

I am Citizen Prepared

By Maribeth F. Mooney



**Disaster Planning & Emergency
Preparedness for People with
Disabilities!**

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Introduction

Dear Readers,

It is my hope that you will find this booklet helpful. My reason for gathering this information is so that anyone who is living in his or her own home, with or without assistance, will have the information that many officials have. So many publications are written for people who provide services and supports to people with disabilities. I think it is time for people themselves to have that information.

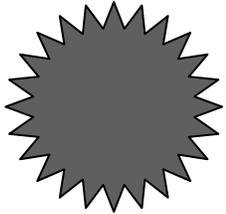
“I am Citizen Prepared” is another way to say you are Informed, Connected and Prepared!

~ Maribeth F. Mooney

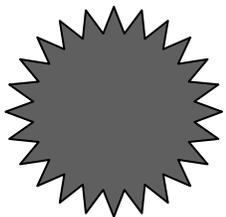
Contents:

- Disaster Planning & Emergency Preparedness
- Connections
- Networks
- Disaster Kits
- Preparedness Plans

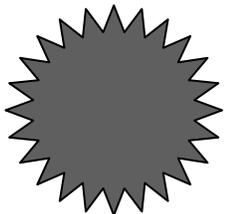
I am Informed



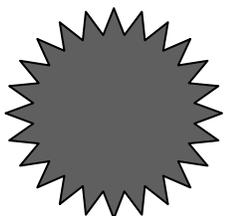
Definition of a Disaster



Community Plans



Kinds of Disasters



Warnings & Rescuers

Disaster Planning and Emergency Preparedness

“Disaster” and “emergency” are just other words for events that have happened to us in the past and could happen to us in the future.

Because of them, we might have had to change our routine for a day or more because there has been a change in our surroundings.

Winter storms sometimes cause us to cancel activities because the roads are too icy to drive on.

If our home is damaged by a tornado, we might have to go to a shelter until it is repaired.

Plan and Prepare

In this booklet you will learn how you can be a leader in your community.

You will discover the fun of being

Informed, Connected & Prepared

Disaster Preparedness and Me – I am Informed I know what a disaster is!

5 things to know about disasters:

1. They can happen with little or no warning.
2. They can happen at any time of day or night.
3. I could be at home or away from home.
4. I could be with other people or alone.
5. My home or work place might be damaged.



Natural Disasters in MY Town could be: (X)

Tornadoes ____ Ice Storms ____
Snow Storms ____ Floods ____
High Winds ____ Hurricanes ____
Earthquakes ____ Landslides ____
Volcanoes ____

I remember when _____

I wanted to _____

Next time I will be prepared because I will:

My Community Disaster Plan



Counties have outdoor warning sirens.

Duke Energy offers a “Life Support Program” for people who use life support equipment that requires electricity. Does my utility company?



Counties have fire departments.

Counties have shelters in schools, churches and public buildings. Locations are decided once the path and nature of the disaster is confirmed. Listen to your radio for up-to-date information.



What does my county have? _____

Watches & Warnings & Sirens

I am informed

A Watch

An alert from the National Weather Service that a particular hazard is possible because conditions are like those that usually make it happen. Tune into the radio or TV for announcements about watches.

A Warning

An alert from the National Weather Service that a particular weather hazard has been reported or will be in the area very soon. Tune into the radio or TV for announcements about warnings.

Sirens

The sirens blast a steady tone to alert everyone that a tornado has been sighted. Sirens are tested on a regular basis during tornado season. Learn how to decide if the siren is a test or a real warning.

Rescuers

Local officials will be in charge of what everyone needs to do after an emergency.

Police and firefighters are the ones in charge during an emergency.

It's important to Listen to them!

They may look scary because of their protective clothing.

There is a helpful person inside all that gear.

**Names of my
local rescuers:**



Rescuers



Certified Volunteers

Volunteers include:

Amateur Radio Operators – The Amateur Radio Emergency Service (ARES) and The Radio Amateur Civil Emergency Service (RACES).

The Red Cross – provides service not only during national and regional tragedies but also to single family incidents such as fire, flood or tornadoes.

Citizens Corps – established through the Department of Homeland Security to enhance public preparedness and safety.

County Emergency Management Agency – prepares for and coordinates all emergency functions other than functions that are the responsibility of military and federal agencies.

Rescuers



The Good Samaritan

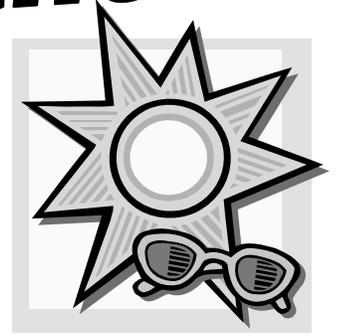
Emergencies create opportunities for ordinary citizens to help.

Being in an emergency situation can be upsetting to the point that people who are not trained can become over excited and give out wrong information. Write down some questions you might ask a person who is wanting to give you advice on what to do next.

Extreme Weather



**Too Hot?
Too Cold?**



Weather extremes can be harmful to your health.
Simple plans and precautions will protect you.

In a heat advisory, try to stay in an air conditioned building.

- Wear light-colored clothing.
- Do not leave anyone or any pet unattended in a vehicle.
- Drink plenty of water, regularly and often.
- Eat small meals and eat more often.
- Avoid caffeine and foods that are high in protein.

In a winter storm advisory, try to stay in a warm building.

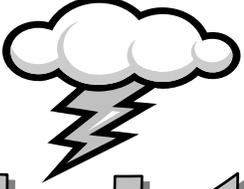
- If you cannot be indoors, stay dry.
- Wear several layers of lightweight clothing.
- Cover all exposed skin to protect from wind chill.
- Walk carefully on snowy, icy walkways.
- Stay off ponds, lakes and streams - the water might not be totally frozen.
- Avoid driving.
- Build a lean-to, windbreak, or snow cave to protect yourself from the wind, and a fire for heat.
- Exercise from time to time to keep blood flowing.
- Eat regularly.
- Melt snow for drinking water.

Tornado Tips

A tornado is a violently rotating column of air that goes from a thunderstorm cloud to the ground. Tornadoes can occur at any time of the year.

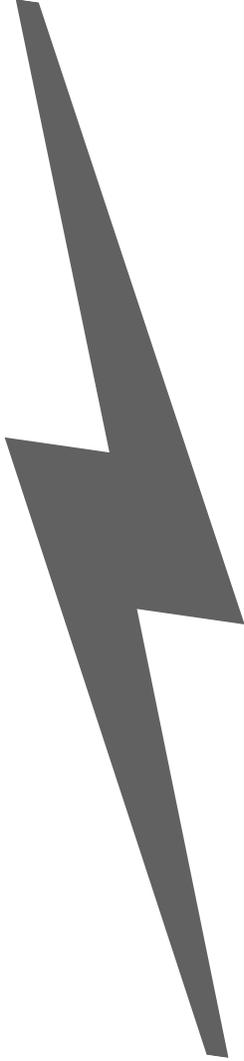


- Be alert to changing weather conditions.
- Blowing debris or the roaring sound of an approaching tornado may alert you.
- Know where your disaster kit is.
- When you are at home and hear the siren, go to the basement or lowest floor, such as a closet or bathroom.
- Wrap yourself in blankets or other heavy materials to protect yourself from flying debris.
- Listen to NOAA hazards radio or local radio and TV stations for updated information.
- Avoid gymnasiums, auditoriums and other rooms with tall, large roofs.
- Interior hallways on the lowest floor away from glass or exterior doors are safer locations.



Lightning Safety

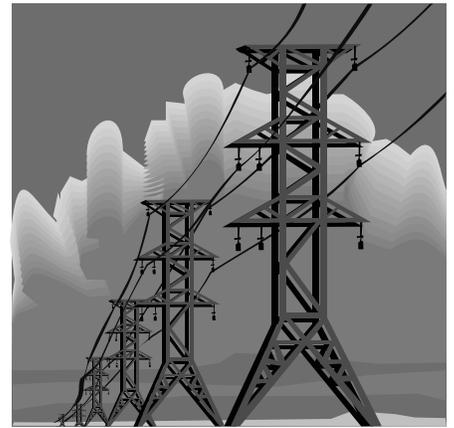
All thunderstorms produce lightning. Lightning kills more people each year than tornadoes. Lightning often strikes as far as 10 miles away from any rainfall. There may not be any clouds in the sky. You are in danger from lightning if you can hear thunder.

- 
- 
- Be the lowest point. Lightning hits the tallest object.
 - Stay away from trees. Keep twice as far away from a tree as it is tall.
 - Don't lean on vehicles. Get off bikes and motorcycles.
 - Avoid metal! Don't hold on to golf clubs, fishing rods, tennis rackets or tools.
 - Get out of water. It conducts electricity.
 - Don't huddle in groups of people.
 - You are safe in your car if you don't touch its metal frame.

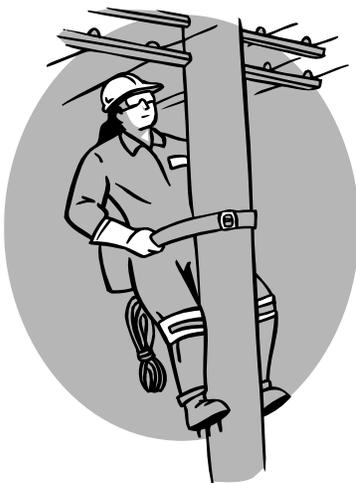
Blackouts

To Prepare:

- Keep a couple containers of Ice in your freezer.
- When filling the containers with water, leave an inch of space inside each because water expands when it freezes.
- Use in coolers to keep food frozen/cold when there is no electricity.
- Have plenty of flashlights & batteries.
- Have a battery operated or hand crank radio.
- Know how to manually open your garage door if it is electric.



**Do not
use
candles**



Do not run a generator inside a home or garage.

If you need to use a generator, connect the equipment you want to power directly to the outlets on the generator.

The Extremes of Wind & Water

High Winds

- Secure outdoor items that might be blown away or might hit you.
- Avoid gymnasiums, auditoriums and other rooms with tall, large roofs.
- Avoid rooms with windows.

Flash Floods

- If advised to evacuate, do so immediately.
- Do not drive on roads that are covered with water.
- If you come upon a flowing stream where water is above your ankles, stop, turn around, and go another way.

I am Informed

And I can be a Leader

I can check with my agency to see what their disaster plans are.

Does their plan fit in with community and regional plans?

They need to make sure they are not all depending on the same limited resources in the event of an emergency.

I can explain to them they can be helpful.

They know where we all live and work.

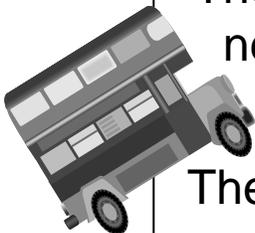
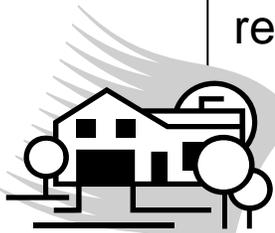
They have needed supplies and equipment.

They have trained staff, and connections with medical personnel.

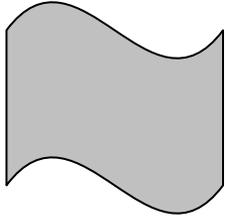
They have experience in managing the needs of people with behaviors, and significant disabilities.

They have accessible vans and drivers.

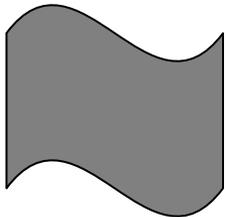
I can find out how to connect them with local authorities to start making a plan.



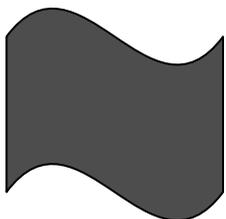
I am Connected



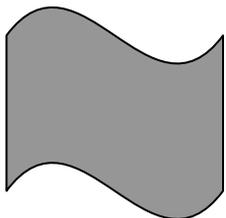
My Neighborhood



Community Services



My Privacy vs. Safety



My Network

Connections

My Neighborhood

Do I know any of my neighbors?

Do I know my mailman?

How do I meet people in my neighborhood?

Do I use any of my community services?

Your neighborhood is #1 on your list of important connections



How to make Connections

- Take a walk around your block
- Work in your yard
- Sit outside and enjoy the sunshine
- Visit the neighboring park, pool, movie theater
- Attend community centers

Connections

What am I willing to share about me?

The issue of Personal Privacy vs. Safety Net

My disability? _____

My address? _____

My staff? _____

My daily schedule? _____

Anything else? _____



Who Will I Tell?

My neighbors: _____

My mail carrier: _____

Neighborhood fire station: _____

Connections

My Network

Support is important for everyone, especially during an emergency.

It is recommended that a person have a support network of at least 3 people in each location where he or she usually spends time.

At any one time some of the support people might not be available to help.

inner workings of a

Network

Questions I need to answer:

- Who will I ask to be in my network?
- Have I asked my agency what their plans are?
- Do I know someone who lives at least 100 miles away who I can ask to be in my network?

Connections



Networks Work

- Give your network copies of all your emergency documents and personal disaster plan.
- Decide with your network how you will contact each other. Phones may not be working. Choose visual or auditory signals – a sheet in the window, a whistle.
- Ask your network to notify you if there is an emergency you might not have heard of.
- Give your network keys to your home.
- Make sure your network knows how to work your equipment.
- Make sure your service animal knows and is comfortable with your network people.
- Inform your network of any areas of your body that have reduced feeling so they can check for injuries if you can't check yourself.

Who could be in my network?



Connections

My Network Works

- Label your equipment with laminated cards explaining how to use and move each item.
- Choose an emergency meeting place for each place
- Choose a signal you can use to let your network know you have left the place and are OK.
- Give your out of town contact copies of all your important papers such as Medicaid, Medicare, and Social Security papers.
- Keep your network informed about any vacation plans - your hotel and travel information.
- Review and revise your personal emergency plan regularly or if your situation changes.
- Practice your plan.
- Remember your network may also have needs – assist each other during an emergency.

My people:

I am Prepared



My Home



My Disaster Kits



My Documents



My Shelter-in-Place Plan



My Evacuation Plan



My Plan for my Pet



After the Disaster Tips

Being Prepared

When a disaster happens, the first priority of disaster relief organizations and government agencies is to provide basic needs – food, water, and shelter – to everyone who needs them.

Your personal needs such as restoring your regular support for daily activities may not happen right away.

It is important for everyone to be prepared to meet his or her own basic needs by storing food and water for a minimum of 3 days.

A smart plan includes steps to meet your specific disability related needs by having a pro-active emergency plan & storing enough supplies, meds, and batteries for at least 7 days.

Sometimes weather can change so quickly that there is no time for a warning. You can protect yourself by paying attention to the weather around you.



First thoughts? Questions?

My Home



Your Home is #1 on your list of how to be **Prepared.**

- Make sure your home is easy to find. Is your street address number large and well lighted?
- Learn how and WHEN to turn off all utilities.
- Have a fire extinguisher and know how to use it.
- Install smoke alarms on each level of the home, test regularly and replace the battery yearly.
- Keep the shut off switch for oxygen equipment near your chair or bed so you can get to it quickly if there is a fire.
- Have a professional repair broken electrical and gas equipment and clean your fireplace.
- Learn what to do to protect your pipes from freezing in the winter.
- Place heavy objects on lower shelves and hang pictures and mirrors away from beds.
- Keep battery operated emergency lights plugged into wall outlets. They turn on when there is a power outage.

Disaster Kits

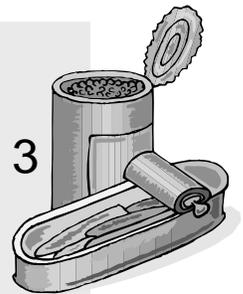
Things to consider:

- Lists can go on for pages. Your list should be specific to your wants and needs.
- Take time to make up your list and figure out how you will be able to carry it in an emergency.
- You will need to replace food and water every 6 months.



Your Basic Emergency Supply Kit should have:

- Water – 1 gallon per person per day for at least 3 days
- Food – non-perishable for at least 3 days
- Battery powered radio and a NOAA weather radio and extra batteries
- Flashlight and extra batteries
- First aid kit
- Whistle
- Dust mask to help filter air
- Plastic sheeting and duct tape to shelter-in-place
- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Wrench or pliers to turn off utilities
- Can opener if kit contains canned food
- Local maps – to find the shelters



Emergency Supplies Checklist

Which will you choose?

Food and Water checklist:

- Water – 1 gallon per person, per day for at least 3 days
- Ready to eat canned meals, meats, fruits and veggies
- Canned juices
- High energy foods – granola bars, energy bars
- Peanut butter and jelly
- Crackers
- Vitamins
- Cookies
- Tea bags
- Instant coffee
- Fluids with electrolytes, like Gatorade
- What else I want to pack: _____
- _____

Clothes:

- At least 1 complete change of clothing and footwear
- Long sleeved shirt
- Long pants
- Closed toe shoes or boots
- Blankets and pillow
- Cold weather items such as hats, scarves, gloves
- Rain gear
- What else I will take: _____
- _____

Some More Important items

Does your first aid kit have these things in it?

- _____ Non-prescription meds such as pain relievers, stomach remedies, anti-diarrhea, antacid, syrup of Ipecac (to induce vomiting), laxative, activated charcoal (advised by the poison control center)
- _____ Absorbent compress 5x9 dressing
- _____ Adhesive bandages – assorted sizes
- _____ Adhesive cloth tape – 5 yards x 1”
- _____ Adhesive tape
- _____ Antibiotic ointment packets
- _____ Antiseptic wipe packets
- _____ Aspirin
- _____ Non-latex and latex gloves
- _____ Scissors
- _____ Roller bandage 3”
- _____ Sterile gauze pads 3 x 3
- _____ First aid manual
- _____ Assorted sizes of safety pins
- _____ Sunscreen
- _____ Triangular bandages
- _____ Tweezers
- _____ Needle
- _____ Rubbing alcohol
- _____ Thermometer
- _____ Tongue blades
- _____ Petroleum jelly or other lubricant

Is it possible we have forgotten something? _____

And the Lists go on & on...

Tools:

- ___ Cash
- ___ Paper and pen
- ___ Heavy cotton or hemp rope
- ___ Heavy work gloves
- ___ Flashlight
- ___ Battery powered radio
- ___ Battery powered TV
- ___ Batteries
- ___ Plastic sheeting and duct tape
- ___ Paper plates
- ___ Plastic utensils
- ___ Non-electric can opener
- ___ Plastic garbage bags and ties (for personal sanitation)
- ___ Matches in watertight container
- ___ Whistle
- ___ Cooking utensils
- ___ Camping cook stove or equivalent and sterno
- ___ Map of the local area – for locating shelters
- ___ Safety goggles
- ___ Pliers, screwdriver, hammer, crowbar, assorted nails
- ___ Shutoff wrench to turn off household gas and water
- ___ Compass
- ___ Aluminum foil
- ___ Plastic storage containers
- ___ Signal flare
- ___ Needles and thread
- ___ Disposable dust masks
- ___ Cooler/ice chest
- ___ Battery operated devices for operating controls, opening and closing windows and doors
- ___ A way to call for help, such as “Medic alert” help buttons

Challenge! How to fit this in a container you can carry!

Whoops! Can't forget

Personal items:

- _____ Toothbrush and Toothpaste
- _____ Comb and brush
- _____ Soap
- _____ Feminine supplies
- _____ Toilet paper
- _____ Hand sanitizer
- _____ Moistened towelettes
- _____ Copies of ID and credit cards
- _____ Household chlorine bleach
- _____ Insect repellent
- _____ My important stuff: _____
- _____

Special needs items:

- _____ Contact lens solution
- _____ Hearing aid batteries
- _____ Glasses
- _____ Catheters
- _____ Disinfectant solutions
- _____ Inhalers
- _____ Oxygen
- _____ My special needs: _____
- _____

Just when you think that's it

Important documents & personal information:

- _____ Copy of will
- _____ Insurance policies
- _____ Contracts
- _____ Deeds, stocks and bonds
- _____ Passports
- _____ Social security cards
- _____ Credit card account information
- _____ Bank account numbers, names and phone numbers
- _____ Important telephone numbers
- _____ Valuable household goods – pictures of them
- _____ Family records – birth, marriage, death certificates
- _____ SSI award letter
- _____ Medicaid/Medicare award letters
- _____ Tanf documentation
- _____ Family and close friends' address and phone numbers
- _____ Person out of town contact information

Medical history

- _____ Current medical information, including immunizations
- _____ Emergency contact information
- _____ Specific disaster preparedness information

Evacuation plan:

- _____ How will you evacuate home or work
- _____ Who will you need to call for transportation
- _____ Where will you go
- _____ Who should be contacted once you have been relocated
- _____ When the shelter closes, where will you go and how will you get there.

Question! Which documents do you really need to take with you? Which can be safely put in a bank deposit box?

Last but not Least

Pet supplies:

- Water and food and bowls and way to open food
- Leash or harness or crate
- Identification tags
- Meds and medical records
- Litter/pan
- Current photo
- Vet contact info
- Feeding and care information
- Sanitation supplies
- Other: _____

Supplies for your vehicle:

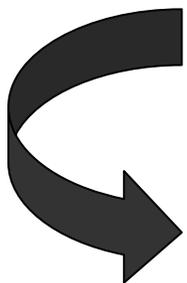
- Flashlight and batteries
- First aid kit and manual
- White distress flag
- Tire repair kit
- Jumper cables
- Pump and flares
- Bottled water and non-perishable food
- Other: _____

Seasonal:

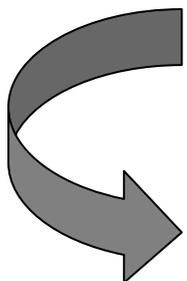
Winter – thermal underwear, blanket, hat, mittens, shovel, sand, tire chains, windshield scraper, florescent distress flag, sleeping bag for each person.

Summer – sunscreen lotion, shade item such as an umbrella or wide brimmed hat.

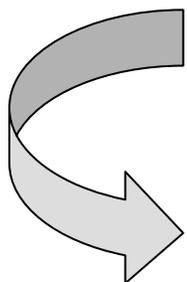
Planning



Gather all personal information and put in place for rescuers and your network.



Make a Plan and Review it Regularly.



Practice your Plan

It's All about ME!

We like to think it is nicer to think of others instead of ourselves; but in an emergency, it is important that you think about yourself first so others can find out about your needs if you are unable to tell them.



Important information about a person:

Basic personal information

Medical History

Current Medical Information

Medications

Contact Information

Disability Related Inventory

Personal Assessment of support needs

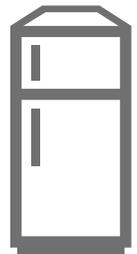
“Important to the Person” Information



Basic Personal Information

www.vialoflife.com

Federal and state officials have designed the “Vial of Life” information form that you can find on the internet. First responders are trained to look for this form and other important information clearly labeled in the refrigerator or on its door. It is important to use their form so it will not be reproduced in this manual.



The Vial of Life form covers information on:

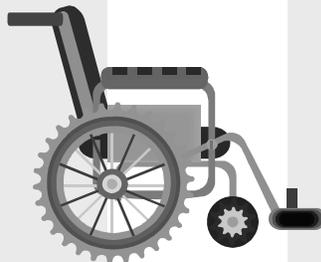
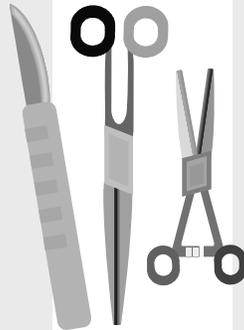
1. Basic personal information
2. Medical history and current medical concerns
3. Preferred hospital and doctors
4. Medications and allergies
5. Living will and organ donor information
6. Insurance policies and numbers
7. Emergency contact information



Disability-Related Supplies Inventory

Equipment & Supplies

- ___ Glasses
- ___ Eating utensils
- ___ Grooming aids
- ___ Dressing devices
- ___ Hearing aids
- ___ Oxygen
- ___ Suction equipment
- ___ Dialysis equipment
- ___ Sanitary supplies
- ___ Urinary supplies
- ___ Ostomy supplies
- ___ Wheelchair
- ___ Chair repair kit
- ___ Walker
- ___ Crutches
- ___ Dentures
- ___ Monitors



Vendors & Stores

Vendor name, address
& phone number:

Pharmacies:

Stores:

Emergency Contacts Plan

My Network in Charge

Members of My Network:

Best Way to Contact:



Our Plan

Other Important contacts



Designated friend or family from out-of-town –

Address: _____

Home phone: _____

Mobile phone: _____

Email: _____

Designated friend or family –

Address: _____

Home Phone: _____

Mobile phone: _____

Email: _____

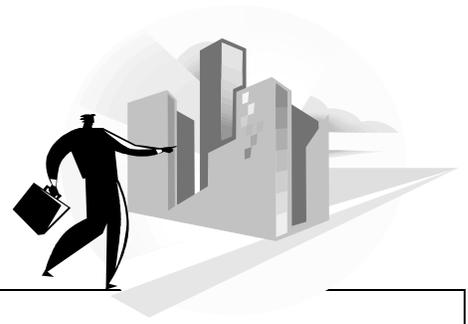
Service Provider –

Name: _____

Address: _____

Phone number: _____

My Routine is Important to Me



My daily activities and time of day preferences -

My daily schedule is: _____

I need assistance with: _____

Most Important to me is: _____

Protecting your pet or service animal

Recent disasters such as Katrina may have changed the rules but
Beware!

Shelters usually do not allow pets.

They will allow service animals.



Your plan for your pet:

- Take your pet with you
- Keep a list of “pet friendly” places, including hotels
- Assemble your pet’s disaster supplies kit
- Make sure dogs and cats are wearing collars with up-to-date identification
- Attach information to their collar about your location or information about a friend or family member who lives out-of-town.

Plan for your pet’s evacuation. Talk to your vet for ideas. Choose your method of transporting them carefully. Use carriers when possible.

Your Guide to Sheltering in Place

During some kinds of emergencies, officials will instruct you to shelter in place. That means you need to stay where you are. You could be in your home or at your workplace.

Sheltering in Place means selecting a small, interior room with no or few windows; not your whole house or office.

What to do to secure your home

- Close and lock all windows and doors.
- Turn off all fans, heating and air conditioning systems.
- Keep your pets with you.
- Get your disaster supplies kit and radio.
- Choose a room that is above ground and has a hard wired phone in it.
- Call your emergency contact and keep in touch.
- If there is a danger of explosion, close window shades, blinds and curtains.
- In case of a chemical threat, use duct tape & plastic sheeting to seal all cracks around the door and vents into the room.
- For workplace or school, follow the same general guidelines.

When Evacuating is the Thing to do!

It's not only the destination, but also the
Process

You have your important papers
and your disaster kits.

You have planned with your
network how to contact each other.

***Now you need to decide the
following:***

1. Will I understand what the warning messages on the TV or radio are saying? _____
2. Do I know where the nearest accessible shelter is?

3. How will I get to the shelter – go on my own? Wait for my network to pick me up?

4. Once there, will I know what to tell them about me? Have I practiced how to fill out the intake paperwork?

After the Storm



- Keep your flashlight and radio with you.
- Watch out for wildlife and animals that might attack you.
- Watch for fallen objects, and downed electrical wires.
- Use the phone only to report life-threatening emergencies.



Returning to your home:

- Do not enter if you smell gas or flood waters are around it.
- Be aware of loose floor boards and slippery floors.
- If you suspect any problems with the electrical system, have an electrician check it out before turning on any lights or appliances.
- If your water pipes are damaged, turn off the main valve. Do not flush toilets until you know that sewage lines are intact.
- Throw out all food and other supplies that you think may have become contaminated or come in contact with flood water.
- Clean up household chemical spills.

Just in Case...

Checklists to Capture the Littlest Detail

- ✓ Post emergency numbers by the phone.
- ✓ Conduct a home hazard hunt.
- ✓ Decide where you will meet outside of your house in case of a fire.
- ✓ Decide where you will go and stay outside of your neighborhood if you cannot return home.
- ✓ Practice exiting from your residence.
- ✓ Find the safe spots in your home for certain disasters like tornadoes.
- ✓ Write on your calendar or another kind of chart the dates that you complete all the tasks necessary to being prepared.
- ✓ Throw out canned goods if the can is swollen, dented or corroded.
- ✓ When the power first goes off, use the food in the refrigerator, then the freezer, then your emergency food. You will have a longer supply of food!
- ✓ Mark food containers with date purchased.

Let's Check One More Time!

Did we forget Anything?

- Some of the things a person can do to prepare for a pandemic flu outbreak are the same as other disasters that require you to shelter-in-place. Just remember the basics for limiting the spread of germs. Wash hands and cover coughs and sneezes with tissues.
- Ways to communicate may be more difficult than usual. The phone lines may be down. Choose alternative ways to get in touch.
- Make sure to include water in your disaster kit. Leave the pop at home. The carbonation in the pop makes you thirsty.
- A NOAA weather radio is an important item to have in an emergency disaster kit.
- Check into a hand crank radio! You won't need batteries for it.
- Last but not least. All the emergency guides will tell you what items you will have to have in your emergency kit. What about those personal items that are not critical to your safety but they are crucial to your emotional wellness? Get them and put them in your kit.

Your Disaster Plan

You have learned what could happen to you.

You have surrounded yourself with friends and helpers.

You have gathered all your supplies and have your disaster kits ready.

You have created your plan and continue to practice it with your network.



You are Ready

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