

## Accessibility Matters: Emergency Preparedness

### Emergency Checklist:

- 2L water** per day, per person (small containers that can be carried)
- Food that won't spoil**, canned food/ energy bars/ dried foods (replace once per year if not used)
- Wind-up/ battery operated **flash light**
- Wind-up/ battery operated **radio**
- First Aid Kit**
- Prescription **medications** (2 weeks & MedicAlert bracelet if needed)
- \$**10 cash** (smaller bills)
- Extra keys** to car & house
- Special items** according to needs (infant formula/special equipment/pet food & water)
- Copy of plan & **contact info**
- Candles** & matches/lighter
- Change of clothing/footwear
- Toiletries** & toilet paper, garbage bags for personal sanitation
- Hand sanitizer**
- Duct tape** (to tape up doors/windows/air vents)
- Basic tools** (hammer, pliers, wrench, screwdrivers, work gloves, dust mask, pocket knife)
- Fuel operated Stove & Fuel**
- List of **Special needs** items, in the event that they need to be replaced
- List of emergency contacts

### Tips:

- Create a support network of at least 3 people that you know and trust to help during an emergency
- Tell your support team where your emergency kit is kept. Give one member an extra key to your house.  
Remember to keep at least support member who lives far enough away, so that it is less likely that they are suffering from the same emergency.
- If you have special needs equipment, make sure your support network knows how your equipment works
- If you have drug/food allergies, wear a MedicAlert bracelet
- Create a list for all medications you are currently taking, include dosage, frequency, name, special instructions & contact information of prescribing physician. Give a list to support network and a list for your emergency kit.
- In case of an emergency causing your support network unable to help you, ask others for help and tell them of your special needs and how they can help you.
- Carry a personal alarm that emits a loud noise
- If you use a wheelchair/scooter, request that an emergency evacuation chair be stored near a stairwell on the same floor where you work/live.
- In your checklist identify areas of your body that have reduced sensation so that these areas can be checked for injuries after the emergency, if you cannot do it yourself
- Check with your local municipal office if emergency shelters in your area are wheelchair accessible.
- For non-visible disabilities please include in your checklist any communication barriers, cognitive, sensory, mental health, learning or intellectual disabilities which may impair your response to directions in an emergency

### Service Animal Checklist:

- 72 hour supply of clean water & pet food
- Portable water & food bowls
- Paper towels & manual can opener
- Medical Records & Vaccinations
- Leash & Collar
- Blanket & Toy
- Plastic bags
- Up-to-date ID tag with your phone number, vet name and number
- Recent photo of service animal, qualifying number & licence (if needed)