

# 1 Get A Kit

## Of Emergency Supplies

The first step is to consider how an emergency might affect your individual needs. Plan to make it on your own, for at least three days. It is possible that you will not have access to a medical facility or even a drugstore. It is crucial that you and your family think about what kinds of resources you use on a daily basis and what you might do if those resources are limited or not available.

**Basic Supplies:** Think first about the basics for survival – food, water, clean air and any life-sustaining items you require. Consider two kits. In one kit put everything you will need to stay where you are and make it on your own for a period of time. The other kit should be a light-weight, smaller version you can take with you if you have to leave your home.

**Recommended basic emergency supplies include:**

- Water, one gallon of water per person per day for at least three days, for drinking and sanitation
- Food, at least a three-day supply of non-perishable food and a can opener if kit contains canned food
- Battery-powered or hand crank radio and a NOAA approved Weather Radio with tone alert and extra batteries for both
- Flashlight and extra batteries
- First aid kit
- Whistle to signal for help
- Dust mask to help filter contaminated air and plastic
- Sheeting and duct tape to shelter-in-place
- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Wrench or pliers to turn off utilities
- Local maps
- Pet food, extra water and supplies for your pet or service animal

# 2 Helpful Hints

**Create a Personal Support Network:** If you anticipate needing assistance during a disaster, make a list of family, friends and others who will be part of your plan. Make sure that someone in your personal support network has an extra key to your home and knows where you keep your emergency supplies. If you use a wheelchair, oxygen or other medical equipment show friends how to use these devices so they can move you if necessary or help you evacuate.

**Deciding to Stay or Go:** Depending on your circumstances and the nature of the emergency, the first important decision is whether you stay or go. You should understand and plan for both possibilities. Use common sense and available information to determine if there is immediate danger. In any emergency, local authorities may or may not immediately be able to provide information on what is happening and what you should do. However, you should monitor television or radio news reports for information or official instructions as they become available. If you're specifically told to evacuate or seek medical treatment, do so immediately. If you require additional travel time or need transportation assistance, make these arrangements in advance.

**Consider Your Service Animal or Pets:** Keep in mind that what is best for you is typically what is best for your animals. If you must evacuate, take your pets with you, if possible. However, if you are going to a public shelter, it is important to understand that by law only service animals must be allowed inside. Plan in advance for shelter alternatives that will work for both you and your animals; consider loved ones or friends outside of your immediate area, pet-friendly shelters and veterinarians who would be willing to take in you and your pets during a disaster.

# 3 Complete Form

First Name: \_\_\_\_\_

Last Name: \_\_\_\_\_

Physical Address: \_\_\_\_\_

1. Do you live in Macoupin County?  
Yes No
2. Do you have physical, cognitive, emotional or sensory impairment that makes it difficult to respond to an emergency or disaster?  
Yes No
3. Would you have difficulty walking or standing for hours at a time?  
Yes No
4. Do you have transportation concerns?  
Yes No
5. Do you have functional accommodations which would need to be transported (wheelchair, etc.)?  
Yes No
6. Do you have difficulty seeing?  
Yes No
7. Do you have service animals?  
Yes No
8. Do you have specific medical needs (asthma, heart condition, etc.)?  
Yes No
9. Do you require communication assistance?  
Yes No
10. Do you rely on technology that may not work in a disaster (oxygen, ventilator, feeding tube, suction machine nebulizer, elevator, etc.)?  
Yes No
11. Would you need medical attention outside your home if you had to evacuate?  
Yes No
12. Do you have a Life Alert/ Life Line system?  
Yes No
13. Please explain "yes" answers here:

Tear Here mail to Macoupin County Public Health Department

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# **IMPORTANT!!!**



Please fill out the form on the other side of this sheet, place it in an envelope and mail it to...

Macoupin County Public Health Department  
Attn: David Hopper  
805 North Broad Street  
Carlinville, IL 62626

Information gathered through this survey will be used to identify emergency response needs of Macoupin County residents with disabilities and/or functional needs who would require additional assistance during an emergency. Thank you for your time to complete this survey.

All information provided through this survey will be kept strictly confidential.

## **Need HELP???**

Macoupin County emergency response resources for residents with functional needs:

Macoupin County  
Public Health Department  
**Kent Tarro, Administrator**  
Toll Free: (888)369-9510  
<http://www.mcphd.net>

Macoupin County Sheriff's Department  
**Don Albrecht, Sheriff**  
(217)854-3135  
Macoupin County  
Emergency Management Agency  
**Jim Pitchford, Director**  
(217)854-3352

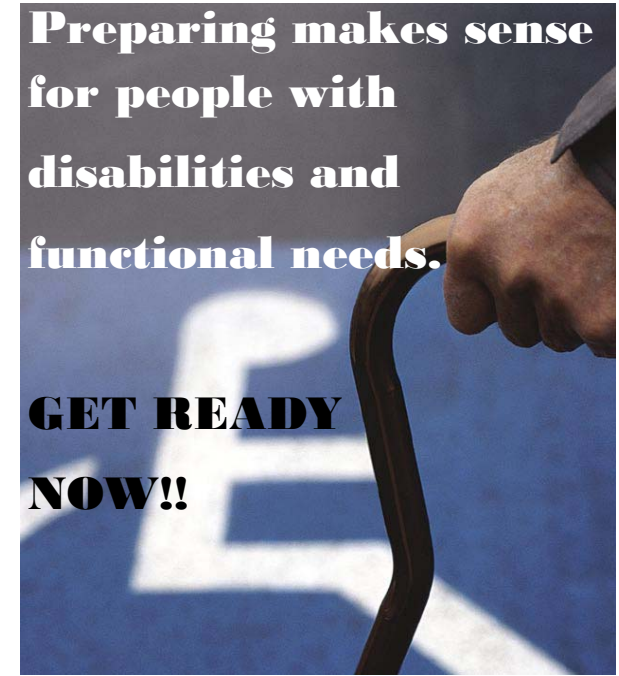


## **Macoupin County Public Health Department Emergency Preparedness**

**Planning for Macoupin County residents who will require additional assistance during an emergency**

**Preparing makes sense for people with disabilities and functional needs.**

**GET READY NOW!!**



**Please complete and mail the enclosed survey.**

↑ Tear Here mail to Macoupin County Public Health Department ↓