

Personal disaster kit

- Water (1 gallon per day per person).
- Food (canned-meats, fruits and vegetables, peanut butter, granola bars, cereals, cookies, tea and coffee, canned juices).
- Flashlight and extra batteries.
- Portable radio, emergency alert broadcast stations (WIYY-FM 97.7, WBAL-AM 1090, WTOP-AM 1500).
- Prescription and over-the-counter medication.
- Medical information tag (s).
- Pencil and paper.
- Blanket, whistle and complete change of clothes for each member of the household.
- Personal care and comfort items (eye glasses, toys, books, etc).
- Important personal documents (medical, immunization records, insurance cards, cash, credit cards, etc).
- Basic first aid kit.
- Soap, toilet paper and bleach.

For more information contact:

Maryland Department of Disabilities

Director of Emergency

Preparedness Policy

410-767-3647 or by email at

mdod@mdod.state.md.us



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*Emergency &
Disaster
Preparedness
For Individuals
With
Disabilities*



Take action and be prepared!

Between 1975 and 2005 disasters have killed over 234,564 people (21 per day), and injured around 115,00 in the



U.S. It is not enough to react in times of emergency. Every person must be prepared in advance so that damages 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.

Contact:

- Local emergency management agency, Fire Department (FD) and Emergency Medical Services (EMS) to obtain more information on how you can be prepared.
- Local Red Cross chapter.
- Meet with family, friends and neighbors to discuss your needs if an emergency should arise.

Know your area

Make sure you know what hazards can affect your community, and note any special instructions on how to prepare for them. Emergency services can greatly help you with this step. Become familiar with your neighborhood, and know where to find services you need and how to contact them. Learn where safe exits are located and find the safest room in your home in case you must stay there for long periods of time. The FD, Police Department or EMS can help you do this. Develop a simple emergency plan and practice it regularly. Make sure you include family, friends and neighbors who you can trust and that can help you immediately after an emergency.

Creating an Emergency Plan

1. Identify all the hazards (dangers) in your home.
2. Determine basic needs during emergencies 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 household members after an evacuation/emergency.
7. Keep your personal records in a water-proof container and in your personal kit, so you can take it in case you must evacuate.
8. Prepare a disaster kit and have it available in case of emergency. Make sure it addresses the needs identified in point #2.
9. Create and carry a personal emergency information card for emergency personnel/first responders in case you are unable to communicate or become unconscious.

For more information call (voice):

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

(TTY): (410) 767-3660
