

Creating Your Emergency Kit



UCCEDD

University of Cincinnati Center for
Excellence in Developmental Disabilities





Create an Emergency Kit that is specific to you. Most importantly pack items you **NEED** like medication and supplies for your special needs, food and water. Be sure to also include items you **LIKE** such as food you enjoy, comfort items, and things to keep you busy like crossword puzzles to help you stay comfortable in what can be a stressful situation.

Plan seven days' worth of supplies and use a backpack so each person can carry their own.

Items to include:

- Water (1 gallon/ person/day)
- Food /Formula (3 days)
- Hand crank radio
- Flashlight
- First Aid Kit
- Moist towelettes
- Wrench pliers to turn off utilities
- Can opener
- Local maps
- Cash
- Blankets
- Important documents
- Shoes
- Picture of individual
- Matches
- Mess Kits
- Paper Pencil
- Games, puzzles
- Sanitary supplies
- Diapers
- Plastic sheeting
- Duct Tape
- Whistle
- Gloves
- Change of Clothes
- Calming item

Are you Prepared? Here's a Checklist:

- Do you have a current care plan and list of medications from your physician?
- Do you have emergency information forms filled out?
- Do you have a minimum of 1–2 week supply of medications and supplies?
- Do you have backup systems or plans for medical equipment that requires electricity?
- Have you filled out your Smart911 Safety Profile to designate your unique needs?
- Do you have an emergency plan at home, school, job, and/or other locations

Regional Resources:

www.alerthc.org: If you live or work in Hamilton County, Ohio. Get Emergency Alerts for Severe weather, Safety, Health, Utility Disruptions, Major Traffic Accidents, and Community Alerts

https://bit.ly/DisabilityPreparedness: A video discussing how to: Prepare for the impacts of disasters, create an emergency plan with the assistance of a caregiver, and understand the necessary steps for Sheltering In Place, Community Sheltering, and Evacuating. Additional content includes a discussion with an individual who has Cerebral Palsy and his caregiver about their strategy for preparation.

FEMA Resources:

www.ready.gov: Fillable plans & cards available online that help you collect important information so that it is in one easy-to-find location.

www.ready.gov/disability: For individuals with disabilities or those with access and functional needs. You will find specific tips and helpful instruction about emergency preparedness.

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