

IN CASE YOU HAVE TO  
GO TO A SHELTER



It is recommended that this checklist be reviewed regularly and according to 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. If you have a home health aid, it is recommended you bring that person along with you. Some shelters may not have special equipment; be prepared to bring your own.



**BISMARCK BURLEIGH**

500 East Front Avenue  
Bismarck, ND 58504  
Phone: 701-355-1540  
Fax: 701-221-6883

BISMARCK BURLEIGH  
PUBLIC HEALTH

*DISASTER PLANNING*  
*FOR INDIVIDUALS*  
*WITH SPECIAL NEEDS*



Be Prepared to go to a Shelter

TELEPHONE: 701-355-1540



## PREPARING AND



If you or someone close to you has a disability or a 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.

***Disability/Special Needs may include: Visually impaired, hearing impaired, mobility impaired, single working parent, non-English speaking persons, people without vehicles, people with special dietary needs, people with medical conditions, People with mental retardation, people with dementia.***

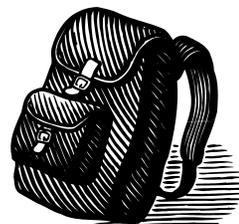
If you are evacuating to a shelter you should let friends, relatives or neighbors know where you will be going.

***Remember to listen to your local radio and TV stations for updates and instructions.***

## PLANNING

### ITEMS TO BRING WITH YOU TO A SHELTER

- Insurance policies, contracts, wills, passports, deeds, social security cards, immunization cards, Medicare/Medicaid cards (keep in a water-proof 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 hard soled shoes
- Cell phone w/ spare batteries
- 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



A backpack works well as an emergency evacuation kit.

### Be Ready to Evacuate

Have a plan for getting out of your home or building (ask your family or friends for assistance, if necessary). Also, plan two evacuation routes because some roads may be closed or blocked in a disaster. ***Remember to listen to your local radio and TV 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 are mobility impaired 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 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.

This checklist is intended to be for a “grab-and-go” shelter kit (to be taken with you to a shelter). ***Shelter kits contain only essential items for a shorter period of time (12 to 72 hours).***