

Make a Plan

It is important to stay in contact with family and friends during an emergency. Plan how you will connect if the phones or internet don't work. Choose a meeting place and talk about how you will get there.

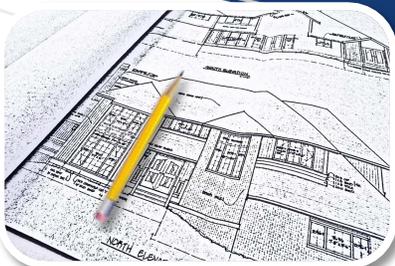
Tell friends, family, co-workers, and providers about your emergency plans and where you keep your emergency supplies and kit.

Plan to shelter with friends and family, and decide how you will get to a public shelter that can meet your needs.

Think about things you use every day and what you can do if they are limited or not available. Be prepared in case the power goes out or you have no water for a few days.

Ask your providers about their emergency plans.

Customize your emergency plans at:
www.iod.unh.edu/dph



References & Helpful Websites

Ready NH

(603) 271-2231

TTY/TTD (800) 735-2964

www.nh.gov/readynh

NH Public Health Networks

www.nhphn.org

NH Community Emergency Response Teams

www.volunteernh.org

American Red Cross

www.redcross.org

Federal Emergency Management Agency (FEMA)

www.fema.gov

www.ready.gov



Emergency Preparedness & You



INSTITUTE ON DISABILITY
UNIVERSITY OF NEW HAMPSHIRE

*Available in alternative formats
on request.*

New Hampshire Disability & Public Health Project

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(603) 862-4320 | relay: 711

Tips on Planning and Preparing for Emergencies

New Hampshire Disability & Public Health Project

Be Prepared



Disasters and emergencies can happen without warning. Planning ahead can help you and your family to remain independent, healthy, and safe. Everyone's needs and abilities are unique. Consider what you might need before, during, and after a disaster. Learn about the different types of hazards that face your community, region, and the places you spend most of your time. Contact local emergency planning committees and emergency responders to learn what plans and services are already in place and whether these plans reflect your needs.

"It is better to look ahead and prepare than to look back and regret."

- Jackie Joyner-Kersey

Build an Emergency Supply Kit

Collecting basic supplies in an Emergency Supply Kit will help keep you safe in case of an emergency. Consider the things you and your family might need to help you stay healthy and independent. Keep those things together in one place.

Think about making two Emergency Supply Kits. One should have things you will need if you have to remain in your home for an extended time. The second Kit should be a smaller one that you can carry with you if you have to leave quickly.

Examples to Include in Your Kit

- Water for 3 days; a gallon per person per day (*and water for pets!*)
- Canned food for 3 days; can opener
- Medical equipment and devices; chargers and extra batteries
- Medications, try to have a 7-day supply; copies of prescriptions
- Flashlight; extra batteries
- Battery-powered radio
- List of emergency contacts; friends, family, service providers
- Written info about your health needs
- Copies of important documents; ID, insurance, etc.
- Whistle, to signal for help
- Food and water for service animal or pets; ID tags, proof of vaccinations

Get Involved

Get involved in neighborhood or community emergency preparedness activities. Your help will strengthen your community's ability to be prepared. People with disabilities and functional needs provide valuable information to emergency planners by sharing personal experience and problem-solving skills.

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