



able

SOUTH CAROLINA

**STAY SAFE
EMERGENCY
BOOKLET**



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STAY SAFE EMERGENCY BOOKLET

Staying safe during and after emergencies is important.

You must plan to keep yourself and others safe.

This booklet will help you prepare for an emergency and make sure others understand your wants and needs before, during, and after an emergency.

Being Prepared!

This book gives emergency planning tips for people with disabilities. These tips can help you stay safe and explain your needs and wants during an emergency.

Basic tips:

1. Download the South Carolina Emergency Management Division app onto your cell phone & tablets. The app information is available at [SCEMD.org/stayinformed](https://www.scecmd.org/stayinformed).
2. Download the Federal Emergency Management Agency app as well. It is available at [FEMA.gov](https://www.fema.gov)



MY EMERGENCY INFORMATION



Local Contacts or People to Call: Information about Me:

911
Police:
Fire:
Other:
My way of communicating with other people:

Name:
Address:
Email:
Phone:

Best way of communicating with me:

Best way to help me:

When I feel stressed, please help me by:

Equipment I need to be independent:





PEOPLE I TRUST WHO CAN HELP ME:



1. Person I can call, text, or email who can help me:

Name:

How I know them:

Phone:

Email:

2. Person I can call, text, or email who can help me:

Name:

How I know them:

Phone:

Email:

3. Agency I can call, text, or email who can help me:

Name:

How I know them:

Phone:

Email:

4. Neighbor I can call, text, or email who can help me:

Name:

How I know them:

Phone:

Email:

5. Friend or family in another state I can call, text, or email who can help me:

Name:

How I know them:

Phone:

Email:



OTHER NEEDS TO KNOW ABOUT ME:



My doctors' names, addresses, email, and phone:

- 1.
- 2.
- 3.

My Health Insurance:

Health Insurance:

Phone number:

Policy number:

Medications I take:

Keep a copy of your prescriptions in your emergency kit

Medicine Name:

Dosage:

Time of Day Taken:

Medicine Name:

Dosage:

Time of Day Taken:

Medicine Name:

Dosage:

Time of Day Taken:

Medicine Name:

Dosage:


Time of Day Taken:

My Pharmacy:

Pharmacy I Get Medicine from:

Phone number:

Email address:



UNDERSTANDING AND COMMUNICATING INFORMATION



My communication needs

Please list any communication needs you have that may be helpful to know during an emergency (for example, telling me one thing at a time and giving me time to answer questions).

- 1.
- 2.
- 3.

Do you require any assistive technology to help you communicate with others?

Please circle the communication tools you use or need during an emergency:

1. American Sign Language/American Sign Language Interpreter
2. Communication Device
3. Communication Cards
4. Communication Board
5. Communication Apps on your computer, smart phone, or tablet



DISABILITY-RELATED SUPPLIES AND ASSISTIVE TECHNOLOGY EQUIPMENT



Write down where you keep your equipment and any information about your equipment that you may need during an emergency. Label the equipment with your name.

- Supplies for your service animal:
- Eyeglasses/contact lenses:
- Eating/grooming utensils:
- Dressing services:
- Writing and/or communication and/or hearing aids:
- Oxygen/flow rate equipment/monitors:
- Suction and/or dialysis equipment:
- Sanitary supplies:
- Incontinence supplies:
- Ostomy supplies:



MY EQUIPMENT DETAILS

Please list information about your equipment or devices. Include contact phone numbers for replacement parts and supplies or operating instructions.

Equipment type:

Brand name:

Serial number:

Where you got the equipment:

Phone number of company where you got it:

Equipment type:

Brand name:

Serial number:

Where you got the equipment:

Phone number of company where you got it:

Equipment type:

Brand name:

Serial number:

Where you got the equipment:

Phone number of company where you got it:



MY MEDICAL NEEDS



Please list here any medical or allergic information you would need someone to know if you couldn't tell them. Also, include where you would need to go to get supplies or equipment that you may need.

Medical Supply Item:

Brand name:

Where you get the supplies:

Phone number of company where you got it:

Medical Supply Item:

Brand name:

Where you get the supplies:

Phone number of company where you got it:

Medical Supply Item:

Brand name:

Where you get the supplies:

Phone number of company where you got it:



WHEN TO STAY AND WHEN TO LEAVE



When to shelter in place / stay at home:

An important decision during an emergency is whether to stay home or leave (evacuate). You should prepare for both options and make choices for yourself that are safe and meet your needs.

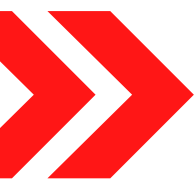
Here are some steps you can take to stay safe at home:

- Bring your family and pets inside.
- Lock your doors and close windows, pet doors, air vents, wood stoves, and fireplace dampers.
- Turn off fans and forced air heating systems.
- Stay in a room in the middle of your house that doesn't have many or any windows.
- Take your emergency kit, blankets, and something to do with you while waiting for the emergency to end.
- Watch the news on television, listen to local radio news reports, or check the internet often for official news and instructions from local agencies.
- You can text/call/email loved ones to let them know you are okay.

Knowing when it is time to leave / evacuate

Here is information you need to know about evacuation:

- Listen to local television and radio news and/or follow SCEMD social media for announcements regarding evacuation. Download the SCEMD app by following the instruction available at [SCEMD.org](https://www.scemd.org)
- Plan ahead for your transportation
- Know your travel route(s). This information is available at SC Department of Transportation: [SC Department of Transportation](https://www.scdot.gov)
- Know where you might shelter. This information is available at SC Emergency Management Division: [scemd.org](https://www.scemd.org)
- Contact your support network to let them know your transportation and where you are going to be.
- Does your shelter take pets? Remember to plan for your fur babies. They shouldn't be left behind.
- Take your emergency supplies & Assistive Technology.



YOU CAN STAY SAFE!



This booklet is intended to help you be prepared for an emergency. It has general and useful information. We encourage you to get more information by following our partners at [SCEMD](#), [The Red Cross](#) and the [Partnership for Inclusive Disaster Strategies](#).

Able South Carolina is here to help you

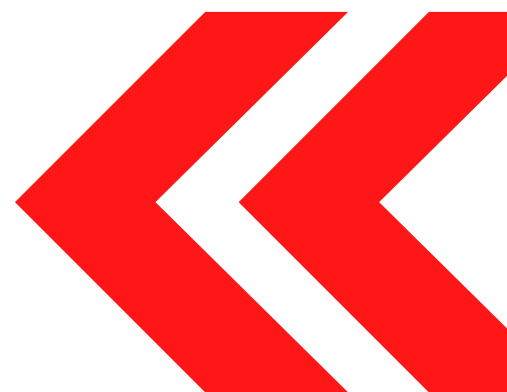
Website: able-sc.org

Email: info@able-sc.org

Phone: 803-779-5121

TTY: 803-779-0949

Toll Free: 1-800-681-6805



Sources: SCEMD, FEMA, The Partnership for Inclusive Disaster Strategies, ready.gov, case.edu

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