would do each task. Also, talk about what help you might need if you were told to evacuate.

Most of the people on your Support Team will probably live nearby, but at least one should live out-of-state so you can easily call them if the local phone lines are jammed.

If you want more information about how to help your neighbors get ready for an emergency, there are resources listed in the Disaster Preparedness Information sheet in your packet. See "Volunteer organizations to help neighborhoods prepare for an emergency" such as Santa Rosa COPE Citizens Organized to Prepare for Emergencies, Petaluma NERT, and Sonoma County CERT and check out websites like <http://ci.santa-rosa.ca.us/departments/adminservices/emergencyprep/Pages/COPE.aspx>.

The steps they recommend to form a neighborhood group are:

1. Define the Scope Of Your Neighborhood.
2. Build Your Neighborhood Leadership Team.
3. Take a Census of the Residents In Your Neighborhood.
4. Record Information about Each Home.
5. Identify Meeting Site and Escape Routes.
6. Schedule and Conduct a Meeting of Residents.
7. Maintain Your Plans and Kits with Ongoing Effort.

These may not be the steps you eventually take but they are a good place to start. One of your first tasks is to make sure you are not doing it by yourself. When a couple of people work on the project it makes it easier and more fun.

❑ **I WILL GATHER THE MEDICATIONS I WOULD NEED FOR 14 DAYS**

Be sure you have a two-week supply of your prescription and over-the-counter medicines. Every three months you should rotate fresh medicines in your emergency supplies.

It's a very good idea to **always carry a small bag with a few days of each of your medications** with you everywhere. You could put it in your purse or backpack or car.

One way to be sure you **always have fresh, unexpired medicine in your Evacuation Go Kit** is to fill two 7-day plastic pill boxes from your pill bottles.

1. Put one in your Go Bag.
2. Use the other one throughout the week, rather than taking pills from the bottles.
3. At the end of the week, refill that weekly box and put it into your Go Bag and take out and use the one that was in there before.
4. You start the new week using the box you just took from the Go Bag.
5. By rotating these this way, you always have a week's worth of pills stashed in your Go Bag, and they will not be expired.

To make sure you have enough medications available, talk with your doctor to

- **Get a two week supply** of your prescriptions, over the counter medicines, and medical supplies.
- At least every three months you should **rotate fresh medicines** in your emergency supplies.
- **Get** a copy of all your drug, vision, and medical supply **prescriptions** from your doctor or pharmacist.

I WILL GATHER THE EMERGENCY SUPPLIES I WILL NEED FOR 14 DAYS

Being ready for staying at home in an emergency means having the supplies you would need in case you are without power and not be able to go out and get more food or water. These are similar, but more complete than your evacuation “Go Bag.”

Review your Emergency Supplies Checklist and mark what you need to gather for staying at home, and what you want to keep in your car. This checklist has all the basics you should put into sturdy weather-proof containers and keep in an easily accessible place. Remember to rotate your water, food, and medications at least twice a year so they are always fresh enough to use.

Water – 14 days

Enough water to last 14 days. Recommended quantity is one gallon per person per day (2 quarts for drinking and 2 for cooking and personal needs.)

Food – 14 days

Familiar foods can lift your morale and give you a feeling of security in time of stress. Select foods that require no refrigeration, preparation or cooking, and little or no water, such as canned goods. Foods that are compact and lightweight are easy to store and carry.

- Manual, non-electric can opener.
- Ready-to-eat canned meats, fruits and vegetables.
- Canned juices, milk and soup (if powdered, store extra water).
- High energy foods, such as peanut butter, jelly, crackers, granola bars and trail mix.
- Comfort foods, such as hard candy, sweetened cereals, candy bars and cookies.
- Instant coffee, tea bags.
- Foods for infants, elderly persons or persons on special diets, if necessary.
- Compressed food bars. They store well, are lightweight, taste good and are nutritious.
- Trail mix. It is available as a prepackaged product or you can assemble it on your own.
- Dried foods. They can be nutritious and satisfying, but some have a lot of salt content, which promotes thirst. Read the label.

- Freeze-dried foods. They are tasty and lightweight, but you will need to add water.
- Instant Meals. Cups of noodles or cups of soup are a good addition, although they need water, too.
- Snack-sized canned goods. Good because they generally have pull-top lids or twist-open keys.
- Prepackaged beverages. Those in foil packets and foil-lined boxes are suitable because they are tightly sealed and will keep for a long time.
- If you have a service animal or pet you'll need food, water, and medicine for them as well.
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If You Have A Disability You May Also Need

- Day-to-day disability-related supplies**, including urinary and ostomy supplies for two weeks.
- Backup power for essential equipment, such as wheelchairs, scooters, or ventilators.**
- Manual wheelchair** as a backup to an electric wheelchair or scooter and a patch kit or can of sealant to repair flat tires, an extra supply of inner tubes for wheelchair/scooter tires.
- Extra batteries** for oxygen, breathing devices, hearing aids, cochlear implants, cell phone, radios, pagers, PDAs.
- Sturdy work gloves** to protect your hands from sharp objects you may try to lift or touch by mistake while walking or wheeling over glass and rubble.
- Whistle or other signaling device** (horn, beeper, bell, screecher) you can use to draw attention to you if you need emergency assistance.
- Speech or communication needs** — If you use a laptop computer for communication, consider getting a power converter that plugs into the cigarette lighter of a vehicle.
- Hearing Issues** — Have a pre-printed copy of key phrase messages handy, such as “I use American Sign Language (ASL),” “I do not write or read English well,” “If you make announcements, I will need to have them written simply or signed.”

- Multiple Chemical Sensitivities, Breathing Conditions** — Towels, masks, respirators, or other supplies you can use to clean your skin or protect your breathing.
- If you have vision issues** mark your disaster supplies with fluorescent tape, large print, or Braille and have high-powered flashlights with wide beams and extra batteries.
- If you use a ventilator or other medical device** — write directions on how you would need to be evacuated and tape them to your device or wheelchair. This information would be critical if you became unconscious or unable to communicate.

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