



ILRC DISASTER & EMERGENCIES

4 Steps to Emergency Preparedness for All

The Independent Living Resource Center (ILRC) is working in partnership with the Center on Disability and Listos California.



Step 1: Find Your Five Trusted Allies and Share Your Plan

Identify five people who will become your trusted allies during a disaster or emergency. Your five trusted allies are people that will check on you and that you can communicate with before, during, and after a disaster or emergency so that they know you are safe or if you need help. Your list of five people should have complete contact information with phone numbers, email and street addresses. In some disasters or emergencies, phones may not be working. In that case, try to make contact through email, text, social media, or in-person.

Do not depend on only one person. People work different shifts, take vacations and are not always available. Make sure some of the people on your list live close to you and have at least one person who lives out of the area.

When you are creating your contact list of trusted allies, ask each person the best way to contact them. Explain what you are asking them to do for you during an emergency or disaster. Make sure they understand and agree.

ACTIONS:

Create your list of Five trusted allies:

- Include as many different ways to contact each person as possible: phone numbers, emails, and addresses.
- Contact each person in your group of allies and get their agreement.
- Keep your list updated.

Use it:

- Make several copies of your list. Keep them where it will be easy to find. For example - on your refrigerator, inside the front door, in your purse or wallet, in your car glove box, saved in your mobile phone or on another electronic device, etc.
- Share a copy with each member of your group of allies.
- Put a copy in a sealed plastic bag in each of your emergency supply kits (go bag, car kit, keep it with you kit, etc.)
- Check in with your trusted allies often, especially on Red Flag Warning days.

Step 2: Prioritize Your Health Needs and Create Lists

These are lists of your medication, disability-related supplies or equipment, and anything else you need daily. Decide what medication and equipment you need every day to be independent. Write down where you keep them and any information about them you may need during a disaster or emergency. This information can be useful to your trusted allies, first responders, or shelter staff. There may be phone apps that you can use to help develop these lists as well as having a written or printed list.

ACTIONS:

Create your medical and independent living needs list:

- Make a list of all your medications and their use or dosage
- Make a list of equipment you need. For example, list equipment to help you hear (like hearing aids), see (like glasses), or get around (like a walker or wheelchair). Also list oxygen equipment and other devices that you need.

Use it:

- Make several copies. Keep them with your Contact Lists where it will be easy to find. Put them on apps in your phone if possible or email a copy to yourself and your allies in the plan.

Step 3: Create Your Emergency Supplies Kits

Are you prepared for your important needs during an emergency or disaster no matter where you are? Emergencies and disasters can occur at any time and anywhere. You may be at home, at work, on vacation, or just out and about. Keeping important items with you is key to successful emergency and disaster planning.

ACTIONS:

Pack emergency kits to have in different places:

- Carry with you
- In your car
- In your home
- In your office

Step 4: Plan How and When to Evacuate

You do not need to evacuate in all emergencies. Make sure you know when to evacuate. Usually a city, county, or first responder will let you know. If it looks dangerous though, use your best judgment. Be familiar with all possible routes out of your home or office and to get out of your neighborhood.

It is important that you plan your evacuation strategy ahead of disasters. Develop a plan for yourself and your animal(s) on what to do in case of emergency or disaster: know when to evacuate, where to go, and what to take with you.

Think about how you want to exit your home or your office when a disaster happens and make a detailed map about where to go to meet friends, family, or your trusted allies (for home, work, or where you usually are).

Evacuation routes out of your neighborhood will depend on the type of disaster and where it is located. Know all the main routes out of your neighborhood, drive them ahead of time so that you are familiar with them before an emergency or disaster occurs.

Shelter-in-place:

Shelter-in-place means to take immediate shelter wherever you are to avoid harm. In the event of a chemical spill or release, you may be instructed to remain indoors and shut off outside air intake to avoid harmful fumes that may have been dispersed into the air. Listen to local radio and TV for emergency instructions. Have your emergency supplies ready.

ACTIONS:

Register for alerts and stay informed:

It is important to be informed – sign up for local alerts and warnings for your area so you know if and when you need to evacuate: www.ReadySLO.org, www.ReadySBC.org, or www.ReadyVenturaCounty.org. There are also many emergency services apps and trusted news outlets available. Download, save, and review www.Nixle.com App, www.FEMA.gov App, www.tinyurl.com/MyShakeEQ, Utility Company Address Alerts PG&E: www.tinyurl.com/AlertsPGE or SCE: www.tinyurl.com/AlertsSCE, and local hazard maps.

<i>San Luis Obispo County Emergency Alert Radio Stations</i>		<i>Santa Barbara County and Ventura County Emergency Alert Radio Stations</i>	
<i>Call Sign</i>	<i>Frequency</i>	<i>Call Sign</i>	<i>Frequency</i>
KIH31	162.550	SB Marine: WWF62	162.475
		KIH34	162.400

Create an evacuation plan:

Write down your exit plans and evacuation routes in detail and where to meet for home, work, or wherever you usually are, including how you will evacuate and where you will go. If you have animals, include them in your evacuation plan an example can be found at: www.Ready.gov/Pets

Other plans for your pets or service animals can be found at:

- www.tinyurl.com/AnimalPrep
- www.tinyurl.com/HumanePrep
- www.tinyurl.com/HumaneFarmPrep

Make sure you, your family, and trusted allies have a meet-up location away from your neighborhood in case you are separated in an emergency or disaster.

Note the hazards:

Use the CALOES My Hazards Map Lookup: myhazards.caloes.ca.gov and note your evacuation destination for each disaster, emergency, and Public Safety Power Shutoff.

- **San Luis Obispo County Diablo Canyon Evacuation Information**
 - › Evacuation assistance registration: www.tinyurl.com/EvacAssist. Register but also plan like no one is coming to get you because it's not a guarantee. We want you to be prepared and informed about your environment.
 - » Atascadero and above are outside the zone.
 - » Click www.tinyurl.com/SLOZone for PrepareSLO which has the Map of Diablo Canyon Zone.
 - » Plan like no one is coming to get you. It's not a guarantee. Be informed about your environment.
 - » Plan your transportation: www.tinyurl.com/SLOTransport

<i>Hazard</i>	<i>Impacted (Yes/No)</i>	<i>Evacuation Destination or Shelter in Place</i>
<i>Flood</i>		
<i>Wildfire</i>		
<i>Earthquake</i>		
<i>PSPS</i>		
<i>Tsunami</i>		
<i>Extreme Weather</i>		
<i>Other</i>		

Practice Your Plan:

- Practice your evacuation plan. Get familiar with it and see if anything should be changed, added, or removed.
- Make sure everybody in your plan knows the plan.

Five Trusted Emergency Allies Who Know Your Plan:

When selecting your five Emergency Allies who know your plan, consider coaches, childcare providers, relatives outside the area, and neighbors on shared evacuation routes. Ask an out-of-state friend or relative to be your family’s emergency contact.

<i>Contact Name</i>	<i>Contact Details (Phone, Email, etc)</i>
1.	
2.	
3.	
4.	
5.	

Health & Medical Needs List:

Important medical and health related information

Doctor’s Name: _____

Phone Number: _____

Type of Health Insurance: _____

Policy Number: _____

Blood Type: _____

Allergies & Sensitivities: _____

Medical & Health Related Equipment

1.

2.

3.

4.

5.

Medication Name

Dosage

Time Taken

1.

2.

3.

4.

5.

Emergency Kit Checklist:

- Three-day supply of non-perishable food and three gallons of water per person
- Two week supply of non-perishable food and water for stay box
- Plastic sheeting and duct tape (to shelter in place)
- Wrench to turn off utilities
- Map marked with evacuation routes
- List of important numbers in case your cell phone is lost
- Prescriptions, special medications, at least 1-week supply
- Battery-powered radio
- Extra batteries and backup power
- Pet & service animal supplies (food, water, carrier, leashes, vaccination records)
- Change of clothing, sturdy shoes
- Eating utensils
- Grooming utensils: hairbrush, toothbrush, etc.
- Hearing devices
- Communication devices: notepad, pen/pencil, picture communication aid, communication board, etc.
- Sanitation and urinary supplies: hygiene products, shampoo, conditioner, deodorant, toothpaste, etc.
- Wheelchair, heavy duty gloves, and repair kit
- Extra eyeglasses or contact lenses
- N95 mask
- An extra set of car keys
- Credit cards, cash, or checks
- Flashlight
- Whistle
- Copies of important documents (birth certificates, passports, etc.)
- Cell phone charging cord and extra battery
- Diaper bag
- First aid kit
- Breathing equipment
- Walker/crutches/cane
- Dentures
- Other:

Evacuation Routes – Know Where To Go:

Evacuation Route 1:

Blank area for describing Evacuation Route 1.

Evacuation Route 2:

Blank area for describing Evacuation Route 2.

Emergency Meeting Place:

Make sure you and your family have a predetermined meet-up location away from your neighborhood in case you are separated in an emergency.

Emergency Meeting Place Location & Phone Number:

Blank area for providing Emergency Meeting Place Location & Phone Number.

Plan For Every Hazard:

(Visit www.Ready.gov for more information.)

- Earthquakes – www.Ready.gov/earthquakes
- Earthquake Country – www.earthquakecountry.org
- Floods – www.Ready.gov/floods
- Extreme Heat – www.Ready.gov/heat
- Landslide/Debris Flow – www.Ready.gov/landslides-debris-flow
- Power Outages (PSPS) – www.Ready.gov/power-outages
- Tsunamis – www.Ready.gov/tsunamis
- Wildfires – www.Ready.gov/wildfires

Our Resource Library:

(Visit www.listoscalifornia.org/prepare-your-community/toolkit/ for Listos Toolkit.)

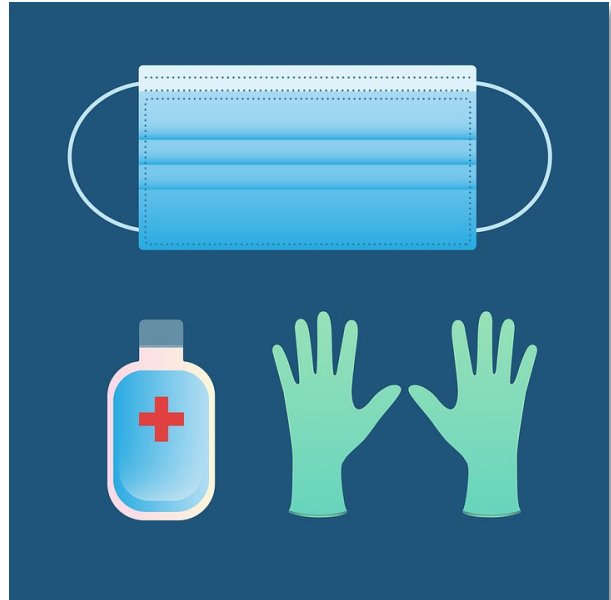
- Disaster Ready (English)
www.listoscalifornia.org/wp-content/uploads/2020/12/508_LIS_112_090320_DRC_web_EN_dAf.pdf
- Disaster Ready (Spanish)
www.listoscalifornia.org/wp-content/uploads/2020/12/508_LIS_146_100620_DRC_web_ES_dAf.pdf
- Health Profile Template (English)
http://listoscalifornia.org/wp-content/uploads/2020/07/508_LIS_026_050520_IDD_health_profile_dAf.pdf
- Health Profile Template (Spanish)
www.listoscalifornia.org/wp-content/uploads/2020/08/508_LIS_061920_IDD_health_profile_ES.pdf

(Visit www.caloes.ca.gov/cal-oes-divisions/access-functional-needs/afn-library/ for OAFN Library.)

- Temple University
www.temple.edu/instituteondisabilities/aacvocabulary/e4all/2018/EprepPictureAid_EngSpan2018_8-5x11.pdf
- DDS: Feeling Safe, Being Safe Worksheet (English)
www.dds.ca.gov/wp-content/uploads/2019/03/CC_FeelingSafeBeingSafe_20190319.pdf
- DDS: Feeling Safe, Being Safe Worksheet (Spanish)
www.dds.ca.gov/wp-content/uploads/2019/03/CC_FeelingSafeBeingSafeSpanish_20190319.pdf
- DDS: Feeling Safe, Being Safe Magnet (English)
www.dds.ca.gov/wp-content/uploads/2019/03/CC_FeelingSafeBeingSafeMagnet_20190319.pdf
- DDS: Feeling Safe, Being Safe Magnet (Spanish)
www.dds.ca.gov/wp-content/uploads/2019/03/CC_FeelingSafeBeingSafeMagnetSpanish_20190319.pdf

ILRC Website Resources

Visit the ILRC website at www.ilrc-trico.org/disaster-relief to learn more about how to receive an Emergency Kit & PPEs in preparation for an emergency.



Begin planning for disasters, emergencies, and Public Safety Power Shutoffs with the Spanish ILRC Disaster & Emergency Plan: https://drive.google.com/file/d/1_tolt7AmStahr_3Gh95DsIEyyK79gLZw/view

Large Print Versions

Also available in large print for English and Spanish.

- Large Print (English)
<https://docs.google.com/document/d/14R6UmJIQDv6ZgWAwprdSiZZPpHbOM-oxO29p2qIP-5c/edit>
- Large Print (Spanish)
<https://drive.google.com/file/d/17fKk9TVObDggyXDJKRaYO8ezMl2IYe53/view>



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(805) 256-1036 Video Phone

Santa Barbara County (South)

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