FEELING SAFE, BEING SAFE

My Personal Safety in an EMERGENCY
This worksheet will help you make a plan and support you during an emergency.

It will help you think about:
- Important people to call.
- Being safe at home.
- A safe place to go.

**Have someone help you:**
- Get all the information you need.
- Put your emergency kit together.
- Complete the worksheet.

Complete all the pages in the worksheet.
Put it in your emergency kit.
PERSONAL SAFETY

IMPORTANT INFORMATION ABOUT ME

PERSONAL INFORMATION:

My Name ____________________________________________

Health Insurance ________________________________________

HEALTH/MEDICAL INFORMATION:

My Meds __________________________________________________________________________

My Doctor __________________________________________________________________________

Information about my disability ________________________________________________________

IMPORTANT THINGS I USE:

❑ Glasses  ❑ Hearing aids
❑ Wheelchair  ❑ Walker
❑ Service animal  ❑ Other ______________________

COMMUNICATION:

My way of talking ______________________________________

Best way to talk to me __________________________________

Best way to assist me ___________________________________

How I respond to stress ___________________________________
SAFETY AT HOME
PREPARING SO YOU ARE SAFE AT HOME

EMERGENCY KIT:

- Water
- Food
- Extra Clothes
- Coat
- Gloves
- Service Animal Supplies
- Meds
- First Aid
- Whistle
- Garbage Bags
- Radio
- Batteries
- Flashlight
- Worksheet
- Cash
- Copy of Insurance & ID Card

REMEMBER:

- Put your name on the front of the kit.
- Put it in a place easy to find.
- Tell important people where it is.
- Check the kit often.

GOOD IDEAS ABOUT BEING SAFE AT HOME:

- Clear pathways to enter and leave easily.
- Keep window and door areas free of clutter.
PEOPLE WHO CARE

IMPORTANT PEOPLE IN AN EMERGENCY

SOMEONE WHO LIVES CLOSE:
Neighbor _____________________________#
Apt. Manager _________________________#
Family/Friend _________________________#

OTHER IMPORTANT CONTACTS:
Support Staff __________________________#
Program ________________________________#
Regional Center _________________________#

COMMUNITY RESOURCES

WHO TO CALL FOR EMERGENCY INFORMATION

911
Office of Emergency Services _____________________________
Fire #________________________ Police # ____________________

WHERE TO GET INFORMATION TO BE SAFE IN AN EMERGENCY:
Radio Station ___________________________
TV Station ______________________________