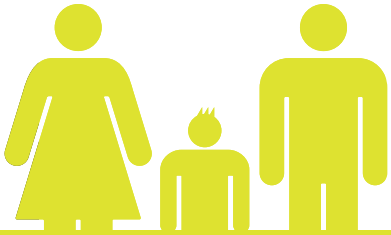
Harris County
Public Health
Building a Healthy Community



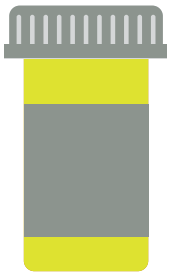
BE PREPARED

Make sure **those with disabilities or special needs** are ready for when disaster strikes

Recovering from an emergency tomorrow often depends on the planning and preparation done today. While each person's abilities and needs are unique, everyone can take steps to prepare for emergencies.

Make a Kit Made for YOU

- **Water:** 1 gallon of water per person per day for at least 3 days, extra if you have pets
- **Food:** a 3-day supply of non-perishable food and a can opener if kit has canned food
- **Battery-powered or hand crank radio** and a NOAA Weather Radio with tone alert and extra batteries
- **Flashlight and extra batteries**
- **First aid kit**
- **Whistle** to signal for help
- **Wrench or pliers** to turn off utilities
- Moist towelettes, garbage bags and plastic ties for personal sanitation



Get Special Items Ready

- If you take medicine or use a medical treatment on a daily basis, ensure you have what you need on hand to make it on your own for at least a week.
- Wearing **medical alert tags** or bracelets that identify your disability can be a crucial aid in an emergency situation.
- If you use eyeglasses, hearing aids and hearing aid batteries, wheelchair batteries, and oxygen, be sure you have extras available.
- Also have **copies of your medical insurance**, Medicare and Medicaid cards readily available.
- If you have a service animal or pet, include a collar with ID tag, medical records and other emergency pet food and supplies.

Let Others Know How to Help

- Include information related to operating equipment or life-saving devices in your emergency kit, and make sure that a trusted friend or family member has a copy of these documents.
- Include the names and numbers of everyone in your personal support network, and your medical providers.
- If you have a communication disability, make sure your emergency information list notes the best way to communicate with you.

Have A Plan

- Plan how you will evacuate and anticipate options of where you will go.
- If you use elevators, have a back-up plan in case they are not working.
- If you use handicap-accessible transportation, be sure to have alternatives.
- When traveling, alert hotel or motel workers if you will need help.
- If you undergo routine treatments administered by a clinic or hospital, or receive regular services, talk to your service provider about their emergency plans. Work with them to identify back-up providers in your area and the area where you might evacuate.

For more information on how you can prepare, or help others prepare for severe weather, dial 2-1-1 or visit www.hcphtx.org to find resources in your area.