

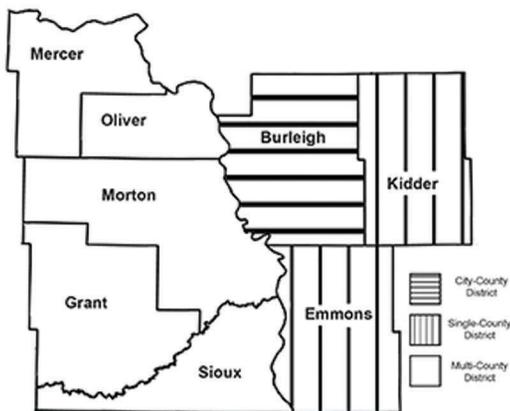
In Case You Need to Go to a Shelter, Be Prepared



It is recommended that this checklist be reviewed regularly throughout the year and altered accordingly to accommodate any changes in your needs. Shelter kits should be stored in an easy-to-carry container, such as a backpack, and located in an easily accessible area. Some shelters may not have specialized equipment and you should be prepared to bring your own equipment, if necessary. If you utilize a home health aide, it is recommended you bring that person with you.

For recommendations on and printable versions of basic kit supplies, visit www.ready.gov/build-a-kit for more information.

Southwest Central Region Emergency Preparedness & Response



For More Information, Contact Us

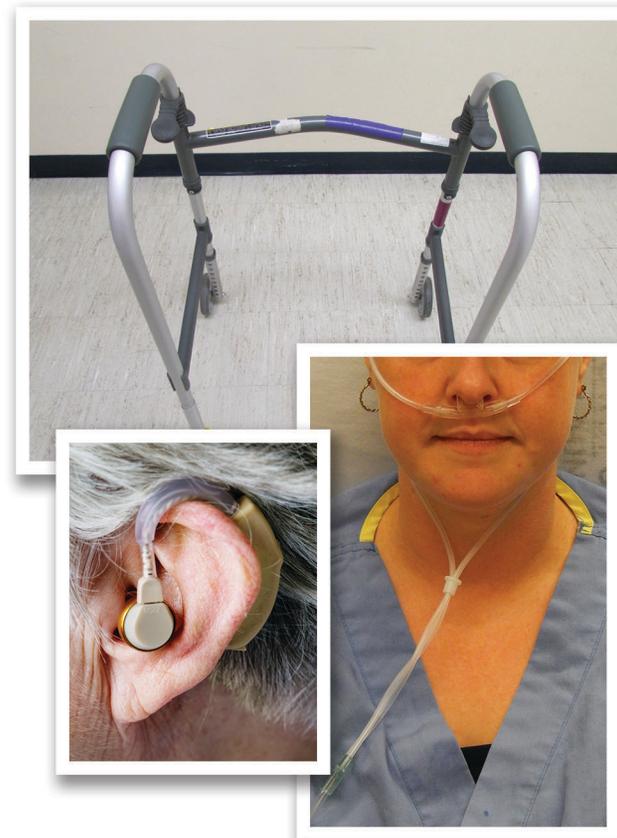
Crystalynn Kuntz
SWC Region Coordinator
(701) 355-1546
ckuntz@bismarcknd.gov

Kalen Ost
SWC Emergency Preparedness
Information Specialist
(701) 3551556
kost@bismarcknd.gov

Bismarck-Burleigh Public Health
500 E Front Avenue
Bismarck, ND 58504
Phone: 701.355.1540
Fax: 701.221.6883
www.bismarcknd.gov/95/Public-Health
www.facebook.com/BBPH.gov
www.twitter.com/BBPublicHealth

ND Department of Health EPR
www.health.nd.gov/EPR/

Disaster Planning For Individuals With Special Needs



Be Prepared to Go to a Shelter.



Public Health
Prevent. Promote. Protect.

Emergency Preparedness



If you, or someone close to you, has a disability or special need, you may have to take additional steps to protect yourself and your family in an emergency. Find out about special assistance that may be available in your community. Register with the office of emergency services for assistance so needed help can be provided.

An individual's special needs may include, but are not limited to the following: Visual impairment, hearing impairment, mobility impairment, single working parent, individuals who are non-English speaking, people without vehicles, individuals with special dietary needs, people with medical conditions, individuals with learning disabilities, and/or people with dementia.

If you are evacuating to a shelter, you should let friends, relatives or neighbors know where you will be going. Remember to listen to your local radio and television stations for updates and instructions.

Kit Contents

Items to Consider Bringing with You to a Shelter:

- Insurance policies, contracts, wills, passports, deeds, social security cards, immunization cards, Medicare/Medicaid cards (store in a waterproof bag).
- Photo identification and proof of address.
- Emergency Contact Information: names and phone numbers of those in your personal support network, family members, doctors, equipment suppliers, and utility companies. Flashlight with extra batteries.
- Toiletries.
- Pillow.
- Change of clothes and shoes with hard soles.
- Cell phone with spare batteries and charger.
- Money (small bills and change).
- Auxiliary medical equipment with extra batteries if necessary (i.e. oxygen, scooter battery, hearing aid).
- Style and serial numbers of medical devices (such as pacemakers) and instructions for the devices.
- Medicine supply/list of medications and dosage instructions.
- Cane, crutches, walker or wheelchair.
- Glasses with repair kits and contacts with cleaning supplies.

Be Ready to Evacuate



Have a plan for getting out of your home or building. Also, plan two evacuation routes because some roads may be closed or blocked in a disaster. Remember to listen to your local radio and television stations for updates and instructions.

Create a network of neighbors, relatives, friends and coworkers to aid you in an emergency. Discuss your needs and make sure everyone knows how to operate necessary equipment. Discuss your needs with your employer.

If you have limited mobility and live or work in a high rise building, have an escape chair. If you live in an apartment building, ask the management to mark accessible exits clearly and to make arrangements to help you leave the building.

Keep specialized items ready, including extra wheelchair batteries, oxygen, catheters, medication, prescriptions, food for service animals, and any other items you might need. Be sure to make provisions for medications that require refrigeration.

Keep a list of the type and model of numbers of the medical devices you require. Wear medical alert tags or bracelets to identify your disability. Know the location and availability of more than one facility if you are dependent on a dialysis machine or other life-sustaining equipment or treatment.

Shelter kits contain only essential items for a short period of time (48-72 hours).