

Individual Disaster Preparedness



Nobody Left Behind
Disaster Preparedness for Persons with Mobility Impairments

Disaster Do's and Don'ts Checklist

- ✓ Do create an individualized emergency plan.
- ✗ *Don't wait until it happens to you.*
- ✓ Do assemble a "to go" kit which includes a week's supply of meds.
- ✗ *Don't forget to conduct quarterly drills of your personal plan.*
- ✓ Do register with or form a registry with emergency responders.
- ✗ *Don't leave out those who can assist you in the planning process.*
- ✓ Do develop a network of family, friends, and neighbors to assist.
- ✗ *Don't forget a flashlight, radio and two routes for exiting your home.*
- ✓ Do check out accessibility of local shelters and hotels.
- ✗ *Don't put yourself in a dangerous situation when the power goes out.*
- ✓ Do have a portable generator or adaptor and car battery for power.
- ✗ *Don't think it won't happen to you.*
- ✓ Do have adequate rental or home insurance.
- ✗ *Don't forget small details, including having extra ready cash.*
- ✓ Do get training on and then direct others to turn off gas and water.
- ✗ *Don't procrastinate with safety.*
- ✓ Do heed early warnings to allow time for evacuation or taking cover.

visit www.nobodyleftbehind2.org for more info