Pripåra 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
  + Non-perishable foods
  + Special diet needs
  + 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

## 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

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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.

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