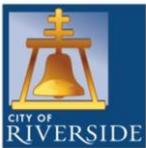


Emergency Preparedness for Individuals with Disabilities

(Access & Functional Needs)



City of Arts & Innovation



City of Riverside
Office of Emergency Management &
Commission on Disabilities

The information in this booklet is being provided by,

**City of Riverside Fire Department -
Office of Emergency Management
3085 St. Lawrence Street,
Riverside, CA 92504**

**City of Riverside
Commission on Disabilities
3900 Main St,
Riverside, CA 92522**

Disasters can strike quickly and without warning. They can force you to evacuate your neighborhood, school or workplace or confine you to wherever you are.

What would you do if basic services like water, gas, electricity or telephones were cut off?

How would you reconnect with your children if the disaster happened while you were at work? **Being prepared can mean the difference between life and death in an emergency.**



For the millions of Americans who have access and functional needs, medical, sensory or cognitive disabilities, emergencies such as fires, floods and acts of terrorism present a real challenge.

You are in the best position to plan for **your own safety** as you are best able to know your functional abilities and possible needs during and after an emergency or disaster situation. You can cope with most emergencies by preparing in advance with your family and care attendants.



- **CREATE A PERSONAL SUPPORT TEAM**

A Personal Support Team (**PST**) can help you prepare before a disaster happens and they will be able to help you after a disaster. Organize a PST at home, work, school, and any other places where you spend a lot of time. A **PST** should...

- **Be made up of at least 3 people who are within walking distance who can assist you immediately, such as neighbors and co-workers.**
- **Be people you trust who should know how to enter your home to check on you in case you are injured or cannot answer the door.**



- **Should know your capabilities and needs, and be able to provide help within minutes.**
- **READY RIVERSIDE EMERGENCY PREPAREDNESS**

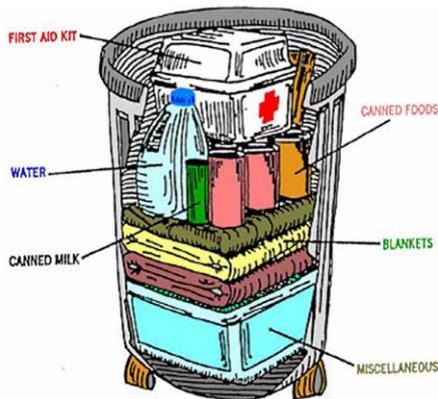
The City of Riverside highlights a four-step approach to emergency preparedness through Ready Riverside;

Get a Kit ■ Make a Plan ■ Be Informed ■ Get Involved

A few basic preparations can go a long way to ensuring your own well-being and that of your loved ones in the event of a disaster.

1. Get a Kit

Following a major disaster, emergency responders won't be able to reach everyone immediately. **You may need to survive on your own for at least 5 – 7 days maybe longer, this means having your own food, water and other supplies in sufficient quantity.** You may have to leave quickly and may not have time to search for the supplies you need. Store your disaster supply kit in a safe, dry place that is easy for you and anyone who comes to assist you, to identify. Prepare a "to go" kit with important items; comfortable shoes, jacket, water, snacks, copies of important documents, maps etc. should you need to evacuate. Assemble your kits well in advance of an emergency.



Your Kit should contain;

- **Food – nonperishable, high protein, comfort foods, snacks,**
- **Water – 1 gallon per person per day for drinking & cooking**
- **Extra medications - Medical information list, Medical supplies**

- Emergency contact information, Communication supplies
- Flashlight with extra batteries
- Hearing aid batteries, walking stick, oxygen or nebulizer supplies, blood glucose tester, special equipment or hygiene and catheter supplies, feeding equipment,
- A radio with extra batteries (consider also getting a NOAA weather radio)
- An extra pair of clothes, a pair of heavy gloves
- Hygiene Supplies, First Aid Kit, Face mask to protect from dust & debris
- A copy of a recent color photo or I.D. card copies of important documents, for identification & proof of address (which may be needed if you must go to a shelter or to re-enter an evacuation area)
- Fire Extinguisher -Be sure everyone knows how to use your fire extinguishers (ABC type) and where they are.
- Include supplies for service animals and family pets

2. Make a Plan - PERSONAL ASSESSMENT



Decide what you will be able to do for yourself and what assistance you may need before, during and after a disaster. This will be based on the environment after the disaster, your capabilities and your limitations. **Complete a personal**

assessment and make a list of your personal needs and your resources for meeting them in a disaster environment.

Think about the following questions and write down your answers and **share them with your personal support team.** These answers should describe your current capabilities and the assistance you will need after a disaster.

EVACUATING

- Do you need help to leave your home or office?
- Can you reach and activate an alarm?



- Will you be able to evacuate independently without relying on auditory cues (such as noise from a machine near the stairs – these cues may be absent if the electricity is off or alarms are sounding)?
- Are there other exits (stairs, windows or ramps) if the elevator is not working or cannot be used?
- Can you read emergency signs in print or Braille?
- Do emergency alarms have audible and visible features (marking escape routes and exits) that will work even if electrical service is disrupted?



MOBILITY AIDS / RAMP ACCESS

- What will you do if you cannot find your mobility aids?
- What will you do if your ramps are shaken loose or become separated from the building?

SERVICE ANIMALS/PETS

- Will you be able to care for your animal (provide food, shelter, veterinary attention, etc.) during and after a disaster?
- Do you have another caregiver for your animal if you are unable to meet its needs? Do you have the appropriate licenses for your service animal so you will be permitted to keep it with you should you need or choose to use an emergency public shelter?



Practice your plan and how you would drop cover and hold on or evacuate you home or workplace. Include family members, personal support team members, caregivers, etc. If during your drill you identify a problem, revise your plan to better accommodate your needs. Post the plan where everyone will see it, keep a copy with you and make sure everyone involved in your plan has a copy.

3. Be Informed

Familiarize yourself with advance alerts and warnings and how you will receive them. Learning what to do in different situations will help you reduce the impact of disasters and may save lives and prevents injuries.



If you are blind or have low vision, deaf or hard of hearing, plan ahead for someone to convey essential emergency information to you if you are unable to use the TV or radio.

If you live in an apartment, ask the management to identify and mark accessible exits and access to all areas designated for emergency shelter or safe rooms. Ask about plans for alerting and evacuating those with sensory disabilities.

Have a cell phone with an extra battery. If you are unable to get out of a building, you can let someone know where you are and guide them to you. Keep the numbers you may need to call with you if the 9-1-1 emergency number is overloaded.

Be prepared to provide clear, specific and concise instructions to rescue personnel. **Practice giving these instructions (verbally, pre-printed phrases, word board, etc.) clearly and quickly.**



4. Get Involved

In the face of disaster, people come together with courage, compassion and unity and ask, **“How can I help?”** **Get involved before disaster strikes!**



Participate in programs and activities to make your family, home and community safer from risks and threats. Get trained in the Community Emergency Response Team (CERT) Program and/or other Citizen Corps Partner Programs. Many community organizations have programs active in supporting disasters too. With proper training civilian volunteers can expand the resources available to local communities.



CPR Training Resources

- CPR Training Healthpro
www.hpec.org (951) 279-6110
- Center for Healthcare Education
www.healthcareeducation.org (888) 834-8700
- American Red Cross Riverside Chapter
www.redcross.org/ca/riverside (888) 831-0031

Fire Extinguisher Training Resources:

- Contact the Vendor who services the Fire Extinguishers on your property in most cases they will provide Fire Extinguisher Training as part of your contract.
- The Burn Institute's Fire Safety Training Program provides employees with valuable hands-on fire extinguisher training.

Visit <http://www.burninstitute.org/fire-and-burn-prevention> for more information and costs.



Drop, Cover and Hold On: MODIFICATIONS FOR PEOPLE WITH ACCESS AND FUNCTIONAL NEEDS

During a significant earthquake, you could experience sudden and intense back and forth motions and unsecured objects around you would likely topple, fall, and become airborne, potentially causing serious injury. "**Drop, Cover, and Hold On**" is the appropriate action to reduce injury and death during earthquakes.

If you cannot Drop, Cover, and Hold On, there are modified actions you should immediately take to protect your head and neck.

INDOORS: If you are able, "DROP to the ground immediately; take COVER by getting under a sturdy desk or table; HOLD ON to it until the shaking stops. If

you use a wheelchair or have other mobility impairments and cannot Drop, Cover, and Hold On, protect your head and neck with a pillow or your arms, and bend over to protect yourself if you are able.



HIGH-RISE OR A PUBLIC BUILDING: Drop, Cover, and Hold On or protect your head and neck as best possible. Do not use elevators. When the shaking subsides move to the designated zones for evacuation and wait for assistance by first responders.

OUTDOORS: Move to a clear area away from wires, buildings, and anything else that could fall and hurt you, *but only if you can safely do so*. Otherwise stay where you are and Drop Cover and Hold On or protect your head and neck as best possible.

IN BED: Stay there and hold on; protect your head with a pillow.



STADIUM OR THEATER: Drop Cover and Hold On or protect your head and neck. Protect your head and neck with your arms as best possible. Don't try to leave until the shaking is over.

DRIVING: Pull over to the side of the road, stop, and set the parking brake. Avoid bridges and overhead hazards. Stay inside the vehicle until the shaking is over.

WHAT NOT TO DO: If your mobility is limited, it is particularly important that you **DO NOT TRY TO GET TO A "SAFER PLACE" OR GET OUTSIDE.**

Movement will be very difficult, and studies of injuries and deaths caused by earthquakes in the U.S. over the last several decades indicate that you are much more likely to be injured by falling or flying objects (TVs, lamps, glass, bookcases, etc.) than to die in a collapsed building.

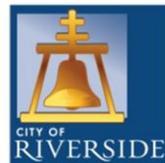
SUMMARY - Remember to:

- Create your Personal Support Team and include them in all phases of your planning.
- Get a Kit – home and “to go” Make a Plan- Personal Assessment, Be Informed and Get Involved
- Practice your disaster plan! Drop, Cover and Hold On
- Volunteer with the Riverside Community Emergency Response Team -CERT
<http://www.riversideca.gov/readyriverside/cert/>
or call (951) 320-8100

For additional information on emergency preparedness and response visit:

www.readyriverside.com
www.earthquakecountry.org
www.ready.gov
www.riversideca.gov/cod/
www.ready.gov/translations/spanish

City of Riverside
Fire Department – Office of Emergency Management
& General Services Department
3900 Main Street
Riverside, CA 92501
(951) 826-5311
www.riversideca.gov



City of Arts & Innovation