

When Evacuation May be Required

Pack in a weatherproof bag:

- ◆ *Essential medications*
- ◆ *Emergency lists and contact information*
- ◆ *Extra pair eye glasses*
- ◆ *Drivers license or other ID with picture*
- ◆ *Birth certificate & other important papers such as Medicaid and Social Security cards and insurance policies*
- ◆ *Cash and change (ATMs may not be working during an disaster/emergency)*
- ◆ *Seasonal change of clothing, including sturdy shoes*
- ◆ *Plastic ID plastic bracelet for persons easily disoriented under stressful conditions (include name, drug allergies and agency telephone contact number)*
- ◆ *Take a blanket or sleeping bag per person when you evacuate*
- ◆ *Food, water, leash and carrier for pets*

Important Phone Numbers

For help creating your disaster plan or when an emergency occurs:

My Provider's Phone Number

For information and updates about a disaster or emergency situation:

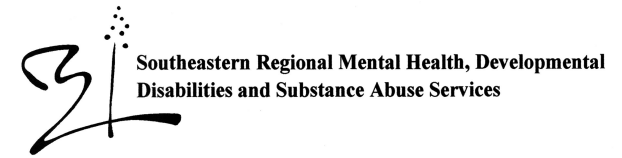


1-888-407-4747

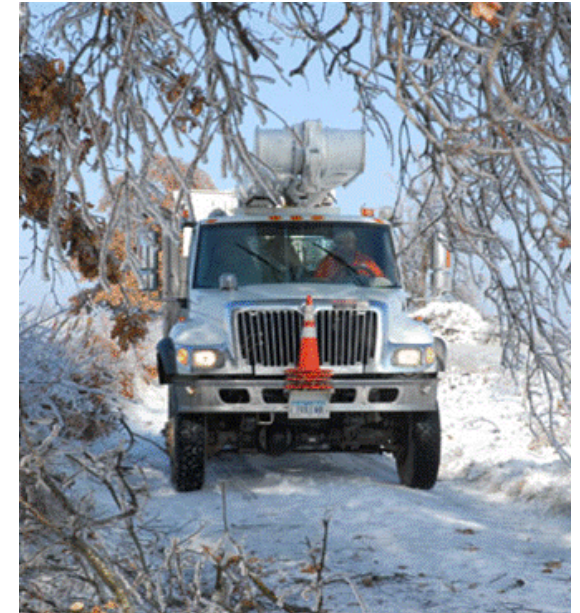
For help during a mental health, developmental disability or substance abuse crisis:

***Southeastern Regional Mental Health
Developmental Disabilities &
Substance Abuse Services***

Access 1-800-670-6871



Are You Ready for a Disaster or Emergency?



*Advance planning helps people
remain calm and take steps that
can save lives.*

Know Your Neighbors

- ◆ Meet your neighbors before a disaster event occurs
- ◆ Knock on doors and meet neighbors, suggest sharing phone numbers
- ◆ Encourage talk about how the neighbors could work together after a disaster until help arrives
- ◆ Know your neighbors' special skills (medical, technical)
- ◆ Consider how you could help neighbors who have special needs (such as disabled and elderly persons) and talk about child care in case parents can't get home

What you need to know

- ◆ Ask your provider to help you complete and submit a registration form to EMD
- ◆ Learn to recognize the warning signals of your local government.
- ◆ Learn your work site and children's school or day care center emergency plans.
- ◆ Know the location of the emergency shelter nearest your home.
- ◆ Post all emergency plans and phone numbers in a prominent place.
- ◆ Learn your community's evacuation routes, particularly in low-lying areas.

Things to Have at Home In Case of Emergency

- ◆ Cash (ATMs may not be working during an disaster/emergency)
- ◆ Up to five days of non-perishable foods (canned soups, peanut butter, nuts, canned meats, granola bars, instant soup & cereals, crackers, dry milk, fruit juice)
- ◆ A non-electric can opener
- ◆ Personal hygiene supplies (liquid hand sanitizer, toothbrush, toothpaste, comb, brush, soap, contact lens supplies, shampoo, toilet paper, feminine supplies)
- ◆ A whistle on cord to wear around neck (to signal for help)
- ◆ Flashlight and extra batteries
- ◆ Portable radio or TV and extra batteries
- ◆ Plastic sheeting and duct tape
- ◆ Water –1 gallon per person per day (a week supply of water is preferable)
- ◆ Water purification kit or bleach
- ◆ Sanitation supplies (plastic garbage bags and ties, rubber gloves, large trash can, liquid detergent, and bleach)
- ◆ Back-up cell phone power (extra battery, solar charger, auto charger, AA battery charger)
- ◆ First aid kit and first aid book.
- ◆ Fire Extinguisher-ABC Type

Create an Emergency Information Card

List names and contact information for:

- ◆ Family members, close friends, neighbors
- ◆ Primary care doctor and psychiatrist
- ◆ Pharmacy

Also list:

- ◆ Current prescription medications with dosage, frequency and prescribing doctor
- ◆ Intramuscular medications with dosage, frequency and prescribing doctor
- ◆ Any allergies
- ◆ Eye glasses prescription (ask eye doctor for a copy)

Medication Tips

- ◆ Refill early to create up to 14 days extra supply for emergencies
- ◆ Plan ahead if you take medications that must be refrigerated
- ◆ If you take “controlled” medications ask your doctor to give you a paper prescription marked “for use only during a declared state of emergency”
- ◆ Prepare a “grab & go” waterproof zip bag with your extra medications, pain relievers and vitamins