

## **EMERGENCY PREPAREDNESS CHECKLIST**

### **Prepare to be Self-Sustaining for the first 72 hours after a disaster**

Find out how your healthcare provider will respond – are there alternate caregivers you can contact?

### **Assemble a Disaster Supplies Kit**

Gather the supplies (several flashlights, battery operated radio first aid kit, etc.) needed to cope with emergencies. This includes a 3-day supply of food & water and extra medical supplies.

Include:

- A supply of water (one gallon per person per day). Store water in sealed, unbreakable containers.
- Identify the storage date and replace every six months.
- A supply of non-perishable packaged or canned food and a non-electric can opener.
- A change of clothing, rain gear and sturdy shoes.
- Blankets or sleeping bags.
- A first aid kit and prescription medications.
- An extra pair of glasses.
- A battery-powered radio, flashlight and plenty of extra batteries.
- Credit cards and cash.
- An extra set of car keys.
- A list of family physicians.
- A list of important family information; the style and serial number of
- medical devices such as pacemakers.
- Special items for infants, elderly or disabled family members

### **Setup a Personal Support Network**

If you require assistance to live independently, designate someone to check on you in an emergency and to help with evacuation or sheltering-in-place if required. Give people in this network a spare key and a copy of the Emergency Health Information Card below.

### **Designate an "Out-of-Area" Contact**

Ask an out-of-state family member or friend to be the message contact for you and other persons who may need to reach you. It is easier to get an out of state telephone line, versus a local telephone line, immediately after a disaster. In addition, it may be helpful to have a standard telephone handy as a backup, since telephones that require electricity (e.g., cordless telephones) will not operate in a power failure.

### **Complete the Emergency Health Information Card**

Post this card with your personal and medical information on your refrigerator.

### **Know how and where to shut off the gas, water and electric utilities**

If you are unable to perform these tasks, make sure someone in your network knows their location.

(See UTILITIES – Emergency Checklist)

### **Create an Evacuation Plan**

In the event it is not safe to remain at home, identify a place (with family, friends, or neighbors) where you can go and develop a plan for how you will safely get there. Determine what assistance you might need to get out of your home or building, especially if the primary exit route is blocked.

### **Check with your local fire department**

In some jurisdictions the local fire station may list persons who are medically fragile and who require extra evacuation assistance. 970-925-5532

### **Detectors and Extinguishers**

Install Smoke Detectors and have an ABC type Fire Extinguisher in the home.

### **Eliminate home hazards**

Securely anchor medical equipment, water heater, appliances, bookcases, hanging plants, etc., and place heavy objects on low shelves. Large heavy items can fall in an earthquake and block access, so arrange accordingly.

### **Buy simple security lights for each room**

These devices plug into any outlet and automatically light up for four to six hours if there is a loss of electricity.

## **TIPS FOR DISABLED PERSONS**

### **For Persons Using a Wheelchair**

Discuss lifting or carrying techniques necessary to get down stairs. There may be instances where wheelchair users will need to leave their chairs behind in order to evacuate safely.

### **For Persons who are Blind or Visually Impaired**

Put an extra collapsible cane by the bed. Attach a whistle to the cane to use to attract attention. After an earthquake, items may fall and block paths that are normally unobstructed. Guide dogs or working dogs may also be disoriented after a big disaster.

### **For Persons who are Deaf or Hearing Impaired**

Consider storing hearing aids in a container attached to your night stand or bed post, so you can quickly locate them after a disaster.

Keep an extra hearing aid and batteries with emergency supplies.

### **For Persons who use Life-Support Systems**

Secure all vital equipment.

Maintain a current list of alternate providers or vendors.

Consider an alternate power source, such as a generator.

Know how to use oxygen safely in an emergency.

Regularly test backup power supply.

Register with utility company for priority power restoration