

Let's Get Prepared!



Five P's of Evacuation:

- **P**EOPLE - People and, if safely possible, pets and other animals/ livestock



- **P**RESCRIPTIONS - Prescriptions, with dosages; medicines; medical equipment; batteries or power cords; eyeglasses; and hearing aids



- **P**APERS - Papers, including important documents (hard copies and/or electronic copies saved on external hard drives or portable thumb drives)



- **P**ERSONAL NEEDS - Personal needs - such as clothes, food, water, first aid kit, cash, phones, and chargers - and items for people with disabilities and others with access and/or functional needs



- **P**RICELESS ITEMS - Priceless items, including pictures, irreplaceable mementos, and other valuables



Let's look at how to make a Personal Preparedness Plan, and how to Build a Go-Kit!



Orange County Regional Office

If you have any questions you may contact our office at:

Orange County Regional Office of the State Council on Developmental Disabilities
Phone: (714) 558-4404
Email: orangecounty@scdd.ca.gov
2000 East Fourth Street, Suite 115
Santa Ana, CA 92705

"The Council advocates, promotes & implements policies and practices that achieve self-determination, independence, productivity & inclusion in all aspects of community life for Californians with developmental disabilities and their families."



• What should be in my plan?

- ▶ List of People you care about – contact information for each
- ▶ List of Things you value – What things would you want to grab?
- ▶ Designated Evacuation spots, one close and one farther away
- ▶ Critical Information:
 - Name, address, and phone numbers of important sources of assistance such as IHSS workers, Regional Center Case Manager and any other person who would need to know your whereabouts.
 - Medical information: health plan numbers, allergies, medications taken, contact numbers of doctors and health providers.
 - Insurance information: account/policy type and number; contact numbers (take photographs of all valuables for documentation & insurance claims).
 - Wills, birth certificates, green cards, work permits
 - Banking information (account type and number, contact numbers)



• What should be in my go-bag?

- ▶ Your Plan (see above)
- ▶ Water – Several smaller bottles, Food – canned goods and protein bars, etc.
- ▶ First Aid Kit, Radio and batteries, flashlight, Whistle and an Emergency blanket
- ▶ Other good items to have: Hand Sanitizer, Tissues, Ziplock bags, Sharpie Markers, Bandanas, Duct Tape, Pocket knife/scissors and a hand Can Opener.



Only you can make sure you are prepared for an emergency!

• Who to contact for further information:

- ▶ You can go to Ready.gov for many useful lists and links
- ▶ You can also contact your Regional Center Case Manager or our office if you need more assistance in getting emergency prepared!

