

## *Tips to Help Disabled Persons Cope With Disaster*

People with disabilities may have difficulty dealing with the effects of a disaster. Here are some extra things for disabled persons to think about:

### *General Tips*

- **Extra Medical Supplies:** Be sure to include a week's supply of any special medical supplies or toiletries in your disaster supply kit.
- **Make Sure You Can Evacuate:** Plan evacuation routes and procedures before the disaster. Take steps to insure that the routes you pick will be as free from debris as possible by moving or securing objects which might fall during an earthquake.
- **Line Up a Buddy:** Arrange with a relative, friend, or neighbor to assist you after a disaster. Offer information and training to this person on what they need to know to help you.
- **Life Support Equipment Power:** If you have life support equipment which needs electricity, consider purchasing a portable generator.
- **Secure Oxygen Bottles:** Make sure that if you use oxygen, the tanks are secured so that it won't fall over in a disaster. This goes for heavy life support equipment as well.
- **Keep a Whistle Handy:** Keep a whistle handy for use in signaling someone if you can't get out of the building.



### *Tips for Persons With Impaired Mobility*

- **Wheelchairs:** If you are in a wheelchair during an earthquake, stay in it. Lock the wheels and protect your head with your arms. If you are not in a wheelchair, take cover in your nearest safe area.

### *Tips for Persons With Impaired Vision*

- **Have an Extra Cane Available:** Even if you have a guide dog, have extra canes at home and at work. Guide dogs may be injured in a disaster.
- **Practice Alternate Escape Routes:** Know and practice alternate escape routes from your building. The ones you are used to may be blocked. If you hear things falling during an earthquake, there will probably be obstructions.
- **Guide Dogs:** Guide dogs may be injured or frightened by the disaster. Be prepared to get around without your dog. Also, Don't forget to include food and water for your guide dog in your disaster kit.
- **Lend a Hand:** If the power goes out during a disaster, you may be the only person equipped to move around in the dark. If possible, lend assistance to your office mates and neighbors to help them evacuate.



### *Tips for Persons With Impaired Hearing*

- **TDD's May Not Work:** After a disaster, the telephone system may be knocked out. This means your Telecommunications Device for the Deaf (TDD) may not work for several days.
- **Remind Others of Your Status:** Remind co-workers and neighbors that you are hearing impaired, and may not hear fire alarms or evacuation orders. Also ask a co-worker or neighbor to keep you updated on current disaster information from radio or television.
- **Keep a Pad of Paper and Pencil Handy:** Keep a pad of paper, pencil and flashlight handy. A whistle or other noise making device is a good thing to carry.
- **Store Extra Hearing Aid Batteries:** If you use a hearing aid, be sure to store extra hearing aid batteries for it both at home and work.
- **If you become trapped:** Get the attention of others by knocking on doors, hitting objects together, or using a whistle.