

Disaster Preparedness - 7 TIPS

PATHWAYS TO INDEPENDENCE

October 19th, 2007

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Private non-profit organization--since1977:

- Helping individuals with legal self-advocacy
- Representing individuals discriminated against or denied a benefit
- Seeking policy changes to benefit people with disabilities

OBJECTIVES OF PRESENTATION

1. Increase awareness of disaster needs for people with disabilities
2. Learn 7 Tips for Advocacy to prepare for a disaster event
3. Identify resources you can use to be prepared

Using 7 Tips: Being an Advocate for Yourself

- 1 Know the Problem
- 2 Know who can help
- 3 Make a plan
- 4 Take action
- 5 Know what you want
- 6 Follow through
- 7 Do not give up!

Tip #1: Know the Problem

South Carolina may have emergencies or disasters AND I need to be prepared.

- Hurricanes & Tropical Storms;
- Tornadoes;
- Flooding;
- Earthquakes;
- Fires;
- Hazardous Materials;
- Dam Failure;
- Severe Winter Weather;
- Transportation;
- Pandemic Flu;
- Terrorism; and
- Nuclear Power Plants (5 facilities).

~Reminder~

During emergencies, some resources or utilities may not be available.

~Reminder~

Tip #2: Know who can help



- South Carolina Emergency Management Division (SCEMD)
 - Their webpage <http://www.scemd.org/> has information including Evacuation Zones (enter a street address) and links for special needs.
 - Their special needs contact is Margaret Richardson. Office phone is 803 737-8500.
- Email is mrichardson@emd.state.sc.us.



- Federal Emergency Management Agency (FEMA)
 - For information about disasters, go to <http://www.fema.gov/hazard/index.shtm>.
 - For the guide entitled "Are You Ready?" go to <http://www.fema.gov/areyouready/> or call 1-800-480-2520. This brochure is available in English and Spanish.



- American Red Cross
 - They have a brochure that's available either online at <http://www.redcross.org/images/pdfs/preparedness/A4497.pdf> or that can be obtained by contacting your local ARC office.



- Ready.gov (www.ready.gov):
- Disability Preparedness, *an Interagency Coordinating Council on Emergency Preparedness and Individuals with Disabilities.*



- For general information, visit <http://www.disabilitypreparedness.gov/>.
- For information about disability laws, visit <http://www.disabilitypreparedness.gov/ppp/dislaw.htm>.

~Reminder~



PREPARATION IS THE KEY



Salvation Army




- Website is www.uss.salvationarmy.org
- North and South Carolina Divisional Headquarters
501 Archdale Drive
Charlotte, NC 28217
Phone 704-522-4970
Fax 704-522-4980
- The Salvation Army provides disaster relief services.

- The Salvation Army is a mass-care support agency.
- National Oceanic and Atmospheric Administration (NOAA).



- For disaster prevention, visit their webpage at http://www.nhc.noaa.gov/HAW2/english/disaster_prevention.shtml.
- In South Carolina, you'll find information about Charleston at <http://www.erh.noaa.gov/er/chs/>.
- For information about Columbia, visit <http://www.erh.noaa.gov/er/cae/>.
- For information about Greenville/Spartanburg, go to <http://www.erh.noaa.gov/er/gsp/>.

Tip #3: Make a Plan

1. First Aid Kit 
2. Disaster Supply Kit
 - Recommended Items for a **Basic Emergency Supply Kit**:
 - **Water**, one gallon of water per person per day for at least three days, for drinking and sanitation.
 - If you live in a warm weather climate more water may be necessary
 - Use commercially bottled water or store clean tap water tightly in clean plastic containers such as soft drink bottles.
 - Children, nursing mothers, and sick people may need more water
 - **Food**, at least a three-day supply of non-perishable food. Can opener for food (if kit contains canned food)
 - **Radio**, Battery-powered or hand crank and a NOAA Weather Radio with tone alert and extra batteries for both
 - **Flashlight** and extra batteries
 - **First aid kit**, adhesive bandages, antiseptic wipes, antibiotic ointment, aspirin etc. : www.redcrossstore.org
 - **Whistle** to signal for help (or air horn)

- Dust mask, to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place
- Garbage bags and plastic ties and moist towelettes for personal sanitation
- Tools (wrench or pliers) to turn off gas or water utilities.
- Local maps
- Medications and glasses (also copy of prescription)
- Infant supplies, formula and diapers
- Pet food and extra water for your pet (or service animal)
- Important documents such as copies of insurance policies, identification and bank account records in a waterproof, portable container
- Cash or traveler's checks and change
- First Aid book or other reference material such as information from www.ready.gov
- Bedding, sleeping bag or warm blanket for each person. Consider additional bedding for cold-weather.
- Clothing: Complete change of clothing including a long-sleeved shirt, long pants and sturdy shoes for those who are able to walk. Consider additional clothing for cold-weather.
- Water treatment: Household chlorine bleach and medicine dropper. When diluted nine parts water to one part bleach, bleach can be used as a disinfectant. In an emergency, you can use it to treat water by using 16 drops of regular household liquid bleach per gallon of water. Do not use scented, color safe or bleaches with added cleaners.
- Fire Extinguisher
- Matches in a waterproof container
- Personal hygiene items: toothpaste/brushes, soap, antiperspirant, shaving kit, feminine supplies etc.
- Dishes: Mess kits, paper cups, plates and plastic utensils, paper towels
- Paper and pencil/pen
- Books, games, puzzles or other activities for children

Additionally, for People with Disabilities:

- Create a support network to help in an emergency.
- Tell these people where you keep your emergency supplies.

- Give one member of your support network a key to your house or apartment.
- Contact your city or county government's emergency information management office. Many local offices keep lists of people with disabilities so they can be located quickly in a sudden emergency.
- Wear medical alert tags or bracelets to help identify your disability.
- If you are dependent on dialysis or other life sustaining treatment, know the location and availability of more than one facility.
- Show others how to operate your wheelchair.
- Know the size and weight of your wheelchair, in addition to whether or not it is collapsible, in case it has to be transported.
- If you reside in a group home, ask to see copy of evacuation plan.
- Additional Supplies:
 - Extra oxygen supplies.
 - Extra hearing-aid batteries.
 - Extra wheelchair battery.
 - List of any special daily care needs.
 - Model and serial number of medical devices.
 - Medical insurance and Medicare/Medicaid cards or numbers
 - List of doctors, therapists, relatives or friends who should be notified if you are hurt.

3. Learn Local Government Emergency or Disaster Plan
4. Family Communications Plan
5. Specific Meeting Place
6. Practice/Drill Emergency Plan
7. Radio Emergency Broadcast Channel

Tip #4: Take Action

- Prepare a Disaster Kit for 3-7 days of self-sufficiency
- Consider a full or at least partial kit for work and car

Tip #5: Know What You Want

- Meet with your family, your Personal Care Attendants (PCAs) and your building manager
- Choose an "out-of-town" contact

- Decide where to meet BEFORE the emergency
- Complete a communications plan to keep in touch with loved ones
- Locate escape routes and safe places
- Plan for pets and service animals
- Prepare for different hazards
- Utilities/fire extinguisher/smoke alarms should be tested regularly to ensure proper working condition
- Insurance coverage - know what is and is not covered
- Inventory possessions, maybe take photos
- Copies of vital documents
- Reduce home hazards

Tip #6: Follow Through

- Review the plan every 6 months
- Conduct fire and emergency drills regularly
- Restock supplies and check for expiration dates every 6 months
- Test and maintain safety equipment (smoke alarms, batteries, fire extinguishers, etc.)

Tip #7: Do Not Give Up

- If disaster strikes:
 - FOLLOW YOUR PLAN
- If you are instructed to take shelter immediately, do so at once.
- If you are instructed to evacuate:
 - Try to go to family or friends first
 - Emergency public shelters are available if you need them
 - If you need a Personal Care Attendant (PCA), bring your PCA with you.

Special Considerations

- Accessible transportation,
- Accessible shelters,
- Medication storage (cold or dry),
- Service animals, and
- Accessible communication, including American Sign Language and Spanish.

Resources:

- www.scemd.org/ SC Emergency Management Division
- www.hhs.gov/emergency/ US Department of Health and Human Services

- www.ready.gov/america/getakit US Department of Homeland Security
- <http://www.whatsyourrq.org> Council for Excellence in Government
- www.fema.gov/areyouready/ US Federal Emergency Management Agency
- www.redcross.org/services/disaster/ American Red Cross
- www.nhc.noaa.gov National Hurricane Center (US Weather Service)
- www.uss.salvationarmy.org The Salvation Army
- www.disabilitypreparedness.gov Interagency CoOrdinating Council on Emergency Preparedness and Individuals with Disabilities

If you have questions about this material, please contact:

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