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## Personal Emergency Supplies

- Water (1 gallon p/day per person)
  - Food (canned-meats, canned fruits and vegetables, peanut butter, granola bars, cereals, cookies, tea and coffee, canned juices)
  - Flashlight and extra batteries
  - Portable battery operated radio or hand crank radio or text alerting device with extra batteries. Know your emergency alert broadcast stations in your area
  - Prescription and over-the-counter medications you need
  - Medical information tag (s)
  - Pencil and paper
  - Blanket, whistle and complete set of clothes for each household member
  - Personal care and comfort items (eye glasses, toys, books, etc)
  - Important personal documents (medical, immunization records, insurance cards, cash, credit cards, etc)
  - First aid supplies
  - MOST IMPORTANTLY, DEVELOP A SUPPORT SYSTEM THAT WILL CONTACT AND/OR ASSIST YOU IN AN EMERGENCY
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## For more information contact:

Maryland Department of Disabilities

Emergency Preparedness Policy

410-767-3662

mdod@mdod.state.md.us



Kristen Cox, *Secretary*

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This document is available in alternative  
formats upon request.



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*Emergency &  
Disaster  
Preparedness  
for Individuals  
with Disabilities  
and Other  
Special Needs*

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## **Take Action and Be Prepared!**

Injuries and fatalities in disasters are increasing worldwide. It is not enough to react in times of emergency. Every person must be prepared in advance so that injuries and damage can be prevented or minimized. This publication will help you answer some of these questions, providing information that can help you start your preparedness plan.



Meet with family, friends and neighbors to discuss your needs if an emergency should arise.

You can contact the following agencies for more information:


- Local Emergency Management (contact MDOD for number)
- Local Red Cross chapter.

### Know your area

Make sure you know what dangers affect your community and note any special instructions on how to prepare for them. Your local Emergency Management agency can help you with this step. Become familiar with your neighborhood and know where to find services you need and how to contact them. Learn what the emergency plan is where you work. Develop your own simple emergency plan and practice it regularly. Make sure you include family, friends and neighbors who you can trust and who can help you immediately after an emergency.

### Creating an Emergency Plan

1. Identify all the dangers in your home
2. Determine basic survival needs in case of emergency for you and your household
3. Post emergency phone numbers in an accessible place, along with your family/friends/neighbors' contact information
4. Plan and practice how to evacuate your home in an emergency
5. Make sure you know all evacuation routes available in your area/home
6. Determine a place where you will meet with your contacts after an emergency or evacuation
7. Prepare essential disaster supplies and have them available in case of emergency. Make sure they cover the needs you identified in point #2

8. Keep your personal records in a waterproof container and with your emergency supplies, so you can take it in case you must evacuate
9. Create and carry a personal emergency information card for emergency personnel/first responders
10. Preparing for emergencies takes time, but is simple to do if you take small steps frequently
11. Try to arrange emergency supplies little by little, unless you can do it in one single step. Emergency supplies should be easy to gather, carry and use; an emergency plan should be easy to learn and practice also. See suggested supplies list 
12. If you need assistance with any of these steps, look for help in your community first

**For more information, including how to reach your local Emergency**

**Manager, call (voice):**

**(800) 637-4113 or (410) 767-3662**

**TTY: (410) 767-3660**