



# Overview: LA Emergency Preparedness Guide For Individuals With A Disability

## BEFORE YOU NEED TO GO:

- ☐ Create your own Emergency Ready Sheet
- ☐ Prepare your Emergency Kit
- ☐ Pack important documents
- ☐ Make a sheltering/evacuation plan

## WHEN YOU GO, GRAB:

- ☐ Service Animal/Medical Devices
- ☐ Emergency Ready Sheet
- ☐ Emergency Kit
- ☐ Important Documents

## WHEN YOU'RE BACK:

- ☐ Make sure your home is safe to return to
- ☐ Ensure that water and power are working
- ☐ Locate loved ones
- ☐ Contact your insurance
- ☐ Contact FEMA (if this was a declared national emergency)
- ☐ If you feel you are wrongfully denied, contact local P&A

## SOMETHING TO CONSIDER:

- ☐ Look at your local government's preparedness guidelines
- ☐ Visit [DisasterAssistance.gov](https://www.DisasterAssistance.gov) for more information

flip ↩



# Overview: LA Emergency Preparedness Guide For Individuals With A Disability

## BEFORE – EMERGENCY PLANNING CHECKLIST:

- ☐ **Create your own Emergency Ready Sheet**
  - Fill out the form in the link below to get a PDF document of your essential information emailed to you in case you need to show it:
  - <https://disabilityrightstx.org/en/handout/emergency-ready-sheet/>
- ☐ **Have Extra Medications:**
  - Contact insurance to see if you are eligible for an extended supply of medications (30 - 90 day supply)
- ☐ **Make an Evacuation Plan**
  - Contact your Parish's Office of Homeland Security and Emergency Preparedness to inform them of any evacuation needs important for your needs
  - <https://gohsep.la.gov/about/contact-us/parish-ohsep-contacts/>
- ☐ **Contact Caregiving services**
  - Touch base with caregivers and create a plan if not caretaker is not able to join you
- ☐ **Plan Sheltering Options:**
  - Check this link for information about shelters for people with medical needs
  - <https://www.getagameplan.org/resources/evacuation-information/>
  - Plan your evacuation route and who you will go with (expect that travel will take 4 times longer)
  - <https://dotd.la.gov/media/0aualvz2/brochure-hurricane-evacuation-routes.pdf>



# Overview: LA Emergency Preparedness Guide For Individuals With A Disability

## EMERGENCY KIT:

- ☐ 3-Day Food and Water Supply
- ☐ Extra Clothing
- ☐ First Aid Supplies
- ☐ Important Documents (Digital or printed copies of)

## WHAT TO DO IF ASKED/TOLD TO EVACUATE:

- ☐ Stay tuned to your Emergency Alert System (EAS) radio station.
- ☐ Close and lock windows and doors.
- ☐ Do not call your local fire or police departments for information. Emergency workers will need their lines for emergency use.
- ☐ If you need special help, call your local Emergency Management Office.
- ☐ If you need a ride, try to get one with neighbors or contact your local Emergency Management Office.
- ☐ Gather all persons in the house together.
- ☐ Household members outside the area may be advised not to return during an evacuation. They may be directed to a reception center or mass care shelter where you can join them.
- ☐ Let others know where you are going.

## WHEN YOU GO, GRAB:

- ☐ Service Animal/Medical Devices
- ☐ Emergency Ready Sheet
- ☐ Emergency Kit
- ☐ Important Documents
  - ☐ • Photo ID
  - ☐ • Passport
  - ☐ • Social Security Card
  - ☐ • Insurance Cards
  - ☐ • Service Animal Documentation
  - ☐ • Medical Device Documentation
  - ☐ • Copy of Medical Records & Prescriptions
  - ☐ • Birth & Marriage Certificates
  - ☐ • Documents That Prove Where You Live
- ☐ Medication (30-90 Day Supply)
- ☐ Extra Batteries
- ☐ Cash
- ☐ Bedding
- ☐ Soap, Toothbrush, & Toothpaste
- ☐ Phones and Chargers



# Overview: LA Emergency Preparedness Guide For Individuals With A Disability

## HOUSE MAINTENANCE WHEN EVACUATING:

- ☐ Elevate valuable items to higher points within your home.
- ☐ Move all loose outdoor items indoors, such as:
  - Awnings
  - Hanging plants
  - Lawn furniture
  - Toys
  - Trashcans
- ☐ Turn off lights and unnecessary appliances.
- ☐ Turn off your home's electrical main power switch.
- ☐ Turn off your home's propane gas line at the tank, not at your gas grill or other outlets. (Note: You'll need to contact your propane supplier to turn the gas back on after the weather emergency is over.)
- ☐ Turn off your water to the house.
- ☐ Turn off water supply to any refrigerator icemakers or ice machines in your home.
- ☐ Clean out your refrigerator and freezer – completely.
- ☐ If you leave food in your freezer, place a container of ice cubes in your the freezer. When you return, you will be able to tell if the cubes melted and re-froze, to help you decide whether the food is safe to eat.
- ☐ Make sure your ice maker is off.
- ☐ More on refrigerator preparation: <https://tinyurl.com/4mmtvbcj>
- ☐ Turn refrigerator to the coldest setting and keep it closed.
- ☐ Once the electricity is out, your refrigerator will keep foods cool for four hours if left unopened. Thawed food is usually okay if still “refrigerator cold.” Maintain proper food sanitation in food preparation and disposal.



# Overview: LA Emergency Preparedness Guide For Individuals With A Disability

## EXTREME HEAT

### THINGS TO REMEMBER:

1. Extreme heat can occur quickly and without warning.
2. Older adults, children and sick or overweight individuals are at greater risk from extreme heat.
3. Humidity increases the feeling of heat as measured by a heat index.

### IF YOU ARE UNDER AN EXTREME HEAT WARNING:

- ☐ Find air conditioning.
- ☐ Avoid strenuous activities.
- ☐ Wear light clothing.
- ☐ Check on family members and neighbors.
- ☐ Drink plenty of fluids.
- ☐ Watch for heat cramps, heat exhaustion and heat stroke.
- ☐ Never leave people or pets in a closed car.

### PREPARING FOR HEAT:

- ☐ Find places in your community where you can go to get cool.
- ☐ Keep your home cool:
- ☐ Cover windows with drapes or shades.
- ☐ Weather-strip doors and windows.
- ☐ Use window reflectors to reflect heat back outside.
- ☐ Like aluminum foil-covered cardboard
- ☐ Add insulation to keep the heat out.
- ☐ Use attic fans to clear hot air.
- ☐ Install window air conditioners and insulate around them.
- ☐ For more information go to:  
<https://getagameplan.org/disasters-and-emergencies/extreme-heat>  
  
[https://www.ready.gov/sites/default/files/2020-03/extreme-heat\\_information-sheet.pdf](https://www.ready.gov/sites/default/files/2020-03/extreme-heat_information-sheet.pdf)



# RECOGNIZING HEAT RELATED ILLNESS

ILLNESS	SIGNS	ACTIONS
HEAT CRAMPS	<p>Muscle pains or spasms in the</p> <ul style="list-style-type: none"><li>• Stomach, or</li><li>• Arms, or</li><li>• Legs</li></ul>	<ul style="list-style-type: none"><li>• Go to a cooler location.</li><li>• Remove excess clothing.</li><li>• Take sips of cool sports drinks with salt and sugar.</li><li>• Get medical help if cramps last more than an hour.</li></ul>
HEAT EXHAUSTION	<ul style="list-style-type: none"><li>• Heavy Sweating</li><li>• Paleness</li><li>• Muscle cramps</li><li>• Tiredness</li><li>• Weakness</li><li>• Dizziness</li><li>• Headache</li><li>• Fainting</li><li>• Nausea</li><li>• Vomiting</li></ul>	<ul style="list-style-type: none"><li>• Go to an air-conditioned place and lie down.</li><li>• Loosen or remove clothing.</li><li>• Take a cool bath.</li><li>• Take sips of cool sports drinks with salt and sugar.</li><li>• Get medical help if symptoms get worse or last more than an hour.</li></ul>
HEAT STROKE	<ul style="list-style-type: none"><li>• Extremely high body temperature (above 103 degrees) taken orally</li><li>• Red, hot and dry skin with no sweat</li><li>• Rapid, strong pulse</li><li>• Dizziness, confusion or unconsciousness</li></ul>	<ul style="list-style-type: none"><li>• Call 9-1-1 or get the person to a hospital immediately.</li><li>• Cool down with whatever methods are available until medical help arrives.</li></ul>



# QR CODES

**Louisiana Disaster  
Preparedness Guide**



**Create an Emergency  
Ready Sheet**



**Shelters for  
Individuals with  
Medical Needs  
Information**



**Parish Emergency  
Preparedness Contact  
Info**



**DOTD Evacuation  
Route Finder**



**Get A Game Plan:  
Extreme Heat**

