



READINESS CHECKLIST: EMERGENCY PLAN FOR HOME

EMERGENCY SUPPLIES: If you cannot afford to stock up on supplies for an emergency, contact organizations like the American Red Cross. Store your emergency supplies where you can easily get to them.

SUPPLIES TO HAVE:

- Battery operated radio
- Flashlight
- Extra batteries for radio and flashlight (remember to always check expiration dates every couple months)
- Signaling device such as a whistle, beeper, bell, screecher
- Food for at least **THREE** days---packages or cans that you can open and prepare easily (check expiration dates every couple months)
- Water---one gallon per person per day for at least **THREE** days
- Food and water for your service and companion animals or pets
- Non-electric can opener that you are able to use
- Extra blankets, especially for winter emergencies
- First aid kit with Band-Aids, bandages, hand sanitizer, insect repellent, topical ointments, flu and cold remedies, and vitamins to boost general health

MEDICATIONS:

- Extra supply of medicines you need to take---if possible a **TWO** week supply, check expiration dates every couple months
- Extra copies of prescriptions (ask your doctor, explain you are preparing your emergency kit)
- Ice chest if your medicine needs to be cold (keep ice trays in freezer filled in case you need them)

EQUIPMENT AND ASSISTIVE DEVICES:

- Make sure equipment and assistive devices are easy to locate during an emergency
- If needed, have back-up equipment, for example, spare batteries, manual wheelchair
- Written instructions to operate and move your medical and adaptive equipment

READINESS:

- Know where main valves and switches are for gas, water and electricity. Get help now for adapting handles, valves and switches if it makes a difference to help you turn them off
- Fire extinguisher that you can use, for example, one with extended handle
- An emergency plan, including transportation, if you need to get to a shelter or other safe place
- Written instructions and copies of important papers (SEE TAB, IMPORTANT PEOPLE AND PAPERS)
- Have a list of accommodations you may need to tell rescue personnel during an emergency such as “use the board to transfer me from bed to my wheelchair,” “take my insulin from the refrigerator”