

# 2018 HURRICANE SEASON PREPAREDNESS



## HURRICANE PREPAREDNESS TIPS FOR PEOPLE WITH DISABILITIES

Planning for hurricane season takes time and thought, especially for those facing challenges because of a disability. As temporary or permanent health conditions are an essential consideration during preparedness, here are some tips to help you plan ahead in case of a storm.

### RECOVERY STARTS WITH PREPAREDNESS!

## GENERAL TIPS



- Talk with friends, family or a support network about how to stay in touch.
- Keep phone numbers for doctors, aides and family in a sealed plastic bag.
- Pack eyeglasses, contact lenses, hearing aids and dentures in an emergency kit.
- Ask neighbors or someone in your support circle to help keep you informed.
- Plan ahead for accessible transportation in case evacuation becomes necessary.
- Identify the closest shelter in case you need to leave your house.
- Identify which medical facilities are close to your house or shelter.
- Wear medical alert tags or bracelets with information about healthcare needs.
- Plan and practice for an evacuation, and remember to take your medical devices in a sealed plastic bag.
- Have at least a 10-day supply of prescription medicines along with copies of prescriptions, list of all medications and dosage, list of allergies, list of dietary restrictions, among others.
- Make plans for a pet, including a note for emergency responders: I have a service animal named \_\_\_\_, who must evacuate with me.



### Tips for people who are deaf or hard of hearing

- Get a weather radio with text display and a flashing alert.
- Stock up on extra hearing-aid batteries and protect them in a sealed plastic bag.
- Carry pen and paper to help communicate with someone who does not know sign language.
- Have access to TTY and/or VRS.

### PREPARE!

- The time to prepare for a hurricane is before the season begins when you are not under pressure.
- Being prepared can mean the difference between being a hurricane victim and a hurricane survivor.
- If you or someone in your family is experiencing issues with disaster-related stress, call Línea PAS at 800-981-0023, TTY 888-672-7622

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## Tips for people who are blind or have low vision

- Carry a picture of your family members to help connect you with them in an emergency.
- Mark emergency supplies with Braille labels or large print. Keep a list of emergency supplies on a portable flash drive or make an audio file and keep it in a sealed plastic bag and put it in place where it's easy to find.
- Keep a Braille or deaf-blind communications device in an emergency supply kit.
- Practice your evacuation route and be comfortable getting to your family's meeting point.



## Tips for people with a mobility disability

- Make sure all assistive devices that depend on electricity or batteries are working and keep your batteries in a sealed plastic bag.
- Keep an emergency supply kit in a backpack attached to your walker, wheelchair or scooter.
- Show others how to operate your motorized wheelchair, and have a lightweight manual chair available as a backup.
- Keep an extra cane or walker for emergencies.
- Keep an extra seat cushion to protect your skin or maintain your balance, and take it along if evacuation becomes necessary.



## Tips for children and adults with autism

- Familiar items will help children adjust to new surroundings and ease the stress of the transition. Remember to pack their favorite toys, movies and computer games.
- Headphones or earplugs can dampen the noise in unfamiliar settings. Consider bringing duct tape to mark the perimeters of your family's assigned space in a communal shelter.
- Children with autism often wander away. Work with teachers, police and community members as you develop safety plans to help protect children from dangerous situations.



## Tips for people with a mental health condition

- The stress that comes with an emergency can be hard to manage. Be ready to provide important information specific to your situation, or write it down and keep it with you. For example: "I have a mental health condition and may become confused in an emergency. Please help me find a quiet place. I will be okay shortly."



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