

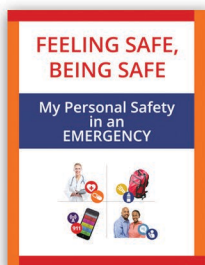
FEELING SAFE, BEING SAFE

My Personal Safety in an EMERGENCY



FEELING SAFE, BEING SAFE

MAKING YOUR OWN PLAN



This worksheet packet and magnet will help you make a plan and support you during an emergency.

It will help you think about:

- Important people to call.
- Being safe at home.
- A safe place to go.

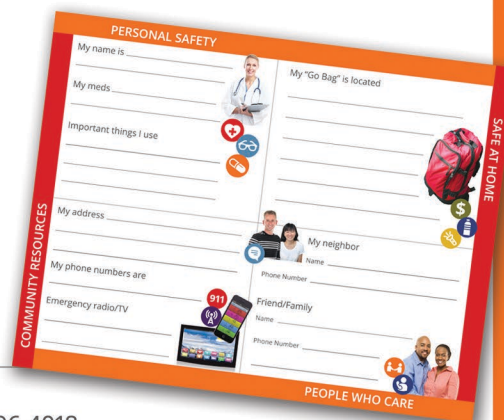
Complete all the pages in the worksheet.

Put it in your emergency Go Bag.

The magnet will show important information about you. Fill it in using information from your worksheet. You can use a pen or marker. Put it on your refrigerator.

Have someone help you:

- Get all the information you need.
- Put your emergency Go Bag together.
- Complete the worksheet.
- Fill in your magnet.



370 Centennial Office Building
658 Cedar Street
St. Paul, Minnesota 55155
E-mail: admin.dd@state.mn.us

Phone: 651.296.4018
Toll-free: 877.348.0505
MN Relay Service: 800.627.3529 OR 711
<http://mn.gov/mnddc>
<http://mn.gov/mnddc/pipm>

We wish to thank the California Department of Developmental Services for granting us permission to use the concept and design of their emergency preparedness packet, "Feeling Safe, Being Safe," to create a Minnesota version of the packet. The preparation of this publication was financed in part by grant number 2101MNSCDD from the Administration for Community Living, US Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects with government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official ACL policy.

Personal Safety

IMPORTANT INFORMATION ABOUT ME

PERSONAL INFORMATION



My name _____

Health Insurance _____

CARD NUMBER _____

HEALTH/MEDICAL INFORMATION

My meds _____

My doctor _____ Phone _____

Information about my disability _____



IMPORTANT THINGS I USE

☐ Glasses

☐ Service animal

☐ Wheelchair

☐ Walker

☐ Hearing aids

☐ Other _____

COMMUNICATION

My way of talking _____

Best way to talk to me _____

Best way to assist me _____

How I respond to stress _____



People Who Care

IMPORTANT PEOPLE IN AN EMERGENCY

SOMEONE WHO LIVES CLOSE BY:

Neighbors _____ (AREA CODE) PHONE NUMBER

_____ (AREA CODE) PHONE NUMBER

_____ (AREA CODE) PHONE NUMBER



Apartment Manager _____ (AREA CODE) PHONE NUMBER

Family or Friends _____ (AREA CODE) PHONE NUMBER

_____ (AREA CODE) PHONE NUMBER

_____ (AREA CODE) PHONE NUMBER

_____ (AREA CODE) PHONE NUMBER

_____ (AREA CODE) PHONE NUMBER



OTHER IMPORTANT CONTACTS:

Support Staff _____ (AREA CODE) PHONE NUMBER

Program _____ (AREA CODE) PHONE NUMBER

County _____ (AREA CODE) PHONE NUMBER

COMMUNITY RESOURCES

CALL 911 IN AN EMERGENCY

911



WHERE TO GET INFORMATION TO BE SAFE IN AN EMERGENCY:

Radio Station _____ TV Station _____

Web sites _____

*Stay connected with
severe weather alerts*



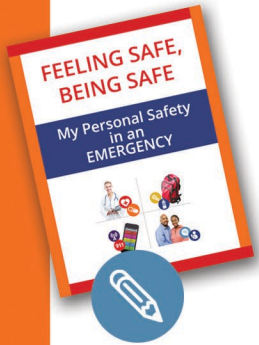
Safety Tips

GOOD IDEAS FOR BEING SAFE

My Go Bag is ready.



My worksheet is finished in my Go Bag.



My magnet is finished and on my refrigerator.

I practiced telling people about my personal needs.

I told people who care that I am depending on them.



I asked about being safe at work in an emergency.



Being safe, feeling safe = Being prepared

Safe at Home

PREPARING SO YOU ARE SAFE AT HOME

GO BAG CONTAINS:

- ☐ Water
- ☐ Food
- ☐ Extra clothes
- ☐ Shoes/boots
- ☐ Coat
- ☐ Gloves
- ☐ Service animal supplies
- ☐ Meds for 1 week
- ☐ First Aid kit
- ☐ Extra glasses
- ☐ Games and books
- ☐ Soap, tissues, hand cleaner, deodorant, toothbrush, toothpaste



- ☐ Whistle
- ☐ Garbage bags
- ☐ Flashlight
- ☐ Radio
- ☐ Batteries
- ☐ Candles, matches or lighters

Place in zip lock bag:

- ☐ Worksheet
- ☐ Copy of insurance and ID card
- ☐ Cash
- ☐ Notebook and pen
- ☐ Extra keys



IMPORTANT THINGS I USE:

- ☐ Put your name on the front of the Go Bag.
- ☐ Put it in a place easy to find.
- ☐ Tell important people where it is.
- ☐ Check the contents often.



GOOD IDEAS ABOUT BEING SAFE AT HOME:

- ☐ Clear pathways to enter and leave easily.
- ☐ Keep window and door areas free of clutter.