

















BUILDING A PERSONAL EMERGENCY KIT

It is important to be prepared for an emergency as preparation helps to











1. Reduce fear & anxiety
2. Increase likelihood of survival & healthy outcomes
3. Adjust to limited resources during times of disaster.

Your personal emergency kit should contain essential items that you cannot live without. Items should be placed in a sturdy, durable container & kept in a place that is easily accessible in your home. Let's pack an emergency preparedness kit that you can use at home or take with you in case of evacuation:

Your emergency preparedness kit should include:

-  Water – pack a minimum of 72 hours of fresh water
-  Food – 72 hours' worth of non-perishable food items
-  A flashlight or light sticks
-  Extra batteries – for flashlight, radio, breathing devices, cochlear implants, cell phones, hearing aids, etc.
-  Battery-operated or hand crank radio
-  First aid kit
-  7-day supply of Rx medications
-  A Whistle or other signaling device – something to capture attention in your direction
-  At least one change of clothing – it is recommended to have protective clothing and a pair of sturdy shoes
-  A blanket (s)
-  Cash – do not count on credit and debit cards during times of emergency
-  Cell phone and charger
-  Personal hygiene items – deodorant, soap, sanitary pads, etc.
-  Other disability specific equipment – cane, walker, eyeglasses, etc.
-  Copies of important documents – birth certificate, passport, insurance policies & medical information
-  Family and emergency contact information

Additional supplies to consider:

-  Anti-bacterial wipes, plastic bags, garbage bags to assist with clean up
-  Multi-purpose tool
-  Duct tape
-  Pet food & extra water for your pet
-  Sleeping bag
-  Fire Extinguisher
-  Pencil and paper
-  Local maps
-  Can opener
-  Books, games, puzzles – for kids and adults!

There are many helpful resources available online. For additional tips and guidelines, visit [SCEMD, Family Emergency Kit](#) or [Red Cross, Survival Kit Supplies](#).

Sources:

1. [Emergency Preparedness Workbook for People with Disabilities](#)
2. [SCEMD, Family Emergency Kit](#)
3. [Red Cross, Survival Kit Supplies](#)

We are here to assist with your emergency preparedness. Call 800-681-6805.

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BUILDING AN EMERGENCY KIT FOR YOUR PET OR SERVICE ANIMAL

During an emergency, it is important that you have a plan to protect your pets & service animals; they are dependent upon you for survival and a successful outcome. Follow a few simple steps to help your animal companion and/or service animal during times of emergency:

- If you need to evacuate your home, so does your pet. Avoid leaving animals behind.
- Research beforehand which shelters and hotels in your area accept animal guests. Some accept service animals only.
- Include supplies for your animal in your Emergency Preparedness kit or pack a kit specifically for your pet. Below are instructions for packing such a kit.

Emergency kit for your Pet / Service Animal

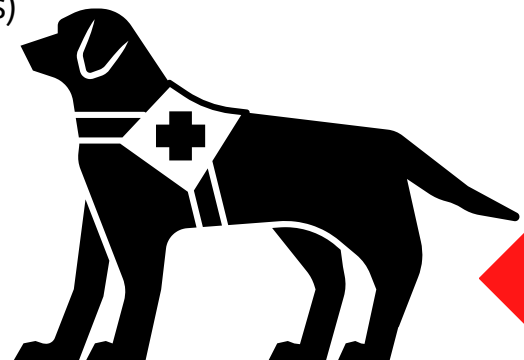
Items should be packed in a sturdy, durable container which can be easily carried & is stored in an accessible location in your home. The kit for your pet should include:



- Sturdy leash, harness, and collar
- Pet carrier
- Food, drinking water and bowls to last several days
- Litter and pan (for those with cats)
- Medications & copies of important medical records – make sure to include vaccination records!
- Current photos – this is important in case of an accidental separation
- A pet bed and toys
- Name and phone number of veterinarian(s)

To ensure the best outcome for you and your family – including your pet – plan ahead of an emergency. For additional resources visit, [SCEMD, Preparing Your Pets for Emergencies](#) or [Red Cross, Pet Disaster Preparedness](#).

Source: [Red Cross, Pet Disaster Preparedness](#)



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EMERGENCY ALERT CARD



My name is:

I receive services from:

If I meet law enforcement and need help, please call:

Name: _____

Phone Number: _____

The best way to communicate with me is



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The best way to communicate with me is



SOME EXAMPLES MAY INCLUDE:

- I have a hearing disability, but I can read lips. Please look at me when speaking.
 - I can communicate with you using my [name device, such as picture cards, electronic device, etc.].
 - I have a seizure disability and may appear confused following a seizure. Please give me time to reorient myself to my surroundings.
 - I cannot speak or hear, but use sign language to communicate. Please seek a sign language interpreter.
 - I have a disability and may not clearly understand the instructions, questions, or requests that you are making. Please call the person I have identified on my card, and they will assist you with understanding how I communicate.
 - I have a physical disability that affects my balance, body movements, and speech. I may not be able to get out of the vehicle quickly.
- 

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WHAT TO DO IF YOU LOSE PHONE SERVICE DURING AN EMERGENCY

Emergencies can turn off cell service. Stay calm.

You still have choices:



1. Try Texting


- Text instead of calling.
- Keep messages short.
- If your apps aren't working, try sending a normal text message instead.



Texts often go through when calls do not.



2. Find a place with a stronger reception

- Go outside if it is safe.
 - Move to higher ground.
 - Step away from large buildings.
-  Even moving a little can improve the signal.



3. Use Wi-Fi

- Connect to home Wi-Fi (wireless internet) if it is working.
- Turn on Wi-Fi calling in your phone settings.
- Go to a library, shelter, or community center.



4. Use a Battery-Powered Radio

Listen for updates from:

- National Weather Service
- Local emergency officials



Keep extra batteries in your emergency kit.

5. Go to a Safe Community Location

If you cannot communicate using your phone or internet:

- Go to a local shelter.
- Go to a fire station (if safe).
- Follow instructions from emergency workers.

Emergency response may be coordinated by:

- Federal Emergency Management Agency (FEMA)
- South Carolina Emergency Management Division (SCEMD)

6. Have a Meeting Plan

Before an emergency:

- Choose 1 meeting place near home.
- Choose 1 meeting place outside your neighborhood.
- Make sure everyone in your home—and anyone who supports you—knows the plan.

7. Keep Important Information on Paper

Do not rely only on your phone.

Write down:

- Emergency contacts
- Medications
- Medical needs
- Support people & their contact information

Keep this list in your emergency kit/go-bag.

8. Save Your Phone Battery

- Turn on low power mode.
- Lower screen brightness.
- Close unused apps.
- Use texting instead of video calls.
- Keep a portable charger.

Remember: Be Confident!

You are not alone.

Planning ahead keeps you safer.

Stay calm. Use your backup plan.

MY FIRE SAFETY AND EVACUATION CHECKLIST

This checklist helps us stay safe from fires.

Practice these steps so you know exactly what to do to get out safely and fast.

Before a Fire: Get Ready!



- Know the sound. Learn what the fire alarm sounds like. It is very loud and flashes bright lights.



- Find two ways out. Look at every room. Find two paths to get outside (like a door and a window).



- Practice the plan. Practice walking the evacuation paths during day and night.



- Pick a meeting place. Choose a safe spot outside, far away from the building, where everyone meets (like a specific tree or neighbor's mailbox).



- Keep paths clear. Make sure hallways and doors are not blocked by boxes, furniture, or toys.

During a Fire: Get Out!



- Stop what you are doing. If you hear the alarm or see smoke, stop immediately.

- Leave your things. Do not stop to pick up toys, phones, or clothes. Just get out.



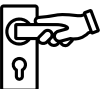
- Do not use elevators. Always use the stairs to go down.



- Stay low if there is smoke. If you see smoke, drop to the floor and crawl on your hands and knees under the smoke.



- Test doors before opening. Touch the door with the back of your hand. If it feels hot, do not open it. Use your second way out.



- Go to the meeting place. Once you are outside, walk straight to your safe meeting spot. Stay there.



- Never go back inside. Even if you forgot something or are worried about a pet, stay outside. Firefighters will help when they arrive.



After Safely Out: Call for Help



- Call 911. Once you are safely outside, call 911 or ask a trusted neighbor to call.



- Tell the operator where you are. Give them your address and tell them everyone is outside.

Remember, items in your home can be replaced, but you cannot. Your only job in a fire is to get outside and stay outside. Safety first!

We are here to assist with your emergency preparedness. Call 800-681-6805.

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KNOW YOUR RIGHTS: EMERGENCIES AND YOU!

Your safety, wants, and needs matter.

You Have Rights During an Emergency

Even when things are moving fast, you have the right to:

- Be treated with respect
- Be safe
- Get help
- Ask questions

You Have the Right to Communication Support

You can ask for help so you understand what is happening.

You can:

- Ask responders to speak slowly.
- Ask them to repeat information.
- Ask for things to be explained step by step.
- Use your communication device, pictures, or written notes.
- Take extra time to answer.

You can say:

“I have a disability.” “I need help communicating.” “Please slow down.”

You Have the Right to Use Support Tools

Emergency responders should let you use the tools that help you. This includes:

- Your communication device or tablet.
- Your phone or text-to-speech apps.
- A medical alert card or emergency ID.
- Your glasses, hearing aids, or wheelchair.

Important Reminders

- You are not in trouble: Having a disability does NOT mean you did anything wrong.
- Responders are there for you: Their job is to keep you safe.
- Speak up: You are allowed to ask for exactly what you need.
- It is okay to feel scared: Emergencies are hard. It is okay to feel confused.

If Something Feels Wrong

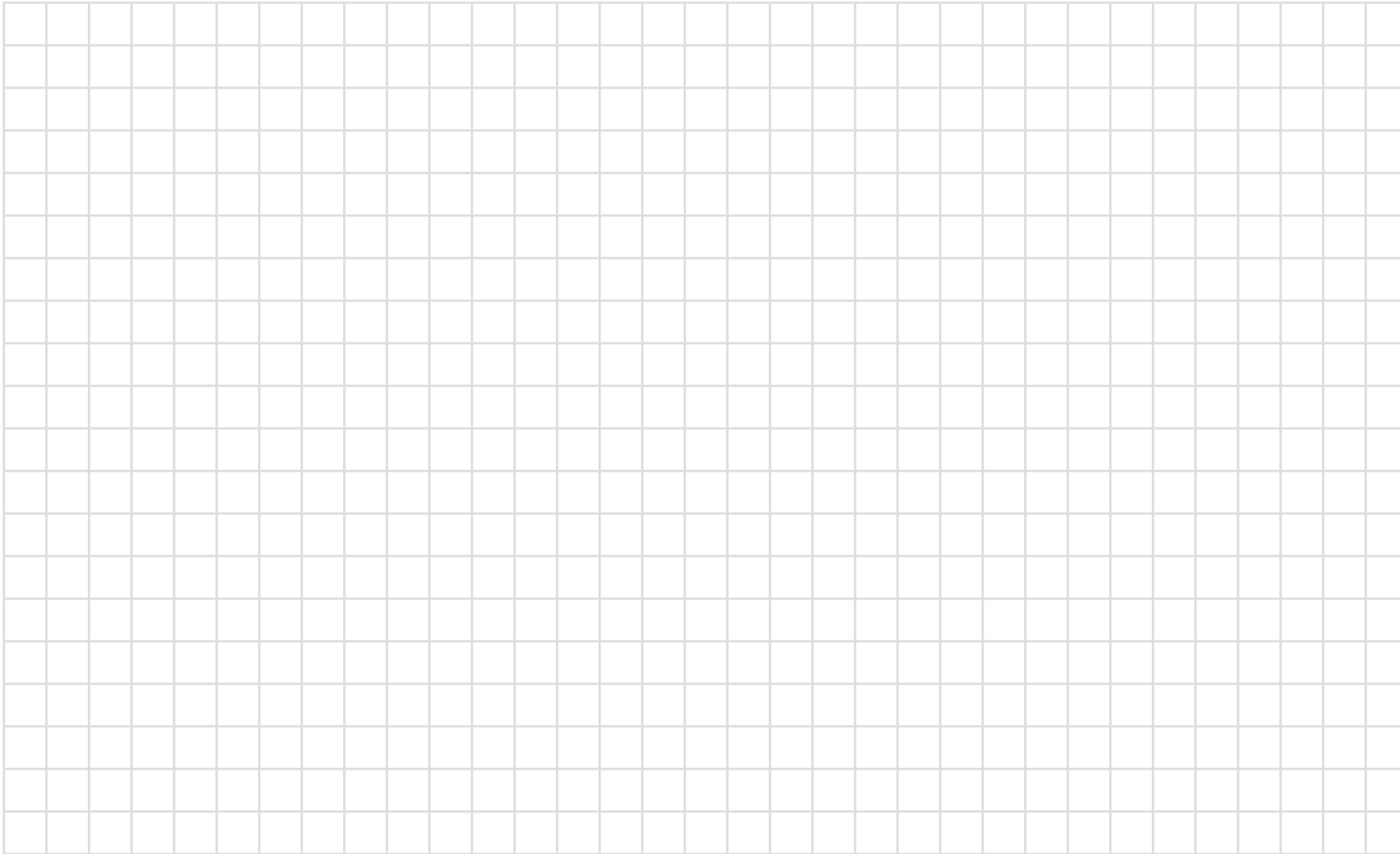
If you feel you were not treated fairly or felt unsafe:

- Tell someone you trust as soon as you can.
- Write down what happened or record a voice note.
- Ask for help from an advocate or a support person.

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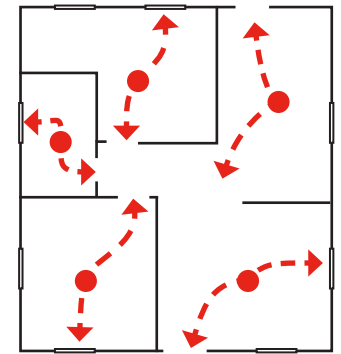
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Our Home Fire Escape Plan

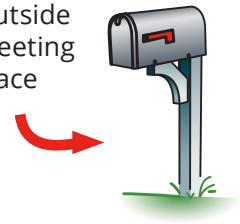


Fire department number:

Example



Outside meeting place



How to make a home fire escape plan:

- Draw a map or floor plan of your home. Show all windows and doors.
- Mark two ways out of each room.
- Choose a meeting place outside in front of your home. Draw a picture of your outside meeting place on your escape plan.
- Write the emergency telephone number for the fire department on your escape plan.
- Practice your plan at least two times a year.