



THE READY'S!

Emergency Preparedness Training For
People with Access and Functional Needs

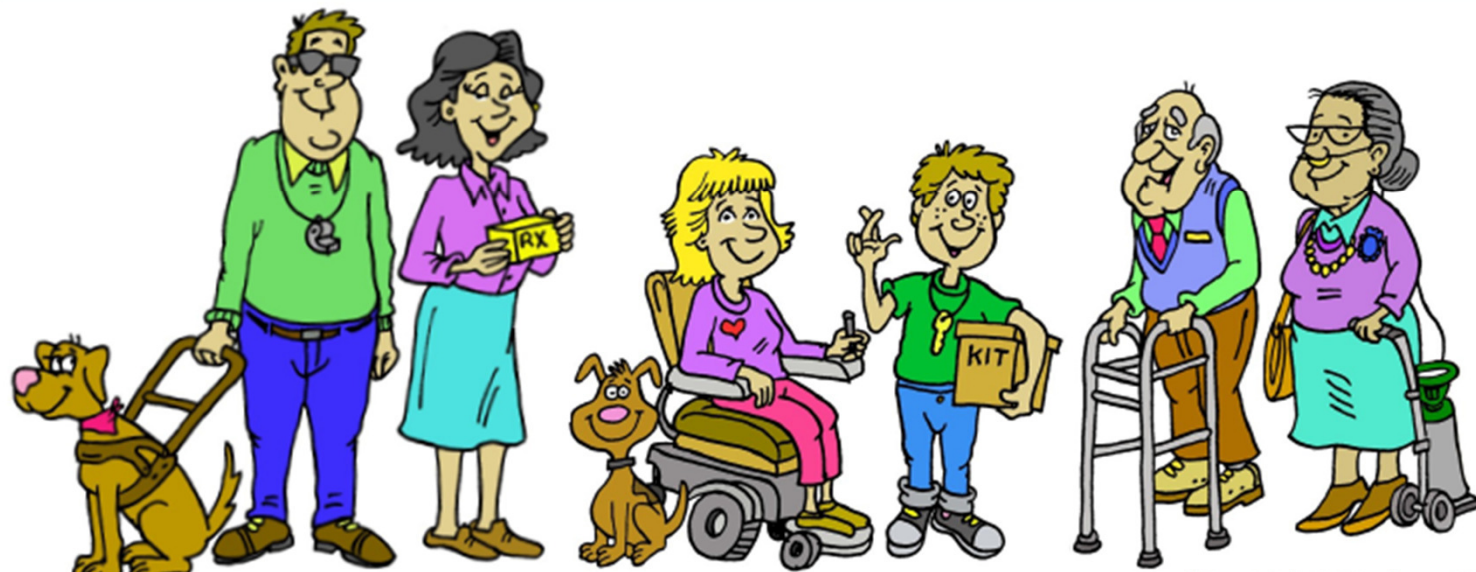


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Section One

Preparedness Training



TRAINING GOALS



Be Aware

Plan

Prepare

**Connect with
Community**



BE AWARE. PLAN. PREPARE. CONNECT WITH COMMUNITY.

This training program was created to help you and your family plan and prepare for emergencies and disasters. Although emergencies can be stressful, you can take simple steps to make them easier to deal with.

- BE AWARE** Think about what emergencies can happen in your area and how they will affect you, your family and your service animals / pets.
- PLAN** Write down your plan. Your plan should include your name, phone number, address, birth date, medical information, your functional and access needs and emergency contacts.
- PREPARE** Create an emergency kit. An emergency kit has important supplies that can keep you comfortable for four days or more.
- CONNECT WITH COMMUNITY** Get involved in your community. You may choose to volunteer with a community group, sign up for an emergency registry or even offer your thoughts on emergencies to your town officials. Some other resources include: EMS, Police, Fire, CERT or MRC.

Before we go any further, let's meet the **Ready Family!**

Imagine...the **Readys** are a family who lives near you, and they are very connected to the community – hoping to make a difference whenever they can.

They...

- Spend time with friends and family during their free time.
- Go to community events.
- Have jobs.
- Attend school.
- Volunteer with local organizations.

The **Ready** children, parents, grandparents and animals will help us understand emergency preparedness as it relates to the whole community. Each family member has lessons to share with us.

Please meet **Mary and James Ready...**

MEET THE READYS



Mary...

- Attends high school
- Enjoys being around her friends and family
- Loves animals
- Has a developmental disability and uses a powerchair



James...

- Attends middle school
- Plays on the local basketball team
- Enjoys writing
- Communicates with American Sign Language

BE AWARE. PLAN. PREPARE. CONNECT WITH COMMUNITY.

MEET THE READYS



Dad...

- Is a teacher at a high school
- Is active with his local government
- Likes to listen to music
- Has a trained service animal



Mom...

- Is a nurse at a hospital
- Likes to read magazines and books
- Supports all of her family's goals and dreams
- Takes prescription medication

BE AWARE. PLAN. PREPARE. CONNECT WITH COMMUNITY.

Please meet **Mom and Dad Ready...**

Do Mom and Dad Ready remind
you of anyone in your life?

Write your thoughts here: _____

MEET THE READYS



Grandpa...

- Helps run the family business
- Takes pride in grandchildren
- Volunteers at his place of worship
- Has dementia and uses a walker



Grandma...

- Retired as a secretary
- Enjoys sharing her heritage
- Volunteers at the community and senior centers
- Uses oxygen and medical equipment

BE AWARE. PLAN. PREPARE. CONNECT WITH COMMUNITY.

Please meet **Grandma and Grandpa Ready...**

Do Grandma and Grandpa Ready remind
you of anyone in your life?

Write your thoughts here: _____

BE AWARE What events can affect me?



BE AWARE. PLAN. PREPARE. CONNECT WITH COMMUNITY.

It is important that you are aware of the emergencies that can affect our area. Each emergency may affect you differently – be sure to think about each of these events:

- Severe Weather

- Power Outages

- Winter Storms

- Floods

- Hurricanes

- Droughts

- Technology Failure

- Landslides

BE AWARE

What events can affect me?



BE AWARE. PLAN. PREPARE. CONNECT WITH COMMUNITY.

It is important that you are aware of the emergencies that can affect our area. Each emergency may affect you differently – be sure to think about each of these events:

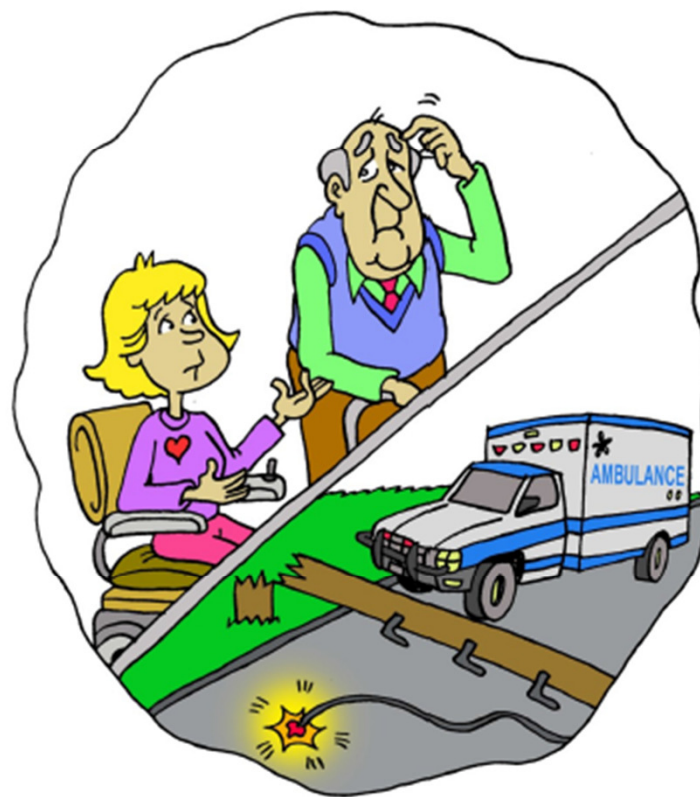
- Extreme Heat
- Extreme Cold
- Disease Outbreak
- Tornados
- Radiation
- Earthquakes
- Hazardous Materials
- Tsunamis
- Terrorism
- Other Hazards

BE AWARE




Why should I Prepare?



- Emergencies happen without warning and are occurring more often
- First responders are often overwhelmed and may not be able to help
- Preparing will allow you to be more safe and comfortable during a disaster



BE AWARE. PLAN. PREPARE. CONNECT WITH COMMUNITY.

-  Many peoples' experiences teach them they will not be affected by an emergency or disaster. Actually, many areas of our country are LIKELY to experience a disaster. They can happen with or without warning. While these events may cause you stress, you can take simple steps to be more prepared.
-  During an emergency many people ask for help from paramedics, police officers, firefighters, nurses and other community service providers. Because so many people ask for help, first responders take much longer to help than normal. If you are prepared, first responders can help others.
-  If you think about emergencies before they happen, you can make better decisions under stress.

BE AWARE Follow Advice



- Follow Advice From: Family Members, Care Providers, Officials, Friends
- Watch and Listen To: Television, Text Message, E-Mail, Phone Calls, Sirens, Radio, Internet, Social Media
- Shelter in Place or Evacuate



BE AWARE. PLAN. PREPARE. CONNECT WITH COMMUNITY.

You should **LISTEN** and **FOLLOW** advice from people you trust. They often have easy to understand information that will help you prepare or react to an emergency.

- Family, Friends, Co-workers
- Personal Care Assistants, Visiting Nurse, Doctor
- Officials – Paramedics, Police Officer, Firefighters, CERT, MRC

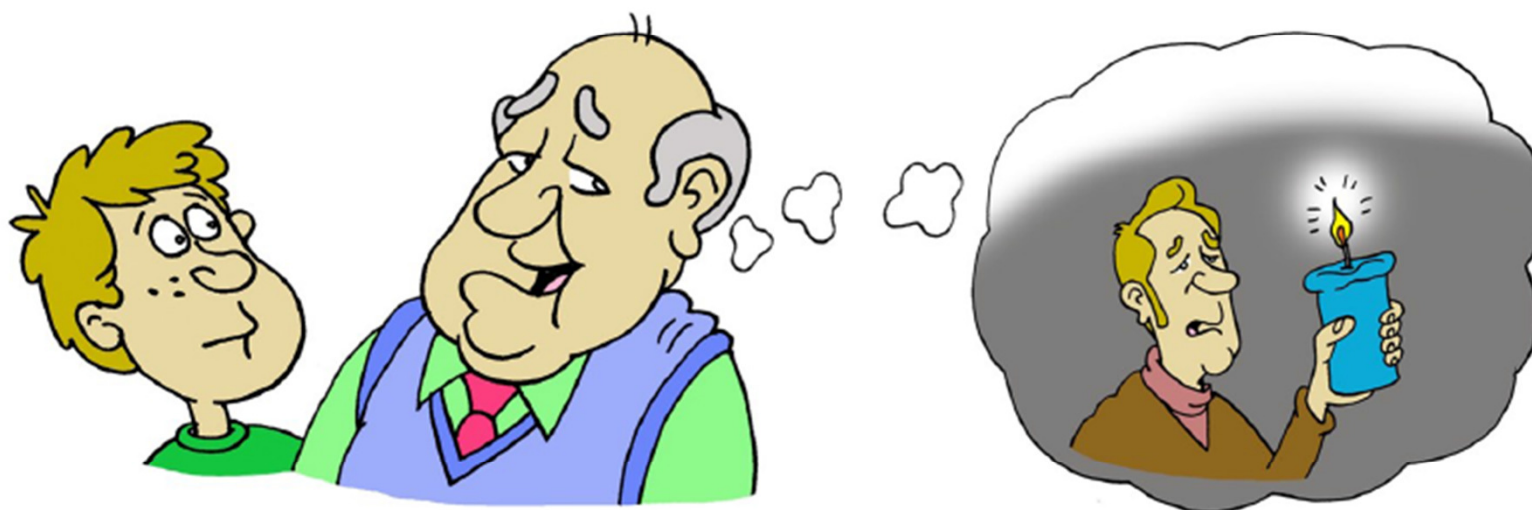
You should **WATCH** and **LISTEN** to...

- | | | |
|----------------|----------|----------------|
| - Television | - Phone | - Internet |
| - Text message | - Sirens | - Social Media |
| - E-mail | - Radio | - TTY |

People you trust may ask you to **EVACUATE** or **SHELTER IN PLACE**.

- Evacuation means you leave your home and go to a shelter.
- Shelter in Place means you stay inside your home until it is safe to leave.

BE AWARE Let's Discuss



BE AWARE. PLAN. PREPARE. CONNECT WITH COMMUNITY.

How have emergencies affected you?

How might emergencies affect you?

What might your town look like after an emergency?

PLAN

Create a Plan



- Write down personal information
- Write down medical information
- Know your skills and abilities



BE AWARE. PLAN. PREPARE. CONNECT WITH COMMUNITY.

Write down important information and phone numbers. These numbers include:

- Family members in your area
- Family members out of your area
- Your nearest relatives
- Work numbers for all family members
- Doctors, pharmacy, hospitals, specialists, health departments
- Utility companies (electric, gas, water, telephone and cable)
- Schools
- Insurance companies

Write down important medical information and your needs. These include:

- Allergies
- Medications
- Medical Conditions / History
- Supplies
- Medical Equipment
- Adaptive Gear

PLAN With People You Trust



- Family, friends, neighbors, aides, companions
- Include them in your emergency plan
- Make sure they are aware of your needs



BE AWARE. PLAN. PREPARE. CONNECT WITH COMMUNITY.

Create your emergency plan with people you trust. Be sure the people you trust know that you may count on them during an emergency. People you can trust include:

- Family
- Friends
- Roommates
- Companions
- Co-workers
- Relatives
- Neighbors
- Aides
- Personal Care Assistants

Write down important information about the people you trust. Include their:

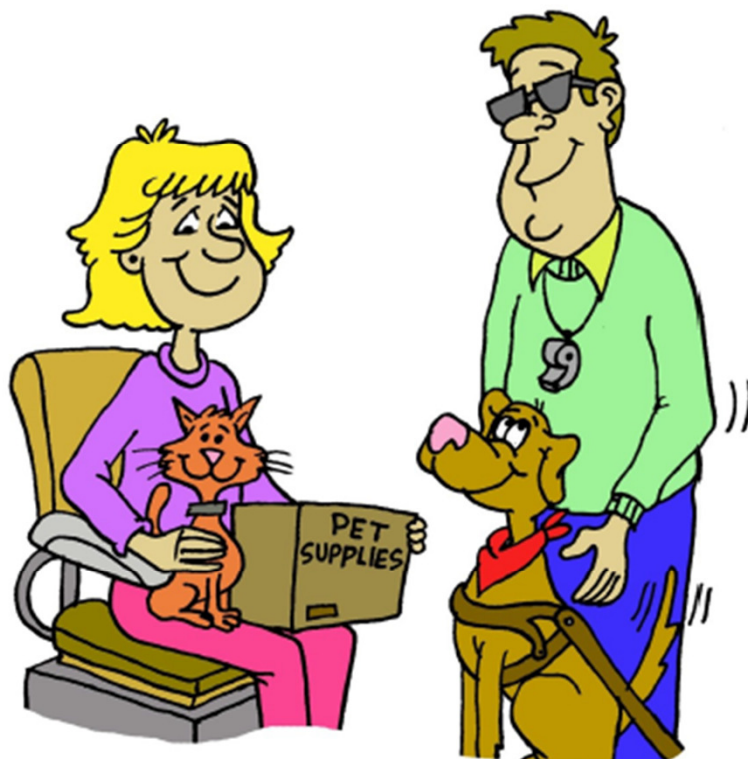
- Name
- Phone Number
- E-Mail Address
- Address
- Cell Phone Number
- Or other communication methods

You should include at least three people who can help you during an emergency in your emergency plan. Be sure all of the people you trust know your needs.

PLAN For Your Pets



- Make sure your pet has a name tag or collar
- Have emergency supplies for your pet
- Pets can be frightened, panicked or disoriented
- Comfort them



BE AWARE. PLAN. PREPARE. CONNECT WITH COMMUNITY.

Pets can be easily frightened, panicked or disoriented during emergencies or disasters. It is important to comfort your pets during these events.

Pets and their owners are sometimes separated during emergencies, so it is important that your pets and service animals have identification.

You should also include your pet's vaccination and medical information in your plan.

It is important to include a photograph of you and your pet.

Pet Supplies and Information

- Food
- Water
- Toys
- Leash
- Harness
- Crate
- Bowl
- Blanket
- Plastic Bags
- Paper Towels
- Identification, vaccination records, name and number of your animals veterinarian
- A list of family, friends, hotels or shelters to watch your pet or service animal

PLAN

Let's Discuss



BE AWARE. PLAN. PREPARE. CONNECT WITH COMMUNITY.

What are some important things to include in your plan?

Who can you trust to help you plan for an emergency?

How might your pet act during an emergency?

PREPARE An Emergency Kit



- What are the most important items for an emergency kit?

BE AWARE. PLAN. PREPARE. CONNECT WITH COMMUNITY.

In the event that you need to evacuate or shelter in place, you may not have time to get all of the items you may need. It is important to have these items in a place where you can get to them quickly. An emergency kit contains items that a family would need to stay safe and comfortable during a disaster.

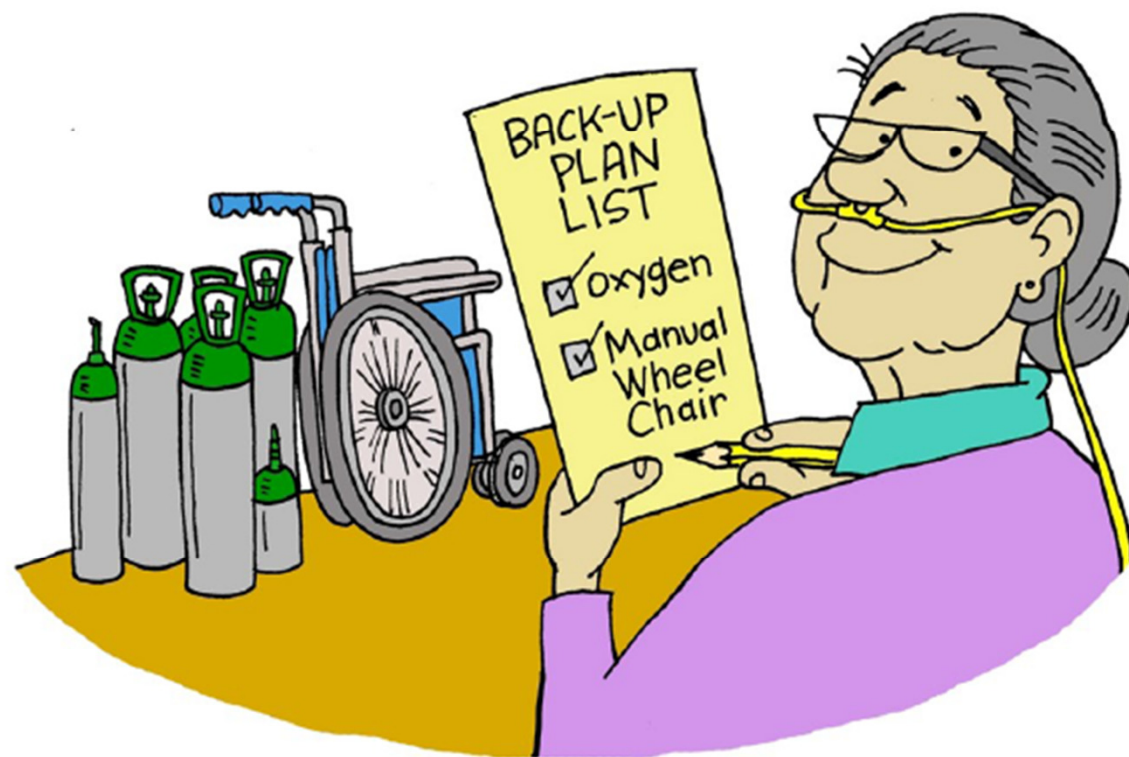
Essential Items

- | | | | |
|---------------------------|--------------|------------------|-----------------|
| - Nonperishable food | - Water | - Flashlight | - First Aid kit |
| - Personal hygiene items | - Clothing | - Identification | - Cash & coins |
| - Important documents | - Batteries | - Clothing | - Radio |
| - Cell phone with charger | - Medication | - Whistle | |

Other Helpful Items

- | | | | | |
|-------------|----------------|-----------|------------------|-------------------|
| - Jacket | - Long pants | - Socks | - Undergarments | - Hat and mittens |
| - Shoes | - Sleeping bag | - Blanket | - Family photo | - Hand sanitizer |
| - Keys | - Can opener | - Paper | - Pen and pencil | - Paper towels |
| - Duct tape | - Sunblock | - Soap | - Washcloth | - Toothbrush |
| | | - Towel | - Toothpaste | |

PREPARE Essential Supplies & Equipment



BE AWARE. PLAN. PREPARE. CONNECT WITH COMMUNITY.



It is important that your adaptive devices or medical equipment are available to you during an emergency.



Family members, friends and emergency officials may not be able to supply you with backup devices.



It is important to teach people you trust how to use your adaptive or medical devices. Keep directions to these devices in your emergency kit.



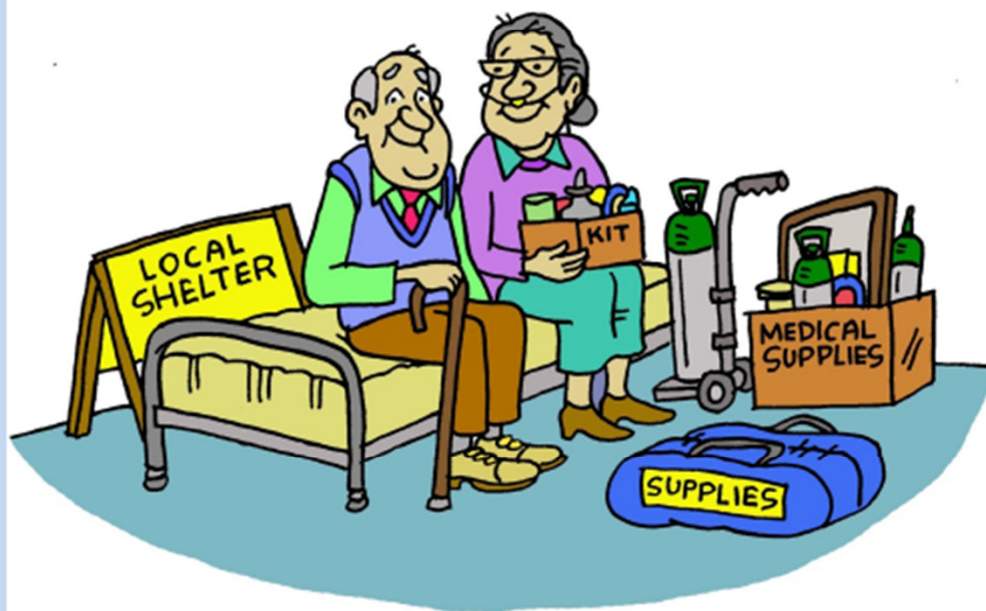
You should also write your name and phone number on your adaptive equipment and medical devices.

What personal items, adaptive gear, medical devices or equipment will you need?

PREPARE To Shelter



- Shelter In Place or Evacuate
- Where is your shelter?
- Come to the shelter with your supplies and caregiver



BE AWARE. PLAN. PREPARE. CONNECT WITH COMMUNITY.

SHELTER IN PLACE

Shelter in Place means you should stay inside the house or building you are in until it is safe to exit. Can you think of an example?

EVACUATE AND GO TO A SHELTER

When asked to evacuate you should leave as soon as possible. Take your go-bag, supplies and equipment you will need for the next 7 days. Remember to listen to the direction of your family members, friends and officials when they ask you to leave.

Often the shelter will not have all the resources you may need to stay safe and comfortable. You need to take care of yourself like you would if you were at home. If someone helps you at home they should come to the shelter with you.

CONNECT WITH COMMUNITY

Find Resources



- Ready TN
- Citizen Alert

BE AWARE. PLAN. PREPARE. CONNECT WITH COMMUNITY.

A number of resources are available within communities to help people before, during and after an emergency or disaster. These services include shelters, information hotlines, emergency registries or even training programs.

Contact Ministries is a non-profit volunteer-based helpline ministry serving the counties of Carter, Greene, Unicoi and Washington. It provides information and referral services.

Ready Alert	Ready TN may be accessed at www.tnema.org/ReadyTN . It provides disaster alerts, emergency preparedness tips and checklists as well as up-to-date disaster information. It also provides the latest information on disaster shelters open to the public.
Citizen Alert	Citizen Alert may be accessed at http://wc911.org/notify.php or by calling (423) 928-4702. The Washington County Emergency Communications District has implemented this EMERGENCY NOTIFICATION SYSTEM to alert citizens in the event of a potential or real disaster.
Community Alert System	Your community may also have an Emergency Notification System. Call you Emergency Management Director for more information.
Emergency Registries	Your community may have an emergency registry for people with access and functional needs. Officials may check on you.

CONNECT WITH COMMUNITY

Help Others



- Talk with your family, friends and neighbors
- Volunteer and be involved in your community
- “Nothing About Us Without Us”



BE AWARE. PLAN. PREPARE. CONNECT WITH COMMUNITY.

You should check in or look after family, friends, neighbors or co-workers during a disaster or emergency. Often people you know may need help.

Before a disaster consider signing up to be a volunteer with a community group.

Community Organizations (non-profits, social services, faith based)

Health Related Organizations (hospitals, public health, MRC)

Community Emergency Response Team (CERT)

Educates people about disaster preparedness for hazards that may impact their communities and trains them in basic disaster response skills.

Medical Reserve Corp (MRC)

Provides medical care and related support during incidents affecting your community. They are trained to send out an medical emergency response team.

Nothing About Us Without Us

Be sure you are involved in emergency planning in your community. You can bring valuable information to community officials. Planning is everyone's responsibility.

CONNECT WITH COMMUNITY

Let's Discuss



- Who would you call during an emergency?
- How would you connect with them?

BE AWARE. PLAN. PREPARE. CONNECT WITH COMMUNITY.

Who would you call during an emergency?

How would you connect with them?

What are their phone numbers? E-Mail Addresses? Etc.

Section Two

Emergency Plan



My Important Information

Name:	
Street Address:	
Phone Number/Mobile Phone:	
E-Mail Address:	
Employer / Address/ Phone #:	

My Support Network

1st Emergency Contact Name:	
Phone # and E-Mail Address:	
2nd Emergency Contact Name:	
Phone # and E-Mail Address:	
Out of State Contact Name:	
Phone # and E-Mail Address:	

Other Emergency Contacts

Family Member:	
Friend:	
Co-Workers:	
Veterinarian:	

Important Health Information

Allergies:	
Medical Conditions:	
Medication and Doses:	
Eyeglass Prescription:	
Blood Type:	
Communication Devices:	
Health Insurance / Policy #:	
Doctor/Specialist and Phone #:	
Hospital Choice:	
Pharmacy and Phone # / Fax #:	
Pharmacy Address:	

Utility Company Numbers

Electric Company:	
Gas Company:	
Water Company:	
Telephone Company:	
Cable TV Company:	

Transportation Numbers

Public Transportation #:	
Bus, Taxi or Ride Service:	

Other Information

Police / Fire / EMS:	
Public Health:	
Emergency Management:	
School:	
Workplace:	
Church / Place of Worship:	
Veterinarian:	
Home Insurance Provider and #	

Section Three

Emergency Supplies



Supplies Checklist



Personal Emergency Supplies

- ☐ Non perishable food
- ☐ Water—5 day supply
- ☐ Flashlight and radio with extra batteries
- ☐ First Aid Kit
- ☐ Personal hygiene Items—soap, toothbrush
- ☐ Important documents—ID, plans, medical
- ☐ Clothing, jacket, long pant, undergarment
- ☐ Cellphone with charger
- ☐ Medications with extra supply
- ☐ Whistle
- ☐ Sleeping bag
- ☐ Family photo

Pet Supplies

- ☐ Food and medications
- ☐ Water and bowl
- ☐ Toys
- ☐ Leash
- ☐ Crate
- ☐ Blanket
- ☐ Plastic bags
- ☐ Paper towels
- ☐ Identification tags
- ☐ Name and number of veterinarian
- ☐ Copy of vaccination records
- ☐ List of people who can watch your pet

About

Following the impacts of a number of nationwide emergencies and disasters, businesses, social service organizations, first responders, officials and community members recognized the need to provide and promote emergency preparedness information, resources and education for people with access and functional needs in an effort to further develop a community's resiliency. Official documents, lessons learned and after-action reports often indicate that people with access and functional needs are disproportionately effected by these events, and the documents recommend public officials promote whole community preparedness.

The Readys! Emergency Preparedness training for people with access and function needs utilizes large, easy-to-read-text, high-contrast colors, relatable illustrations, hands-on activities and discussion to promote preparedness and resiliency principles and practices for people with access and functional needs.

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Access and Functional Needs

People who have disabilities, people with medical needs, people who are culturally, geographically, or socially isolated, people with limited English proficiency, people who are economically disadvantaged and/or people who are very young or aged.

Made Possible By:



Northeast TN Regional Health Office, Division of Emergency Preparedness
Northeast TN Medical Reserve Corps