

Think about.... Talk about.....

- * How will you evacuate or signal for help?
- * What type of assistance will you need if it is necessary to evacuate? Do you have stairs or use an elevator?
- * What will you do if water is cut off for several days?
- * What special items do you need to live independently?
- * How will you continue to use equipment that runs on electricity if electricity is not available? What do you have for back up?
- * Do you need specially-equipped vehicle or accessible transportation? Do you need assistance leaving your house?
- * Do you need assistance in getting medications, groceries, and medical supplies? If you have one person that takes care of this for you, what will you do if they cannot get to your house?
- * Will you be able to care for your animals? Do you have a caretaker for them if you are unable to care for them?
- * Do you know how to contact your home care provider if you have one?



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**EVACUATION
TIPS FOR
PEOPLE
WITH
SPECIAL
NEEDS**

An important part of being prepared for a disaster is working out a disaster plan with family, friends and neighbors. This is especially important if you or a loved one have any type of special need. Whether it is a limitation in mobility, vision, hearing or health you may need to ask for help in evacuating. You may need more than the standard temporary shelter.

REMEMBER

First and foremost, you need a plan.

The Red Cross definition of "Special Needs Person" is: ...those who need assistance in performing activities of daily living or those with health conditions that require care/monitoring or support that they cannot manage for themselves in a disaster shelter or evacuation center.

Have a plan.....

Work with your family and friends to determine who could get to your residence to assist you — this may need to be someone that can walk to your house. Have their telephone numbers posted in an easy-to-see location. Be sure to have numbers for several people in case the first person called is unavailable. If you have a Home Care provider make sure you have their emergency number. Talk to your healthcare provider for their input as to what you should take with you, and any special requirements you may need to request.

After you have a plan...**PRACTICE IT!**



Have a kit....

Create a “ready kit” and a “go bag”.

Your “ready kit” should have supplies necessary to sustain you for a period of time. The minimum amount of time is three days. And if possible, plan for seven days or longer.

You should also have a “go bag” in the event you have to evacuate immediately. Include your most essential items (medications, ID, cash, etc.) in this bag. Only you can decide what is most essential for you and your family.

Wear a medic alert tag or bracelet to identify your medical special needs.

Things that should be in your “ready kit”

- * Minimum of 3 day supply of non-perishable food. (Can opener?) Be sure food meets your dietary requirements.
- * Minimum of 3 day supply of water—plan for at least 1 gallon of water per person per day.
- * Medical equipment and assistive devices (glasses, hearing aids, canes, walkers, etc.)
- * Medications, including a list with prescription name, dosage, frequency, doctor and pharmacy. If the medication needs to be refrigerated, have a cooler with an ice pack ready-to-go.
- * List of emergency contacts, including a person outside of the immediate area.
- * Copies of important documents (birth certificate, passport, license, insurance, proof of address)
- * Extra set of keys
- * Flashlight and battery-operated radio (with extra batteries)
- * Cash, credit cards, checkbook, ATM card
- * Sanitation and hygiene items (moist towelettes, soap, denture care, plastic bags with ties, etc.)
- * Needed supplies for children or pets/service animals
- * Dust masks
- * Clothes, blanket(s), pillow
- * Basic first aid kit
- * White distress flag and/or whistle