

Are You Prepared for the Next



Emergency?

The Connecticut Council on Developmental Disabilities wants you to be **S.A.F.E!**

Safety **A**dvocacy **F**or **E**mergencies

It is not a matter of "if" there will be an emergency....it is a matter of "when"!

Everyone needs to be prepared!

How Do I Prepare for an Emergency?

- ✓ Contact your fire department or emergency preparedness office to find out what supports are available in your community.
- ✓ Ask your fire department if your community has an emergency registry or notification system and register.

Where Do I Go?

- ✓ Find out where shelters are in your community and if they are accessible to meet your needs.
- ✓ Does your community have volunteers who will help?
- ✓ Know contact numbers for first responders.

How Do I Plan for an Emergency?

- ✓ Consider family, friends, personal assistants or support people that can assist you.
- ✓ Make an emergency plan which would include transportation, shelter and support.

What Do I Bring?

In addition to your clothing and necessary personal care items, you should bring a "To Go" bag with the following:

- ✓ A three day supply of non-perishable food and a manual can opener.
- ✓ A three day supply of water per person.
- ✓ Medications and a list with the name of each drug, the dosage, frequency, the prescribing doctor and the pharmacy.
- ✓ Copies of your important documents.

**PREPARE YOUR "TO GO" BAG IN
ADVANCE OF ANY EMERGENCY**

BE READY!!



Learn More From These Websites:

- ✓ www.ct.gov/demhs
The CT Department of Emergency Services and Public Protection Emergency Management and Homeland Security
- ✓ www.ready.gov
Federal Emergency Management Administration's Planning & Readiness site
- ✓ www.fema.gov/odic
Office of Disability Integration and Coordination
- ✓ www.cdc.gov
Centers for Disease Control and Prevention

**BE SAFE!
BE PREPARED!**



For More Information Contact:

The CT Council on Developmental Disabilities
460 Capitol Avenue
Hartford, CT 06106
1-860-418-6160
www.ct.gov/ctcdd