

Checklist for Persons with Disabilities

In the event of a major disaster such as typhoon or earthquake, it is recommended that you assemble the following items to help get through the challenges that occur during and immediately after emergency situations:

- A one week food supply**
 - Ready-to-eat food
 - Non-perishable foods
 - Special diet needs
 - Food for service animals
- Non-electric can opener**
- Adequate supply of drinking water**
- One gallon of water per day per person for sanitation**
- Several flashlights**
- Portable radio**
- Extra batteries for flashlights and radio**
- Ten-day supply of medicines**
- Instructions for use of the medicines**
 - Dosage, frequency, doctor's name, phone number
- First Aid Kit**

Other important items to have on hand:

- Eye glasses, hearing aids, mobility aids**
- Extra blankets**
- Toilet paper, paper towels, paper plates, personal hygiene supplies, hand sanitizer**
- One gallon of chlorine bleach and medicine dropper**
(To sterilize water and food preparation areas for germ control)
- Duct tape**
- Garbage bags, closeable containers, and gloves**
- Extra cash on hand as banks may be closed and ATMs inoperable for a number of days**
- Important documents should be stored in watertight and fireproof containers**

More tips on back!

Pripåra Hao

EMERGENCY PREPAREDNESS



Special Planning Tips

- Conduct an “Ability Self-Assessment”**
 - Identify what you can do and what you need assistance with
- Develop a buddy system with family, friends, neighbors, co-workers, or other individuals who may help you plan. Plan how you will help each other in an emergency**
- Consider speaking with your village Mayor regarding your special needs during emergencies**
- Give copies of your written emergency plan to people in your personal support network**
- Make a list of emergency contacts**
- Document important life saving information and keep it in your “Go-Kit.”**
Don’t forget to keep it updated.
 - Special medical information
 - Special equipment you use for communication, daily living, mobility
 - Medical providers - doctor, pharmacy, health insurance company
 - If you have a difficult time communicating orally, keep a “communication book” to help you exchange information as needed
- Reduce hazards in your home**
 - Secure medical equipment, appliances, bookcases, hanging plants, etc.
 - Remove unsecured objects from the exterior of your home
 - Know the location of your electrical box, gas valve, and water valve and how to turn them off
 - Plan two exit routes if you need to leave your house immediately
- Contact the Guam Power Authority, Guam Waterworks Authority, and telephone companies to inform them of your special needs to expedite reconnection of utility services**



Produced with 100% funding support from the U.S. Department of Health & Human Services, Administration on Developmental Disabilities, Grant No. 90DD0647-03 and facilitated by the University of Guam Center for Excellence in Developmental Disabilities Education, Research, and Service (Guam CEDDERS).

References: “Preparing for Disaster for People with Disabilities and other Special Needs,” FEMA & American Red Cross, and “Preparing Makes Sense for People with Disabilities and Special Needs,” U.S. Department of Homeland Security.