Ready to Roll!

Reflect on your specific needs

Educate yourself about the resources in your area

Assemble or customize a kit

Develop a plan and share it

You are ready to roll!

Visit unitedspinal.org for more valuable information on preparing for emergencies
Reflect ON YOUR SPECIFIC NEEDS:
• Medication & supplies
• Equipment
• Support or assistance
• Transportation
• Dietary restrictions
• Service and non-service animals

Educate YOURSELF ABOUT THE RESOURCES IN YOUR AREA:
• Contact your local emergency information management office to find out if there is an emergency plan in place that addresses your needs
• Does the local government or agencies offer preparedness supplies or guidance?
• Do your local fire or rescue teams know how to assist you in an emergency?
• Are identified shelter or evacuation centers accessible?
  Are accessible port-a-pots an option if site restrooms are not accessible?
• Self-advocate if these resources are insufficient

Assemble OR CUSTOMIZE A KIT:
• Start with the basics – what you need to live each day
• Emergency documents (emergency plan, medication lists, family and doctor phone numbers, insurance info, medical equipment specifics, etc) laminated or in Ziploc bag
• Medication and medical equipment (wheelchair, cushion, transfer aids)
• Water
• Catheters, ostomy and wound care supplies
• Cash
• Non-perishable food
• Hand sanitizer & soap
• First aid kit
• Flashlight/headlight
• Patch kit
• Toothbrush/toothpaste
• Change of clothes
• Chargers for equipment and phones (consider battery or hand-cranked)
• Multi-tool
• Whistle
• Lighter or waterproof matches
• Moist towelettes
• Blanket
• Extra glasses or contact lenses/supplies
• Hearing aids and extra batteries
• Duct tape
• Ziploc and garbage bags
• Battery powered or hand-crank radio
• Pen and paper
• Extra batteries
• Pet supplies
• Learn more about what to include in your kit at ready.gov/kit

Develop A PLAN AND SHARE IT:
• Who will help?
  - Identify friends, family, caregivers, fire department, police department and others who may be able to assist you in an emergency
  - Speak to them about your emergency plans, needs, equipment, etc.
  - Record their contact information on your emergency plan and share a copy with each individual
  - Speak to your employer about your plan and needs if an emergency occurs while you are at work
• Who do you need to reach?
  - Develop a communication plan with your family and friends
  - Identify someone out-of-town who may not be in the impacted region to be a part of your communication plan
  - Determine how you will communicate (text, emails and social media may be easier in an emergency than phone calls)
  - Record all contact information on your emergency plan and share a copy with each individual
• Where will you meet?
  - Select emergency meeting places for your family to re-unite
  - Make sure the locations are accessible
  - Indoor – for tornado, hurricane and other storms be sure to select a windowless, sturdy spot
  - In your local area – if you have to leave your home but can remain close consider a neighbor’s house, corner or other nearby feature
  - Outside your neighborhood – a family member or friend’s home, shopping center, community center, etc
  - Outside of your city – in the event the city is evacuated determine one location to meet and ensure everyone has the address and phone number
• Evacuation considerations:
  - Make sure everyone knows where the emergency kit is located
  - Address the needs of your service animals or pets
  - Determine the best accessible transportation option and alternatives if the first choice is not available
  - Activate your communication plan
• What other information may I need?
  - Contact and medical information for all household members
  - Specific information about your disability/care that medical personnel should know
  - Work, school, caregiver, childcare contact information
  - Wheelchair/medical equipment supplier contact info
  - Doctor, insurance, veterinarian details
  - Utility (gas, electric, water) numbers
  - Transportation alternatives
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You Are Ready to ROLL

You Are

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