

# LET'S TALK ABOUT EMERGENCY PLANNING

## A Guide for Consumers and Providers



# What is an Emergency?

Any event which puts your health, your life, your property or environment at immediate risk or danger.



911

# Examples of Emergencies

What emergencies are typical where you live?

- Ice Storms/Heat Waves/Power outages
- Fire / Floods
- Tornadoes
- Earthquakes
- Gas Leaks



As easy as  
**1-2-3!**



1. Create a Plan
2. Prepare an Emergency Kit
3. Listen for Information

# Emergency Notification

During emergencies your local television and/or radio stations announce a "Watch" or "Warning"

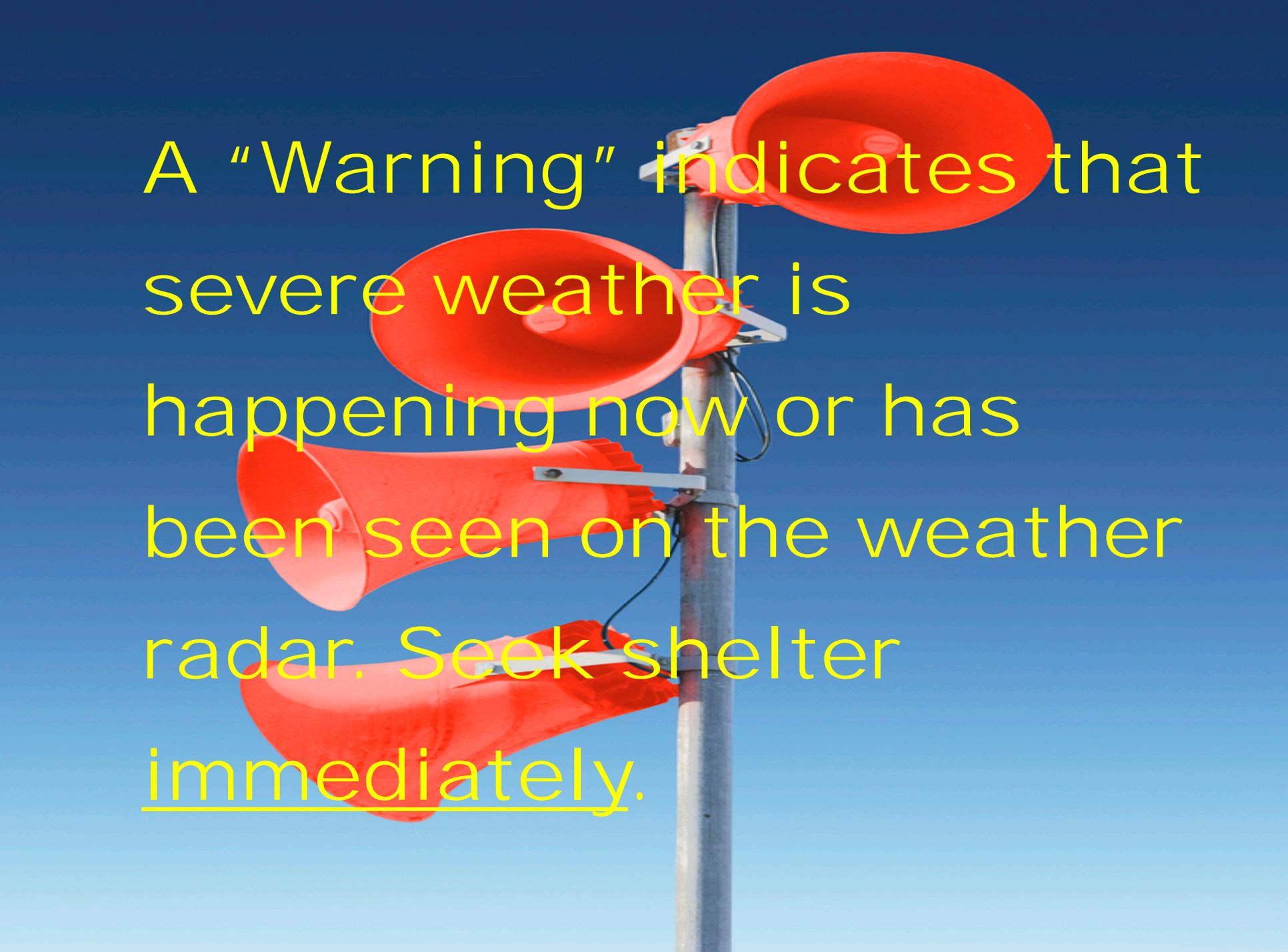


# What's the difference?

A **Watch** means that severe weather is threatening and may occur in your area.

Watch TV or listen to the radio for information and advice.





A "Warning" indicates that severe weather is happening now or has been seen on the weather radar. Seek shelter immediately.

# REMEMBER:

Because severe weather events happen quickly, warnings may not be issued or you may not receive them.

Always pay attention to the weather around you.



## Emergency Planning:

- Know what to do in the event of an emergency
- Have necessary supplies to keep **you** healthy and safe; and
- Know who you should communicate with when you need to start your emergency plan.

# Your Plan

Who are important people you need to help develop your emergency plan?



# Your Plan



What  
information is  
important for  
**your** plan?

Is your plan  
written down?

Where do you  
keep your plan?

# Ask yourself these questions:

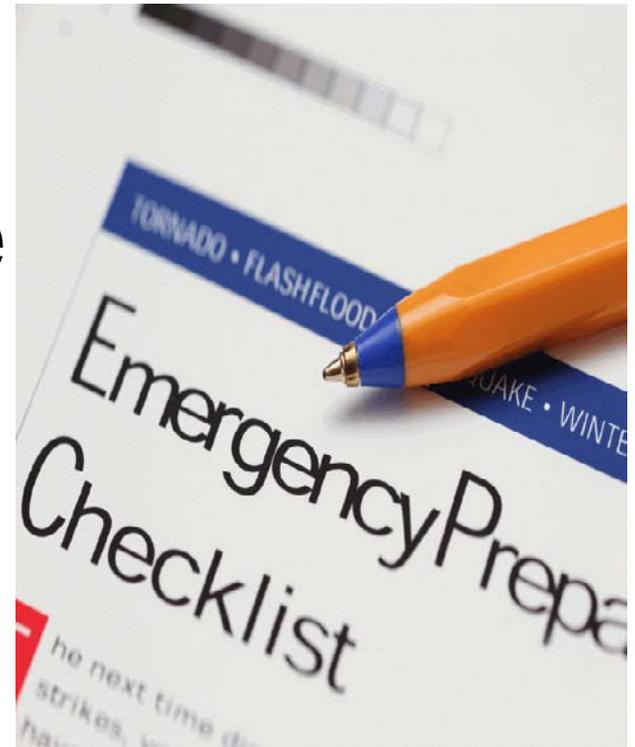
- What will you do?
- Where will you go?
- Who will you call?



# Plan for two situations:

1. Shelter in Place
2. Evacuate

- Prepare a shelter at home.
- Know where to go if you have to leave.
- Remember it is important to stay CALM.



# Your PLAN should include:

- List of prescriptions and nonprescription medicines, including dosages
- List of allergies
- Copies of medical insurance cards (examples: Medicare/Medicaid)
- List of doctors
- List of emergency contacts and family

## Ask yourself these questions:

- What can I do myself today?
- What assistance would I need?
- What would I do if the water service is off for several days?
- Do I rely on electricity for my medical equipment? If the power supply is cut off, what is my back up plan?
- Do I have more than one exit? Can I leave my home through available exits?



# What special items or supports would you need in your emergency plan?



# Prepare a Kit

What items do YOU need in an emergency planning kit ?

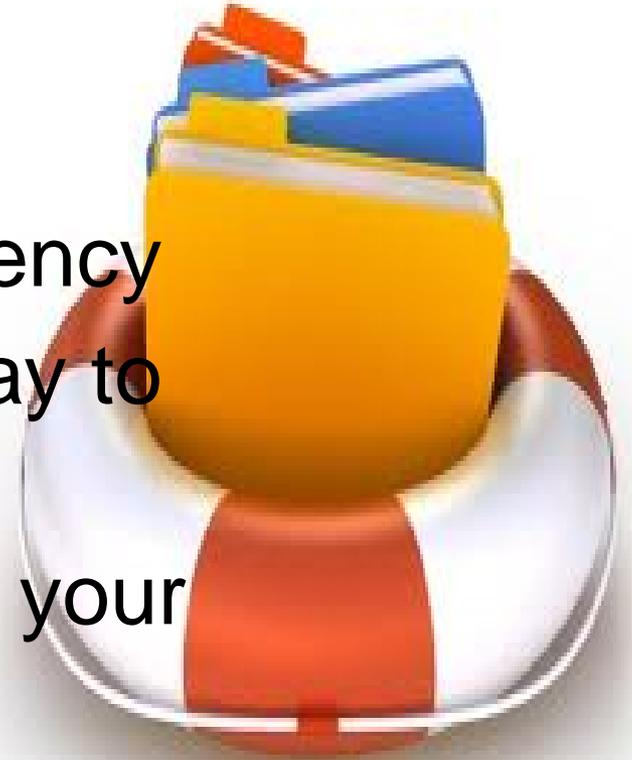


# Practice-Practice-Practice!

- When you practice your plan, you may find areas where you need to adjust or change.
- Schedule regular reviews to update your emergency plan. Changes in your situation or your physical needs may affect your plan.
- Practice for different types of emergencies that are typical where you live.



- Make sure that you have copies of your emergency plan with you.
- Share a copy with a friend.
- Make sure that your emergency plan documents the best way to communicate with you.
- Keep a copy of your plan in your emergency kit.



= BE PREPARED =  
PLAN NOW - BEFORE YOU NEED  
THE PLAN!



# RESOURCES

- **Disaster Preparedness For People With Disabilities Red Cross**
- [www.ready.gov](http://www.ready.gov)
- Emergency Preparedness for People with Disabilities and their Families “The Take and Go Emergency Book”

<http://new.dhh.louisiana.gov/assets/docs/OCDD/publications/EmergencyPreparednessTheTakeandGoEmergencyBook.pdf>

- Ready in 3. [www.health.mo.gov](http://www.health.mo.gov)

# Joan Keenan, Coordinator

DMH Office of Disaster Services

1706 E. Elm St., P.O. Box 687

Jefferson City, MO 65102

573-526-6962 or 1-800-364-9687

[joan.keenan@dmh.mo.gov](mailto:joan.keenan@dmh.mo.gov)

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