

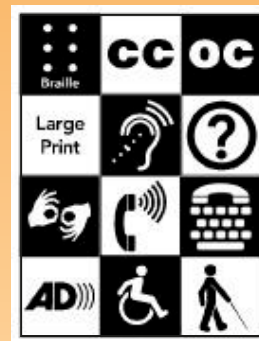
PREPAREDNESS BEGINS WITH *YOU!!*

Being prepared is NOT just the Boy Scout motto. Being prepared for disasters should be a way of life for everyone and especially for people with disabilities. If you have a disability, it is not safe to depend solely on others to ensure that everything has been done to increase your chances of surviving a disaster. To increase your chances of being a survivor, you should **Plan, Prepare, Practice and Participate.**

Remember, nobody knows your needs and preferences better than you. ***YOU are the expert on YOU!***

IMPORTANT CONTACT INFORMATION

www.floridadisaster.org/disability
www.kidsgetaplan.com
www.apd.myflorida.com/disaster
www.weather.gov
www.fema.gov/plan/prepare/specialplans
www.redcross.org
www.prepare.org
www.nod.org/emergency
www.ready.gov
www.fas.org/reallyready/america



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FLORIDA DIVISION OF EMERGENCY MANAGEMENT
2555 Shumard Oak Boulevard
Tallahassee, Florida 32399-2100
850.413.9969
800.226.4329 (TDD/TTY)
Fax: 850.488.1016

EMERGENCY PREPAREDNESS AND PEOPLE WITH DISABILITIES



*Preparedness - it's easier
than you think*



SURVIVABILITY IS ENHANCED BY FOLLOWING THE 4 Ps

The four Ps of emergency preparation are Plan, Prepare, Practice and Participate. Each of these steps is important for safe and effective disaster preparedness for yourself and others.

Plan: Knowing where you will go if you have to evacuate your area is one of the first and most critical steps of planning. Of course, you will also have to know HOW you will get to your evacuation destination. You should consider building a team of people you may depend upon in an emergency. Don't rely on just one person. That person may not be available if a disaster happens. This is not all that goes in to a plan. This is just a small sample of planning requirements. There are many websites where you can get a detailed plan or you can call your local emergency

management office or the state emergency management office for assistance.

Prepare: You should NOT wait until a disaster is announced to prepare. Being ready before a disaster strikes helps eliminate mistakes and relieves quite a lot of stress. Preparing means you are better able to respond to the requirements of a disaster and you are less likely to panic in that event.



Practice: Remember the saying "Practice makes Perfect"? While nothing is perfect, practicing your plan at least twice (and probably four times) a year will help you know what to do (and NOT do) during a disaster. Just think what life would be like if your doctor or care giver never practiced to develop their skills. Or if your favorite sports team

never practiced their plays. Chaos would result and a lot of people could be injured or worse. Practicing your plan does not guarantee you will never have injuries or be badly affected by a disaster. Practicing your plan **does** guarantee that you will have a better chance of surviving a disaster than if you don't practice.

Participate: One of the most overlooked parts of emergency preparation is participating in planning with your local officials. Too often, people with disabilities have been left out of the loop, have been forgotten completely or have been an afterthought in the planning process. In order to be sure disability related issues are addressed in the most accurate manner, it is important that people with disabilities, their family members, care givers and advocates participate in all parts of emergency planning and emergency management. This will require time and effort on the individuals part but the end results will be well worth the effort.

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