

# Pripàra Hao



## EMERGENCY PREPAREDNESS

### Checklist for Persons with Disabilities

In the event of a major disaster such as typhoon or earthquake, it is recommended that you assemble the following items to help get through the challenges that occur during and immediately after emergency situations:

- ☐ **A one week food supply**
  - Ready-to-eat food
  - Special diet needs
  - Non-perishable foods
  - Food for service animals
- ☐ **Non-electric can opener**
- ☐ **Adequate supply of drinking water**
- ☐ **One gallon of water per day per person for sanitation**
- ☐ **Several flashlights**
- ☐ **Portable radio**
- ☐ **Extra batteries for flashlights and radio**
- ☐ **Ten-day supply of medicines**
- ☐ **Instructions for use of the medicines**
  - Dosage, frequency, doctor's name, phone number
- ☐ **First Aid Kit**
- ☐ **Smart Phone and Charger**
- ☐ **Full tank of gas for vehicle**

#### Other important items to have on hand:

- ☐ **Eye glasses, hearing aids, mobility aids**
- ☐ **Extra blankets**
- ☐ **Toilet paper, paper towels, paper plates, personal hygiene supplies, hand sanitizer**
- ☐ **One gallon of chlorine bleach and medicine dropper**  
(To sterilize water and food preparation areas for germ control)
- ☐ **Duct tape**
- ☐ **Garbage bags, closeable containers, and gloves**
- ☐ **Extra cash on hand as banks may be closed and ATMs inoperable for a number of days**
- ☐ **Important documents should be stored in watertight and fireproof containers**

More tips on back!

# Pripåra Hao



## EMERGENCY PREPAREDNESS

### Special Planning Tips

- ☐ **Conduct an “Ability Self-Assessment”**
  - Identify what you can do and what you need assistance with
- ☐ **Develop a buddy system with family, friends, neighbors, co-workers, or other individuals who may help you plan. Plan how you will help each other in an emergency**
- ☐ **Consider speaking with your village Mayor regarding your special needs during emergencies**
- ☐ **Give copies of your written emergency plan to people in your personal support network**
- ☐ **Make a list of emergency contacts**
- ☐ **Document important life saving information and keep it in your “Go-Kit.”**  
**Don’t forget to keep it updated.**
  - Special medical information
  - Special equipment you use for communication, daily living, mobility
  - Medical providers - doctor, pharmacy, health insurance company
  - If you have a difficult time communicating orally, keep a “communication book” to help you exchange information as needed
- ☐ **Reduce hazards in your home**
  - Secure medical equipment, appliances, bookcases, hanging plants, etc.
  - Remove unsecured objects from the exterior of your home
  - Know the location of your electrical box, gas valve, and water valve and how to turn them off
  - Plan two exit routes if you need to leave your house immediately
- ☐ **Contact the Guam Power Authority, Guam Waterworks Authority, and telephone companies to inform them of your special needs to expedite reconnection of utility services**



Produced with 100% funding support from the U.S. Department of Health & Human Services, Administration on Intellectual and Developmental Disabilities, Grant No. 90DD0014-05-00 and facilitated by the University of Guam Center for Excellence in Developmental Disabilities Education, Research, and Service (Guam CEDDERS).

References: “Preparing for Disaster for People with Disabilities and other Special Needs,” FEMA & American Red Cross, and “Preparing Makes Sense for People with Disabilities and Special Needs,” U.S. Department of Homeland Security.