

**PREPAREDNESS FOR PERSONS
WITH SPECIAL NEEDS**

- Register with your local emergency management office so you can be assisted quickly in a disaster.
- Consider getting a medical alert system, and be sure family and friends know your needs.
- Determine the locations of wheelchair-accessible and service animal-friendly emergency shelters.
- Prepare the working requirements of your service animal, and be aware they may become disoriented in an emergency.
- Prepare a kit that includes a 14-day supply of all medications. Include detailed medical information on the specifications of your medical regimen, the style and serial numbers of medical devices such as pacemakers, contact information of your doctors, diagnosis if relevant, and special food needs.
- Have oxygen, catheters, and other medical or special equipment on hand.
- Within reach of your bed have a flashlight, shoes, wheelchair, or cane so you can get out of bed and move around. Attach a whistle to your flashlight, and keep one in your emergency kit. This will help attract attention to you.
- If you have a language or hearing disability, store a writing pad and pencils to communicate with others.



PET PREPAREDNESS

Preparing ahead and acting quickly are the best ways to keep your animals out of danger. Check with your veterinarian for specific information on disaster preparedness.

Your pet emergency kit should include a bowl, food, pet medication, travel cage, kennel, leash, blanket for bedding, plastic bags and paper towels for waste, immunization records, pet medical history, and a favorite toy.

Emergency Contact Information

Home address _____
Work address _____
This telephone number _____
Ambulance _____
Hospital Emergency _____
Fire Department _____
Police Department _____
State Police _____
Sheriff _____
Poison Control Center _____
Red Cross _____
Family Doctor _____
Pediatrician _____
Dentist _____
Father's Work _____
Mother's Work _____
Electric Company _____
Gas Company _____
Oil Company _____
School(s) _____
Day Care _____
Local Contact _____
Phone _____
Out-of-state Contact _____
Phone _____

FILL OUT AND COPY THIS PAGE FOR HOME AND WORK

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**PERSONAL
EMERGENCY
PREPAREDNESS
PLAN**

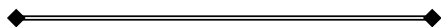
This brochure is intended to raise the awareness of the citizens of Wayne County, Wayne County employees, and their families of the need to plan for potential incidents and to enhance their capacity to effectively manage risks in their personal environments.



Robert A. Ficano
County Executive

PRIOR TO AN ATTACK

- Stay informed, be prepared, and observe your environment. Disasters often strike with little or no warning.
- Locate stairways and emergency exits, and develop plans for evacuating buildings and public areas.
- Develop a Family Emergency Plan.
- Assemble and maintain an Emergency Supply Kit.



IN THE EVENT OF AN ATTACK OR INCIDENT

Explosion

- Remain calm.
- If objects begin to fall, take cover under a desk or sturdy table.
- Exit the building as quickly as possible.

Trapped in debris

- Tap on a pipe or wall to alert rescuers where you are.
- Cover your mouth with a handkerchief or clothing.

Fire

- Stay low to the floor at all times and exit the building as quickly as possible.
- Use a wet cloth to cover your nose and mouth.
- Use the back of your hand to feel closed doors. Do not open the door if it is hot. Seek another escape route.
- Use appropriate fire exits and stairs, not elevators.

FAMILY EMERGENCY PLAN

- Learn what possible emergency events could take place and discuss the dangers with family members.
- To prepare your family for disaster, take steps such as:
 - ▶ Posting emergency phone numbers.
 - ▶ Selecting local and out-of-state family contacts.
 - ▶ Having a family meeting to discuss what to do, and how you would connect if separated.
 - ▶ Keeping important records in a safe place.

Practice your Family Emergency Plan so that everyone remembers what to do in a disaster.



EMERGENCY SUPPLY KIT

- Battery-powered radio, flashlights, batteries
- Whistle
- First aid kit and manual
- Extra sets of keys
- Extra pair of eyeglasses
- Copies of medical cards, passport, bank numbers, insurance policies, birth and marriage certificates, and doctor contact information.
- Water (1 gallon per person per day)
- Food (canned, no-cook, packaged snacks)
- Manual can opener
- Vitamins
- Cash and credit cards
- Clothing, rain gear and sturdy shoes
- Blankets or sleeping bags
- Fire extinguisher
- Toilet paper, paper towels, and large plastic bags for trash, waste, water protection
- Personal items, cell phone and charger

COMMON EMERGENCY PROTECTIVE ACTIONS

Shelter-in-place means to stay indoors. If shelter-in-place is recommended, move all people and pets inside, and take other precautions, including:

- Closing all doors and windows. Avoid windows thereafter.
- Taping around doors, windows, exhaust fans or vents.
- Wetting towels and place in crack under door.
- Turning off air-conditioning / heating systems.
- Closing fireplace damper.
- Stay in the room and listen to emergency broadcasts on radio and TV until told to evacuate.

Evacuation means to leave the area of actual or potential hazard.

- If an evacuation is ordered, follow the instructions of local officials.
- Take an emergency supply kit with you.
- Close car windows and air vents and turn off heater or air-conditioner.



RADIATION EXPOSURE

- Highest-risk areas are those buildings that are likely to be destroyed by blast or fire.
- Place the heaviest, densest materials available between you and the source of radiation.
- The more distance between you and the source of the radiation, the less radiation you will receive. Limiting the time spent near the source of radiation also reduces the amount of radiation exposure you will receive.