

EMERGENCY TIPS FOR PEOPLE WITH DISABILITIES

*Emergencies can happen at any time.
Planning ahead helps you stay safe and be confident.*



Severe Weather (Storms, Hurricanes, Tornadoes)

- ✓ Sign up for local weather alerts.
- ✓ Follow updates from the National Weather Service.
- ✓ Keep a battery-powered radio.
- ✓ Have extra batteries for mobility or communication devices.
- ✓ Know your safe room or shelter location.
- ✓ Pack medications and medical supplies in a waterproof bag.

💡 Tip: Practice your emergency plan before storm season.



Fire

- ✓ Install smoke alarms and test them monthly.
- ✓ Make an escape plan with 2 exits if possible.
- ✓ Keep mobility aids near your bed.
- ✓ Tell the fire department if you need evacuation assistance.
- ✓ Practice leaving your home quickly and safely.

💡 Tip: If you cannot use stairs, talk with building management about an evacuation plan.



Flooding

- ✓ Move to higher ground immediately.
- ✓ Do not drive or walk through flood water.
- ✓ Keep important documents in waterproof containers.
- ✓ Prepare a “go bag” with supplies and medical needs.

💡 Tip: Flood water may contain bacteria and chemicals. Avoid contact.

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Earthquake

- ✓ Drop, Cover, and Hold On.
- ✓ Stay away from windows and heavy objects.
- ✓ Keep shoes near your bed.
- ✓ After shaking stops, check for injuries and damage.

💡 Tip: Secure heavy furniture to walls before an earthquake happens.



Power Outage

- ✓ Keep flashlights (not candles).
- ✓ Use backup batteries or portable chargers.
- ✓ Have a plan if you use medical equipment that needs electricity.
- ✓ Keep refrigerator doors closed as much as possible.

💡 Tip: Ask your power company about medical support programs.



Public Health Emergency (Pandemic)

- ✓ Wash hands often.
- ✓ Keep extra medications and supplies.
- ✓ Follow guidance from trusted sources.
- ✓ Have a backup caregiver plan if support staff are unavailable.



Communication is Down (Phone/Internet Down)

- ✓ Try texting instead of calling.
- ✓ Use a battery-powered radio.
- ✓ Go to a safe community location if needed.
- ✓ Keep important contact numbers written down on paper, not just on your phone or tablet.