



Some materials and ideas came from:

### **Feeling Safe, Being Safe**

Materials developed by the Dept. of  
Developmental Services Consumer Advisory  
Committee, 2010

[www.dds.ca.gov](http://www.dds.ca.gov)



# Get Ready for Emergencies

## A Guide for Everyone

# What you will learn

Different types of emergencies

How to plan for emergencies

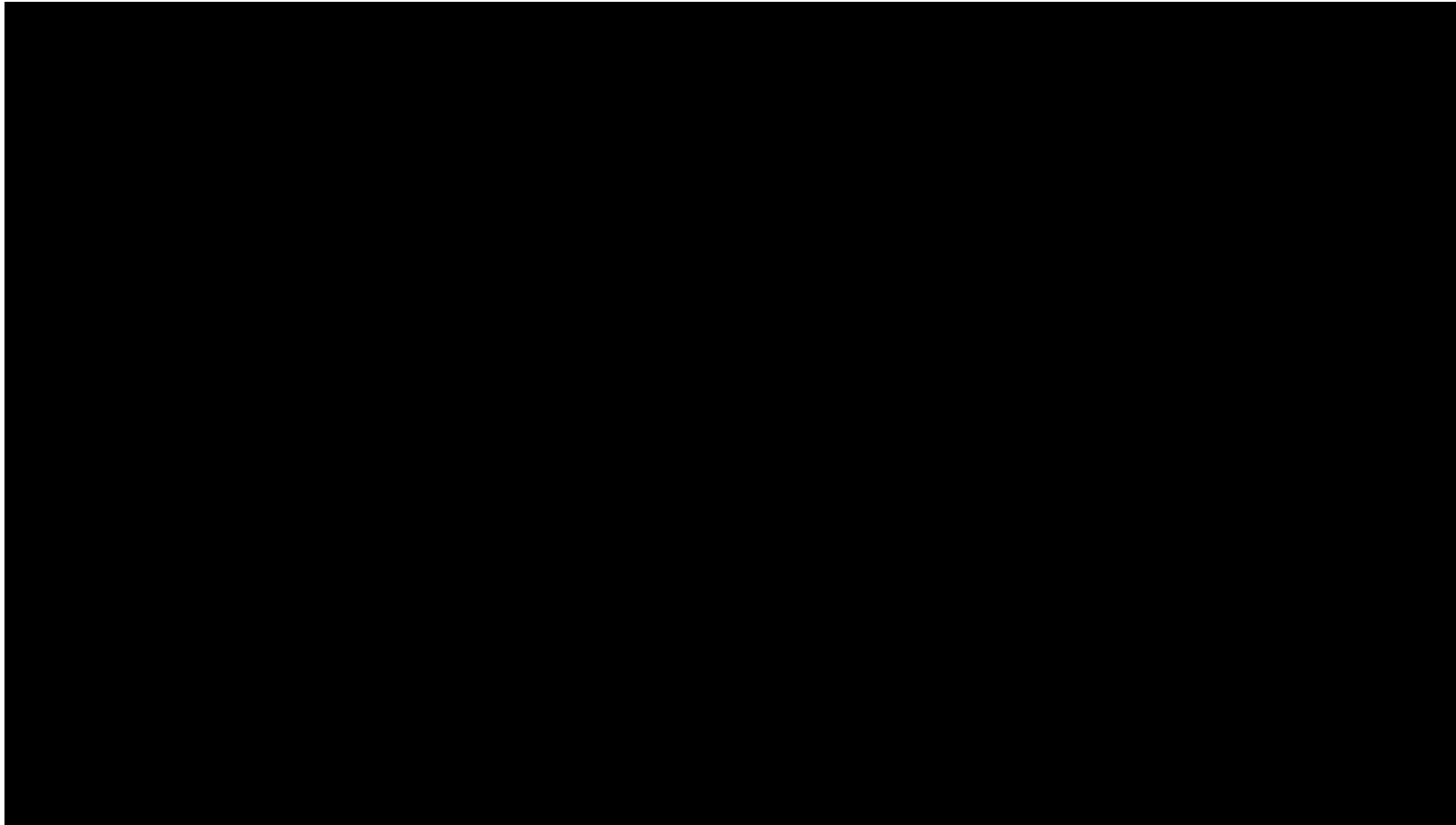
What to do in emergencies



EMERGENCY

# Preparing Makes Sense

*POLL #1: HAVE YOU EVER EXPERIENCED AN EMERGENCY?*



JULIE

3

# Types of Emergencies

*Use CHAT to list common emergencies in California*

Fires



Flash Floods



Power Outage



Earthquakes



Pandemic



# Prepare to Prosper

What is most important FOR you?

What keeps you safe?

What things do you need for day-to-day life?

# Prepare to Prosper

What is most important TO you?

What do you value?

Family

Friends

Pets

Activities

Things

What else?



# Think

Be prepared for anything  
Planning for small things  
helps us plan for big  
emergencies

Transportation issues

Your power goes out

You are stuck inside your house

Your phone dies

What else?





# Plan

Decide things you will need

Decide the help you will need

Decide about transportation

Fix hazards in your home

Make a communication plan

Put together an Emergency Kit

Decide places you can go if you must leave





# Communicate

## Talk to the people who support you

Ask them to help you plan

Talk to them about how they can help you during an emergency

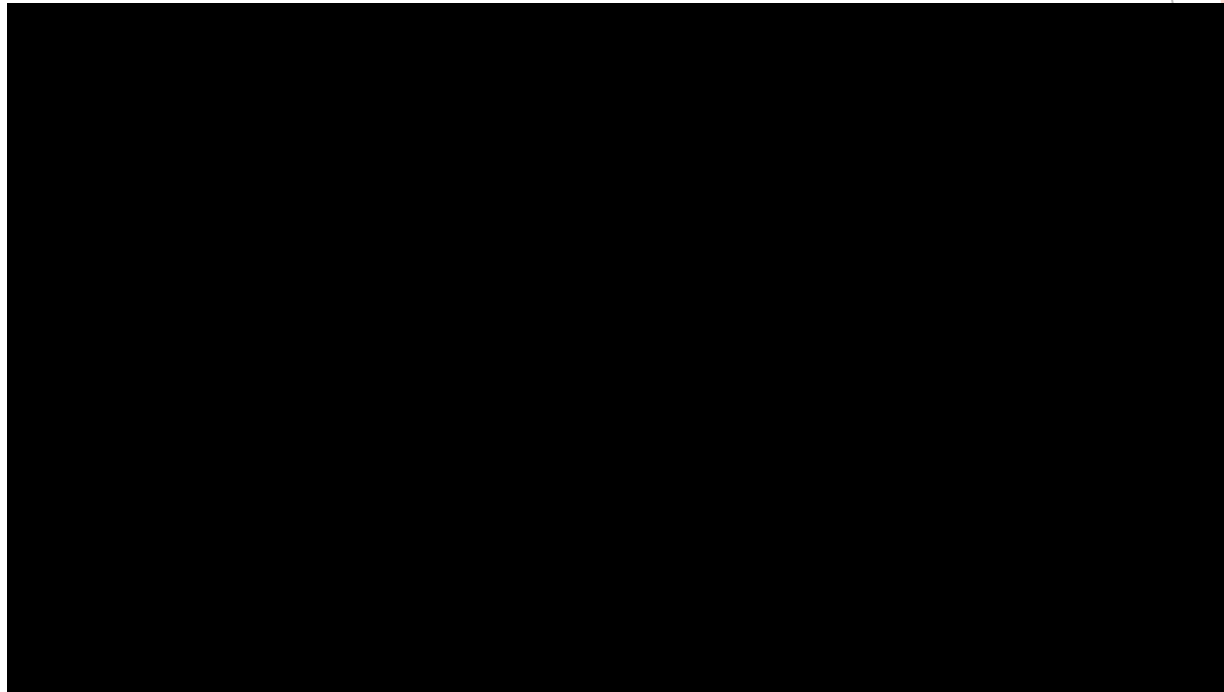


# Communication Plan

Fill out the

**Personal Safety form**

Put emergency  
contacts in your  
phone



# Important People and Resources

Find three people who could help you in an emergency.

What will you need people to help you with?

Help you evacuate?

Transport you somewhere?

Help in an evacuation center?

What else?

# Important People and Resources

Decide on a contact who lives out of state. Share with your support people, friends, family.

Sometimes when you can't call, you can text.

Fill out the People Who Care form.

# Emergency Kit

# Put together your Emergency Kit.

Keep it in a place  
that's easy to get to.



## Make Your Home Safe

Secure tall and heavy pieces of furniture.

Use earthquake putty to secure small items.

Move electrical cords away from where people walk or roll.

Move anything that blocks your way out.

Get your home wiring checked.

# Make your home safe

Make sure smoke detectors work. Replace batteries every year on the same date.



Install carbon monoxide detectors.

- ▶ Hallway near bedrooms, **not** near fire-producing appliances.





# Make your home safe



Check your fire extinguishers.

- Set monthly reminders

Green and red areas

Have a kitchen fire extinguisher next to your stove.

# Responding to Emergencies

Earthquakes

House Fires

Evacuating for floods or wildfires

# Earthquakes



## How can you be hurt?

Furniture falls over or slides

Glass breaks or shatters

A part of the building you are in collapses

Heavy or fragile things fall

# Prepare for Earthquakes

Secure furniture

Store heavy or fragile items down low

Secure lighter things that can fall with earthquake putty

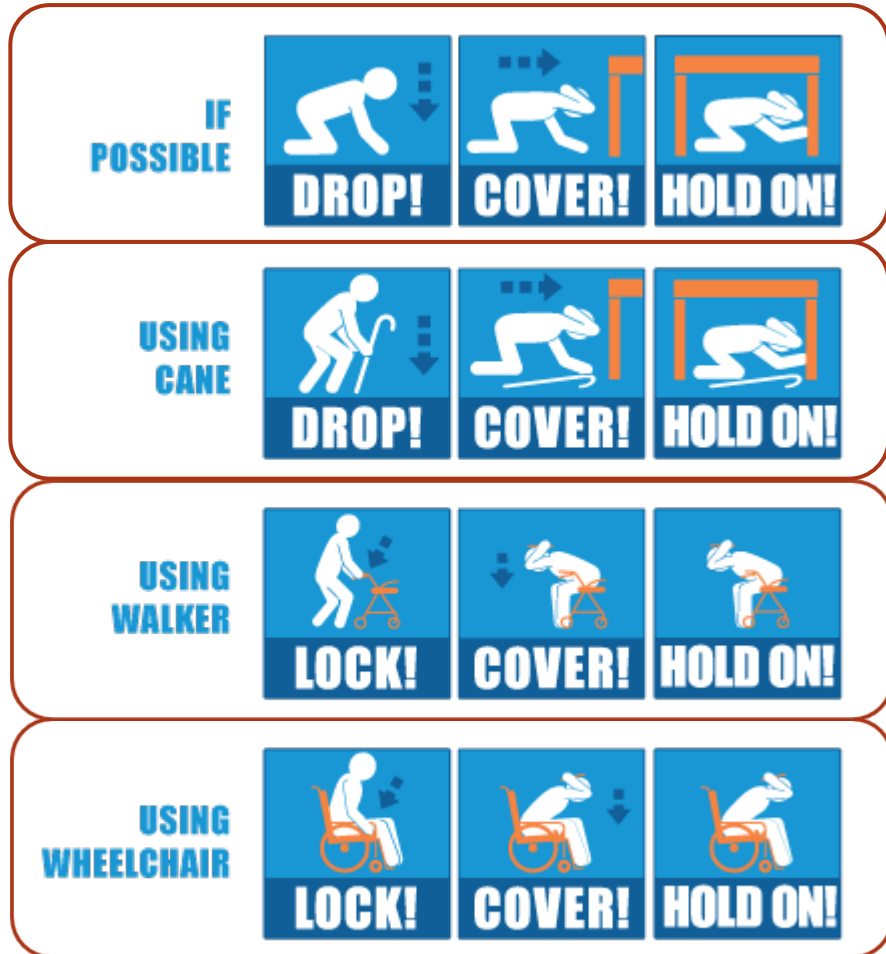
Practice what to do during an earthquake

Participate in the Great Shakeout



# Respond to an Earthquake

## Protect Yourself During Earthquakes!



Get **UNDER** or **BESIDE** something taller than you and steady such as a table or couch.

Cover your head and neck.

Hold on.



# House Fires

What can start a fire in your home?

Open flames

Bad wiring

Lit cigarettes



# Prevent and Prepare for House Fires

Blow out candles when you leave the room where they are burning.

Never smoke in bed.

Never leave a gas stove unattended.

Never leave a fire in the fireplace unattended.



# Prevent and prepare for house fires

*POLL 2: DO YOU HAVE A FIRE EXTINGUISHER IN YOUR HOME?*

## Learn how to use fire extinguishers.

JULIE



# Plan for house fires

Plan how you will get out of your home.

Know at least two ways out.

If you will need help, who will help you?

Put your emergency kit in an easy place.

Make sure the paths to get out of your home are not blocked.

Practice what to do.



# If you can't get out

Shut your door

Stuff anything you can find around the cracks of the door like sheets, towels, jackets.

Open a window and hang a sheet, towel or other large item out the window.

Yell that you are trapped; blow a whistle.

# Evacuations

If there is a wildfire, flood or other disaster, you may need to evacuate.

If you will need help evacuating, contact the people from your list who can help.

Be prepared to leave very quickly.

If you are told to leave, go immediately.

Take your Emergency Kit with you. Take assistive devices and anything else that you will need if you are out of your house for several days or more.

*Story from Nora.*

# Evacuations

If you planned to stay with a friend or family, contact them and let them know you are coming.

If you need an evacuation center, go to the one nearest you. Be prepared to tell them what you need.

Call your out of state contact person; tell them where you are.

# Summary

***POLL 3: TELL US SOME STEPS YOU WILL TAKE TO PREPARE FOR AN EMERGENCY***

Prepare to prosper

What's important FOR you?

What's important TO you?

Take steps to reduce risks

Talk to others about your plans and what you need

Practice what to do - earthquakes, fires, evacuations

# Resource page

## Resources that can help you

- ▶ Office of Emergency Services - [www.caloes.ca.gov](http://www.caloes.ca.gov)
- ▶ Local emergency services like the Fire Dept. and Law Enforcement
- ▶ Training resources such as Office of Clients' Rights Advocacy and the State Council on Developmental Disabilities
- ▶ Dept. of Developmental Services Consumer Advisory Committee