EMERGENCY PREPAREDNESS

Be Ready Before a Disaster Happens

Emergencies can happen at any time, so it's important to plan ahead. Creating a personalized emergency plan can help you stay safe and prepared during hurricanes, severe weather, power outages, or other disasters. Individuals with disabilities may have additional needs during emergencies, including medical equipment, medications, transportation, or caregiver support. Planning ahead helps ensure you have the supplies, information, and support you need.

This guide will help you:

- ✓ Build an emergency supply kit
- ✓ Prepare a "Go Kit" for evacuation
- ✓ Create a personal emergency plan
- ✓ Find important emergency resources

APD

Agency for Persons with Disabilities

Disaster Supply Kit Checklist

(Keep supplies updated and stored in a safe, easy-to-access location.)

Essentials

- Water (1 gallon per person, per day for at least 7 days)
- Non-perishable food for at least 7 days
- Manual can opener
- Flashlights and extra batteries
- First aid kit
- Cash
- Seasonal clothing and sturdy shoes

Medications & Medical Supplies

- At least a two-week supply of medications
- Medical supplies and equipment
- Backup batteries or chargers for medical devices
- Copies of prescriptions and medical information

Service Animal & Pet Supplies

- Food and water
- Medications
- Leash, carrier, or harness
- Identification and vaccination records

Important Documents

Store copies in a waterproof container or digital format:

- Medical records and physician contact information
- Insurance cards
- Identification documents
- Birth or marriage certificates
- Bank and emergency contact information
- Copies of important keys
- Emergency phone numbers

Go Kit

Be Ready to Leave Quickly
Pack a portable "Go Kit" that can support you and your family for at least 72 hours if you need to evacuate.

Include:

- Food and water
- Medications
- Important documents
- Phone charger and backup battery
- Personal hygiene items
- Clothing and blankets
- Medical equipment and supplies
- Service animal or pet supplies

Preparedness Checklist

Before disaster season:

- Build your Disaster Supply Kit
- Prepare your evacuation Go Kit
- Update your emergency plan each year
- Keep your vehicle fueled
- Keep extra cash available
- Save important phone numbers in multiple places
- Charge electronic devices before severe weather

Evacuation Planning

Know your county's evacuation zones and routes before an emergency occurs.

If evacuation becomes necessary, decide ahead of time where you can go, such as:

- A family member's home
- A friend's home
- A hotel outside the impacted area
- A shelter that meets your needs

To check evacuation zones, visit:
floridadisaster.org/knowyourzone

Communication Planning

Create a list of important contacts and keep copies:

- Family and friends
- Doctors and pharmacies
- Caregivers
- Transportation providers
- Veterinarians
- County emergency management website and phone numbers

Include an out-of-town emergency contact, as long-distance calls may work when local calls do not. Keep your phone charged and store extra charging cords or portable chargers in your Go Kit.

Helpful Resources

Florida Division of Emergency Management
Information on disaster preparedness, evacuation planning, weather updates, and disability resources.
floridadisaster.org/planprepare

Florida Special Needs Registry
Register to receive assistance during emergencies and evacuations.
snr.flhealthresponse.com

APD Recovery Toolkit
Disaster recovery resources and emergency updates specific to each disaster event.
apd.myflorida.com/news/toolkit.htm

FEMA Ready
Emergency preparedness planning and safety information.
ready.gov

National Weather Service
Current weather alerts and hazard information.
weather.gov

1.**What emergencies or disasters could affect you?**

2. **If you had to evacuate, where would you go? List all of your options.**

Evacuation Options	Contact #/Address

3. **What special foods and/or medicines do you need to have available?**

Food (Does it need to be kept cold?)	Medicine(s) (Does it need to be kept cold?)

4. **Do you use mobility, adaptive or sensory equipment (e.g., wheelchair, leg braces, headphones etc.)?**

Mobility/Adaptive Equipment	Are batteries or electricity needed?

5. **If you have to leave your home, do you need:**

_____ a. Transportation?

If yes, who would you call?_____ phone #: _____

_____ b. Specialized transportation (e.g., lift-equipped van)?

If yes, who would you call?_____ phone #: _____

_____ c. Someone to help you?

If yes, who would you call?_____ phone #: _____

6. **Important Contacts:**

Who	Phone Number
Family member(s)	
Friend(s)	
Doctor(s)	
Caregiver(s)	
Pharmacist(s)	
Veterinarian	
County Emergency Management Office	
Insurance Agent(s)	
Bank(s),School(s), etc	