



An emergency preparedness guide for individuals with disabilities to help keep you informed, healthy, safe and connected.

Helpful Resources In Any Emergency:

- The State of Nevada website will have local and statewide information and resources at nv.gov.
- The Administration on Community Living (ACL) will have information for people with disabilities in a national disaster or emergency at acl.gov.
- The Centers for Disease Control and Prevention (CDC) will have information on diseases, how to stay healthy and what to do if you get sick at cdc.gov.
- The Federal Emergency Management Agency (FEMA) and the American Red Cross will have information on shelters, planning for, and what to do during national disasters or emergencies at fema.gov and redcross.org.
- Disaster Distress Helpline: 24/7, 365-day-a-year, national helpline for who are experiencing emotional distress related to any natural or human-caused emergency or disaster: phone number 1-800-985-5990.

The Nevada Governor's Council on Developmental Disabilities

808 W. Nye Lane, Carson City, NV 89703 | Phone: 775-684-8619
Website: www.nevadaddcouncil.org | Facebook: [@NVGCDD](https://www.facebook.com/NVGCDD) | Twitter: [@NVGCDD](https://twitter.com/NVGCDD)



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Visit [ready.gov/disability](https://www.ready.gov/disability) for more disaster and emergency planning tools.

How to create an emergency plan:

1. Think About Your Needs: People with disabilities can face different challenges when preparing for an emergency. Think about the things you and your family need that you may not have in an emergency like power for lights, heating or air conditioning, your refrigerator, charging phones or medical equipment. You may not have running water or other things you depend on everyday. If you live alone who will check on you daily? What if an emergency happens when you aren't at home?

2. Make an Emergency Supply Kit: You should have basic supplies in case of an emergency. Keep your supplies together in one place. Make sure everyone in your house can get to it easily.

3. Prepare: Think about what you will do, where you will go, who you can contact, where to get the services and supplies you need. Make a plan for what to do in an earthquake, fire, flood or other emergencies. Write down your plan. In the back of this toolkit we have a form you can use to write or type your important information.

4. Practice Your Plan: Talk about your plan with your family and anyone else who is in the plan (case managers, care coordinators, schools, neighbors, friends). Make sure everyone knows where the emergency kit is, emergency exits and where to meet if you get separated. Practice often so you don't forget!

5. Don't forget your pets or service animals. You need supplies and a plan for them too. We have a section on service animals later in this toolkit.



Consider making several copies of your plan. Give them to friends, care coordinators, case managers, schools and keep some at home in case you need to give one to emergency responders or others helping you.



Store items in airtight plastic bags and put them in one or two easy-to-carry containers that you can get to quickly.

Whether you can stay at home or need to leave your house, it's important to have a basic emergency kit that has at least a 3 day supply of:

- ✓ Water - keep several gallons for each person and animal in a closet or pantry for sheltering at home and a couple bottles in your to-go kit so you can carry it easily if you have to leave.
- ✓ Food that doesn't need to be refrigerated for you and your animals
- ✓ Hand held can opener
- ✓ Battery-powered or hand crank radio
- ✓ Flashlight with extra batteries
- ✓ Prescription medication if possible
- ✓ First aid kit (with pain and allergy medicine) and a first aid book
- ✓ Change of clothes based on the season and sturdy shoes
- ✓ Whistle to signal for help
- ✓ Personal care items (soap/toothbrush/toothpaste/comb/feminine products)
- ✓ Paper towels/napkins/wet wipes/zip lock bags/garbage bags
- ✓ Cell phone with chargers and a backup battery
- ✓ Copies of identification cards, financial records, disability diagnosis and other documents
- ✓ List of your emergency contacts, medical diagnosis, medications, doses and needed devices. We have a form at the end of this toolkit that you can use.
- ✓ Check your supplies at least once a year.



Find more information on emergency kits at [ready.gov/kit](https://www.ready.gov/kit)

HOW CAN I STAY HEALTHY?

Things you can do when there is an any illness making people sick:

To help you stay healthy:

- WASH YOUR HANDS a lot with soap and warm water for at least 20 seconds.
- Stay away from people who are sick.
- Stay home except to get the supplies you need like food and medicine.
- If you have to go out, stay away from other people as much as you can.
- Do not touch your face, especially your eyes, nose, and mouth.
- Don't shake hands or hug people.
- Do not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people.
- Clean the places people touch a lot like door handles, light switches, toilet handles and sinks.

If you get sick, or think you may be sick:

- Call your doctor and follow their instructions:If you live alone call a family member or trusted adult to help you.
- Stay home except to get medical care.
- Stay away from others as much as you can, especially in your home.
- Do not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people.
- If you feel very sick call 9-11

If you live with other people:

- Stay away from other people in your home as much as you can.
- Use a separate bathroom, if you can.
- Wash your hands and clean the places you touch a lot.
- Do not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people in your home.
- Clean the places people touch a lot like door handles, light switches, faucets.

YOU HAVE RIGHTS

Your rights don't stop in an emergency or disaster!

- ✓ You have the right to be healthy and safe.
- ✓ You have the right to be treated with respect.
- ✓ You have the right to the services and supports you need.
- ✓ You have the right to the same healthcare, shelters and emergency services as everyone else.
- ✓ When your rights aren't met this is abuse, neglect or discrimination (treating someone differently because of their age, race, religion, disability or gender).
- ✓ You have the right to tell someone if you feel your rights are not being met.

Service animals in emergencies:

- The Americans with Disabilities Act (ADA) defines a service animal as a dog (or miniature horse), that is trained to do work, or tasks for a person with a disability. The work or task must be directly related to the person's disability.
- A service animal is NOT a pet, emotional support or comfort animal.
- An emergency manager, shelter operator, or first responder can only ask you two questions to determine if an animal is a service animal:
 - Is the service animal required because of a disability?
 - What work or task has the service animal been trained to perform?
- An emergency manager, shelter operator, or first responder cannot take your service animal away from you or deny you services because you have a service animal.
- Hospitals must allow your service animal to stay with you whenever possible.
- A service animal must be under the control of its handler at all times.
- Be ready to explain to first responders that you have a service animal and that you have the legal right to be with your service animal.
- Have food, water, bowls, collar, ID tags, vet records and other supplies for your service animal in your emergency kit. Hospitals or shelters are not required to care for your service animal.



Visit adata.org/service-animal-resource-hub/emergencies for more information.

HOW CAN I GET HELP?

If you are unhappy with a service or support or think you need a change to your services or supports:

- Tell your care coordinator.
- You can also tell one or more trusted adults.

To report suspected abuse or neglect:

- Tell one or more trusted adults.
- Contact the State of Nevada's Adult Protective Services. They look into reports of abuse or neglect involving adults with disabilities.

Visit adsd.nv.gov or call:

- Las Vegas/Clark County 702-486-6930
- Statewide/All other areas 888-729-0571

If you think your rights are not being met because you have a disability or have questions about your legal rights:

- Contact the Nevada Disability Advocacy and Law Center at ndalc.org or call:
 - Las Vegas: 1-888-349-3843
 - Reno: 1-800-992-5715
 - Elko: 1-800-992-5715

Crisis support services of Nevada is a 24/7, 365-day-a-year, national helpline for suicide prevention, sexual abuse, substance abuse, mental health and more. Call 1-800-273-8255.

If you feel your life is in immediate danger call 9-11

PLAN AND PREPARE

If You Have To Stay In Your Home

Sometimes during disasters or emergencies we need to shelter in place, or stay in our homes until it's safe to go out. Here are some things to help you plan for staying in your home during a disaster or emergency.

Use Your Plan

- Make a list of your emergency contacts, medical diagnosis, medications, doses and needed devices and put it in your emergency kit. We have a form at the end of this toolkit you can use.
- Think about what you will do to get the services and supplies you need:
- See if you can get extra prescription medications. Can your medications be delivered by mail or can a neighbor/family member pick them up? Have over-the-counter medicines and supplies to treat fevers or injuries.
- Are there ways to get your services at home if you can't leave?
- What if your personal care assistant can't get to you?
- Do you have enough personal care items and food? Who can go food shopping for you and/or can you get meal delivery or order online?
- What if you get sick or injured?

Family and Caregiver Support

- Know what medications the individual is taking and see if you can help them get an emergency supply.
- Monitor food and medical supplies needed and create a back-up plan.
- Stock up on non-perishable food and personal care items.
- If you care for a loved one living in a care facility, monitor the situation, ask about the health of the other residents frequently and know the protocol if there is an outbreak.

Neighbor Helping Neighbor

- Neighbors helping neighbors is critical during times when federal, state, and local government are overwhelmed.
- Consider using the Nextdoor app, a social networking app where users can support each other in a safe way to share online the kinds of things you share with your neighbors in person. Nextdoor is securely encrypted. Every neighbor must verify their address in the neighborhood and use their real name.

Adapted from Guidance for Sheltering in Place – Emergency Preparedness Information for People with Disabilities from FEMA (Federal Emergency Management Agency)

PLAN AND PREPARE

If You Have To Leave Your Home

Sometimes during disasters or emergencies you have to evacuate which means leaving your home because it's not safe to stay there. Sometimes this happens very fast and you won't have time to pack. Here are some things to help you plan for leaving your home during a disaster or emergency.

Use Your Plan

- Make a list of your emergency contacts, medical diagnosis, medications, doses and needed devices and put it in your emergency kit. We have a form at the end of this toolkit you can use.
- Keep your emergency kit where everyone in your house can get to it quickly!
- Be ready to explain to first responders that you need to evacuate and choose to go to a shelter with your family, service animal, caregiver/personal assistant, and your necessary assistive devices and supplies.
- If you have a service animal, make sure you have supplies for them in your emergency kit.
- Make a plan for your pets. Emotional support animals and pets are not service animals and can't come with you to a shelter or hospital.
- Plan ahead for accessible transportation that you may need for evacuation or getting to a medical clinic.
- If you use medical equipment that requires electricity, make a plan for how you can keep it running during a power outage.
- If you use a communication device, plan how you will communicate if your equipment is not working, including laminated cards with phrases or pictures.
- Consider putting small comfort items or things to keep busy in your emergency kit for children and adults who may need them.
- Make a plan for what to do in an earthquake, fire, flood or other emergencies. Make sure everyone in your house knows what to do and where to meet if you have to leave your house or you are separated.
- Talk about your emergency plan with your family and anyone else who is in the plan (case managers, care coordinators, schools, neighbors, friends). Practice often so you don't forget!

HOW DO I FIND SERVICES I NEED ?

The Nevada Department of Health and Human Services

Information on important services and how to get them:

dhhs.nv.gov/essentialservices or call 775-684-4000.

Nevada Medicaid

Webpage to answer questions about COVID-19 and its impact on Nevada Medicaid recipients and providers: dhcftp.nv.gov

Access Nevada

Find out if you are eligible for Medicaid and other State support services. Includes an Assess My Needs Screening Tool through Nevada Care Connection to assess individual needs, identify programs and services that may meet those needs and connect you with local resources for assistance:

accessnevada.dwss.nv.gov/public/landing-page.

Nevada Unemployment Insurance

Nevada Department of Employment, Training and Rehabilitation: detr.nv.gov

Northern Nevada: (775) 684-0350

Southern Nevada: (702) 486-0350

Rural Areas and Out of State Callers: (888) 890-8211

Nevada Care Connection

Resource centers for questions about Medicaid and other State support services. Includes Screening Tool to assess individual needs, identify programs and services that may meet those needs and connect you with local resources for assistance: nevadaadrc.com

General services information and resources: nevada211.org or call 211

Food Assistance

nevada211.org/food-services



Set aside time everyday to relax, do something fun and be kind to yourself!

During stressful situations or when our usual routines and connections with friends, family and co-workers are disrupted it can make us feel alone, anxious, depressed, angry or scared. This section will help you with ideas and ways to stay connected and mentally healthy during a disaster or emergency.

Basic things we all can do:

- Stick to your regular schedule as much as possible.
- Do something you enjoy. Read or download an audio book, watch a comedy or a funny video, play a game, cook or do crafts, spend time with pets.
- Get outside. Sit outside and listen to the birds, go for a walk in your neighborhood or in nature. Remember to keep space between other people.

Do something you haven't done before. Learn a new hobby or skill. Look up things you want to learn more about on the Internet.

- Try deep breathing, stretching, yoga or meditation (relaxing and focusing your thoughts on an object, thought, or activity that calms you).
- Don't let the emergency or disaster be the only thing you talk about.

Stay informed

- Most phones have emergency alert settings. Check your phone's manual or ask a family member or friend to help you.
- During an emergency listen to your local radio or tv stations. This information will let you know, for example, if you need to shelter in place at home, school, or work—or, if necessary, go to an approved shelter.
- Make sure you get your information from places you know and trust. The websites listed on the front of this toolkit are good resources. Make sure you check them often since things change very quickly in an emergency or disaster.

WAYS TO STAY CONNECTED

You may have heard these terms lately but what do they mean?

What is Social Distancing? A way to keep people separated to help stop the spread of germs. It means staying away from places where people might gather and keeping space between you and others - at least 6 feet.

What Is Quarantine? The separation of people who have been exposed to germs to see if they become sick and to keep them from possibly spreading germs to others. This is usually done at home. Doctors will tell you if you need to quarantine and for how long.

What is Isolation? It prevents the spread of germs by separating people who are sick from those who are not. It can take place at home or the hospital if you are really sick. Doctors will tell you if you need to be isolated and for how long.

Here are some ways to stay connected with your family, friends, co-workers and others:

- Schedule regular phone, chat, Facetime, Messenger, Zoom or Skype dates to connect with people in your life.
- Talk to friends and family about what they use to stay connected.
- Schedule a meal or activity together with a friend using face time, Skype or video calling.
- If you and a friend have a Netflix subscription you can watch a movie together on a new technology called Netflix Party.
 - Learn more about Netflix Party here: netflixparty.com
- Search social media or the Internet for live dance classes, concerts, storytime sessions or look for virtual tours and live cameras at museums, zoo's and aquariums.
- Be careful of scams or people trying to get your money or important information. NEVER give out personal information like your social security number, address, bank accounts or passwords. Ask a trusted friend or family member if you aren't sure about something.
- Reach out to people who may not have a lot of people to talk too. Offer to help them set up social media or video chats.

TAKING CARE OF YOUR MENTAL HEALTH

Our mental health affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Everyone reacts differently in stressful situations. It's normal to feel lots of different emotions like anxiety, worry, fear, depression or loneliness during a disaster or emergency. It's important to take care of our mental health just like we take care of our bodies.

**Mental health issues are NOT:
fake, something you can snap out of, something you choose to
have, a sign of laziness, weakness or anything to be ashamed of!**

Ways to support yourself:

- Be your own advocate. Remember your rights and speak up about your needs.
- Ensure you have what you need to feel safe, secure, and comfortable.
- Reach out to family members or friends for help or to talk about your feelings.
- Take time between stressful activities to rest and relax or do something you enjoy.
- Exercise is a great way to relieve stress and help you feel better.
- Let yourself feel sad, breakdown or cry as often as you need to. These are not signs of weakness. They are a good way to let your stress out.
- If you see a counselor or therapist, call them to see if they can do a phone call or video chat if you can't go in person.
- If you find yourself having trouble sleeping or eating too much or too little, doing your everyday tasks, using drugs or alcohol to cope, or have thoughts of harming yourself, speak to a health care provider or call one of the numbers listed below.
 - National Disaster Distress Helpline: a 24/7, 365-day-a-year helpline for people who are experiencing emotional distress related to any natural or human-caused emergency or disaster: 1-800-985-5990
 - National Suicide Prevention Lifeline: 24/7, 365-day-a-year helpline for people in emotional distress 1-800-273-TALK (8255)

EMERGENCY FORM

Use this form to write or type your important information and keep it in your emergency kit

Name

Address

Phone Number

Birth Date

Emergency Contacts. Include name, phone number, address and relationship to you.

1.

2.

3.

4.

5.

Medical History: List your medical conditions, disability diagnosis, allergies (including medicine), blood type (if you know it), doctors names and phone numbers. Don't forget to include any mental health diagnosis.

Medications: List all the medications you take including how much and when you take them.

Health Insurance: List your health insurance providers, policy numbers and contact phone numbers.

Assistive, Adaptive and Medical Equipment: List the things you must have to stay healthy, help you get around, bath, eat and take care of yourself. Include model and serial numbers and where you got the equipment (Medicare, Medicaid, personal insurance, etc.)

Daily Living: List all the activities you need help with and how someone can best help you do those activities.

Needed Accommodations/Other important notes.

The Nevada Governor's Council on Developmental Disabilities engages in advocacy, system's change and capacity building activities for people with developmental disabilities and their families in order to promote equal opportunity, self-determination, and community inclusion.

www.nevadaddcouncil.org