



Personal Emergency Preparedness Workbook



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Introduction

One of the most important aspects of independent living is developing the capacity to keep ourselves safe at home, work, and in the community. This is why The Independence Center is pleased to offer this workbook to help people with disabilities plan for emergencies. Having an emergency plan in place will increase your confidence in your own ability to stay safe in a disaster situation. And, all of the pages in this workbook are available at www.theindependencecenter.org so that you can print them out and update your information regularly.

This workbook will guide you through the process of gathering the information and supplies you will need if a disaster strikes. It is filled with worksheets, checklists, and tips to help you prepare for an emergency. That way you have all of the information you need to make sure that you continue to live independently if you should ever need to evacuate your home, work, or school. You may want to make copies of these pages so that you can keep them up to date in the months and years to come.

Before you start filling out the pages in this workbook, it is important to start thinking about three people you can share information with. These individuals will be part of your Personal Support Network. You may have different Personal Support Networks at home, work, school, or anyplace you spend a great deal of time. The people in your Personal Support Network will work with you to prepare for a disaster.

Keep in mind that according to Title II of the Americans with Disabilities Act, people with disabilities are protected from discrimination on the basis of disability when it comes to state and local government services. That means that our community may not be excluded from participation or denied benefits from programs, activities, and services including emergency services that the state and local government provide to others. Since we are focusing on emergency services, those services include mitigation (making your neighborhood or home safer from fire), planning for how to respond to an emergency, response (including alerts, evacuations, and sheltering) and recovery (rebuilding, emergency funding, etc.). This means that services offered to other residents must reasonably accommodate residents with disabilities.

Finally, completing this workbook, identifying the members of your Personal Support Network, and putting together emergency kits for your home, car, and person are only the beginning. We encourage you to learn more about disasters that can happen in your area. Contact the resources on the last pages to learn more about disaster planning, first aid, and sheltering.

Remember, you are ultimately responsible for yourself. Being prepared is one of the most important things you can do to live up to that obligation.



Emergency and Disaster Preparation

- ☐ Fill out the Emergency Information List.
- ☐ Fill out the Medical Information List.
- ☐ Fill out a Disability Specific Checklist.
- ☐ Attach copies of your health insurance cards and related information to your Medical Information List.
- ☐ Keep at least a three-day supply of essential medications with you at all times. One option is to put the last 3 days of your monthly supply in the kit, and rotate those three at the end each month, when you refill.
- ☐ Have extra copies of prescriptions with you at all times.
- ☐ Install at least one smoke detector on each level of your home, as well as one in each bedroom.
- ☐ Find the location of utility cutoff valves and switches. Become familiar with how to operate them.
 - ☐ Identify as many exits as possible (at least two) from each room and from your building.
 - ☐ Make a floor plan of your home, including primary escape routes.
 - ☐ Practice your escape plan.
 - ☐ Decide what equipment you will need for assistance during an evacuation.
 - ☐ Be ready to give brief, clear, specific instructions and directions to rescue workers.
 - ☐ Become familiar with the emergency or disaster evacuation plan for your office, school, or other locations where you spend a lot of time.
 - ☐ Have an alternative place to stay if you are evacuated.
 - ☐ Have a plan to care for your pets and/or Service animal(s).
- ☐ Talk with your doctor or pharmacist about what you should do if you do not have enough medicine after a disaster. Also, find out the shelf life of your medication and the storage temperature it needs.
- ☐ Determine how often you should replace stored medication,

Identify places to go during an:

- Wildfire
- Tornado
- Winter Storm
- Flood

Personal Support Network

WHO, WHAT, WHERE AND WHY?

A Personal Support Network is a group of people who come together to help keep one another safe in an emergency. The people in your Personal Support Network will work with you to prepare for a disaster. You might practice evacuating together, or work with one another to prepare emergency kits for your car, home, and to carry with you on your person. The following tips will help you develop your Personal Support Network:

Ask people you know and trust to be part of your Personal Support Network. Members of your Network can be relatives, neighbors, co-workers, or friends. You should have at least three people in your Personal Support Network for each location you spend a lot of time at (home, work, school, volunteer sites, etc.).

HOW TO PREPARE

Give copies of your Emergency Information, Medical Information, and Disability- Related Supply lists to members of your Personal Support Network.

Have members of your Personal Support Network check on you if emergency officials issue an evacuation order, or if a disaster occurs. If you are Deaf or hard of hearing, have members of your Personal Support Network contact you when a siren or loudspeaker announces an emergency.

Do not count on phone service during an emergency. Decide on signals members of your Personal Support Network can use in an emergency that all of you will understand. For instance, you can hang sheets outside your windows, shout to each other or use high-pitched noisemakers or bells to let one another know if an emergency is happening.

Share important keys with your Personal Support Network so that they can enter your home, car, or other places if they need to.



If you use special equipment of any sort, make sure members of your Personal Support Network know how to operate and safely move it. It is a good idea to make labels with instructions for your equipment.

If you have a service animal, make sure the animal is familiar with members of your Personal Support Network. This will make it easier on your animal if it needs to receive care from someone other than you.

If you need any type of personal assistance, make sure members of your Personal Support Network know what you need and how to provide it.

PRACTICE AND REVIEW

- Practice evacuating from your home, office, or school with members of your Personal Support Network. You should choose an emergency meeting place where you can reunite with your Personal Support Network after evacuating from your home, school, or office. Select a signal you can use to let your Personal Support Network know that you have safely evacuated if you cannot meet in person.
- Review and revise your plan with your Personal Support Network every six months, or as your situation changes.
- Be sure to let your Personal Support Network know when you plan to travel!
- When contacting your Personal Support Network, consider texting over phone calls, if possible. Phone lines need to remain clear for first responders, and cell towers can be quickly overwhelmed. Texts send faster, and easier.
- During an active emergency Safeandwell.org is a website to log your location and share any messages with friends/family. You can register from wherever you are, and as long as the family member or friend knows your name and EITHER your phone number or your pre-disaster address, they can look up any messages, needs or information you choose to share. Ways to be in touch, ways to help, etc. This information can be updated regularly, as your information changes.
- Consider asking one of your personal support network to update your Facebook, Twitter or other social media accounts that you may use often. Encourage inquiring family to contact that person for updates and information, to allow you to free your time to contact doctors, insurance and other important calls you may need to make.



Medical Information & Supply List

SUPPLIES:

Check items you use

☐ Glasses:

☐ Ostomy Supplies:

☐ Eating Utensils:

☐ Walker:

☐ Grooming Utensils:

☐ Crutches:

☐ Dressing Devices:

☐ Cane(s):

☐ Writing Devices:

☐ Dentures:

☐ Hearing Devices:

☐ Dialysis Equipment:

☐ Oxygen: Flow Rate: _____

☐ Urinary Supplies:

☐ Suction Equipment:

☐ Wheelchair:

☐ Sanitary Supplies:

☐ Wheelchair Repair Kit:

☐ Other

☐ _____

☐ _____

☐ _____

☐ _____

☐ _____

☐ _____

☐ _____

☐ _____

☐ _____



Emergency Kits

At a minimum, you should have two emergency kits prepared: a personal kit that you can keep with you at all times, and a larger kit that you can keep at home. If you have a car, you should have a mobile emergency kit there, as well. Finally, if you have a service animal, you should keep a separate emergency kit to make sure you can care for your animal in the event of a disaster.

Your emergency kits should, at a minimum, allow you to sustain yourself for at least three days. Ideally, your kits should contain supplies for up to seven days. Depending on your disability, you may need items that are not included on the following lists. Please refer to the disability specific tips pages for ideas on additional items you might need.

PERSONAL EMERGENCY KIT

Your personal emergency kit should contain essential items that you cannot live without, and you should keep it with you at all times.

- ☐ Food- 2 meals per day/per person. (Rotate food for freshness)
- ☐ Water- 1 gallon per day/per person (Rotate water for freshness)
- ☐ First Aid/medical Supplies (also Medical Information- insurance, prescriptions, advance directives, DNRs, etc)
- ☐ Tools (to fix equipment. Also consider batteries for items you bring)
- ☐ Clothing/Bedding- Consider seasons, and rotate clothing accordingly. Any supportive pillows, blankets and bed items should be included as well)
- ☐ Important Documents (Emergency Information List, proof of address, lease agreement/mortgage loan information, insurances, ID's of any kind, passport, social security, birth certificate, etc)

Misc. Other- Any comfort items, hygiene items, items for pets/service animals, hearing aids, glasses, communication devices, phone charger, cash, cell phone, key ring flashlight, any device that draws attention to yourself

Other Disability Specific Items: _____

HOME EMERGENCY KIT

- ☐ Personal Emergency Kit Items listed on Page 6
- ☐ Sturdy gloves to protect your hands from rubble and debris.
- ☐ Roll of duct tape and plastic sheeting.
- ☐ Can Opener and canned goods- enough to survive 3 days at home with no food or running water.
- ☐ Warm blankets
- ☐ Other Disability Specific Items:

CAR EMERGENCY KIT

- ☐ Personal Emergency Kit Items listed on Page 6
- ☐ Tow Straps
- ☐ Jumper Cables
- ☐ Reflective traffic triangles, or cones to redirect traffic around your vehicle
- ☐ Towels or dry clothing items
- ☐ Snacks that are NOT held together by chocolate or honey
- ☐ Winter goggles or eye protection of some kind



- ☐ Warm gloves/hat/mittens
- ☐ Options to use the restroom (in case you are stranded for a long period of time)
- ☐ Other Disability Specific Items: _____

SERVICE ANIMAL EMERGENCY KIT

- ☐ Vaccination records, along with a photo of the animal.
- ☐ Food, treats, and water – at least a three-day supply,
- ☐ Food and water dishes.
- ☐ Brush, shampoo, and other relevant hygiene items.
- ☐ Pooper scooper or plastic bags for waste disposal.
- ☐ Animal first aid kit (medications, vitamins, contact information for local vet offices, tape, scissors, antibacterial soap, and cotton balls).
- ☐ Leashes, Vests, collars, etc.
- ☐ Veterinarian information- ID tags/vet tags, or if the animal is chipped, ensure the chip is up to date with address and contact information

Chemical and Food Sensitivities

BEFORE A DISASTER HAPPENS...

Anticipate that emergency personnel will probably not be able to meet your needs during an emergency. Include air filtering items such as masks, or food items you can safely eat in all of your emergency kits.

ITEMS TO ADD TO EMERGENCY KITS

- ☐ Chemical/Food Sensitivities:
- ☐ Alternate cooking method
- ☐ Antihistamine
- ☐ Disposable hand wipes
- ☐ Disposable plates and utensils
- ☐ Epinephrine auto-injector
- ☐ Ready-to-eat foods
- ☐ Special dietary supplements

BREATHING/RESPIRATORY LIMITATIONS:

- ☐ Alternate charging source
- ☐ Alternate power source
- ☐ Extra batteries, alternate power source, or charging system for oxygen and breathing devices
- ☐ N95 rated particulate filter mask
- ☐ Rechargeable batteries
- ☐ Resuscitation bag
- ☐ Towels, masks, industrial respirators or other supplies you can use to filter your air supply

DON'T FORGET

- ☐ Check your emergency kits regularly to ensure food items and medications are not expired.
 - ☐ Ensure that masks, towels, and other supplies are clean and ready for use at regular intervals.
-
-
-
-



Cognitive Disabilities

BEFORE A DISASTER HAPPENS...

Mark your calendar and check your emergency kits every six months. Make sure medications and food items are not expired.

Update personal information on your Emergency and Medical Information Lists, and make sure you have current copies of your health insurance cards in your kits.

Practice what you will do during a disaster at your job, home, school, or any place you spend a lot of time.

Keep a list of tasks you will need to do in an emergency on a small tape recorder you can carry with you at all times. This will help you remember what you need to do.

Make sure you give copies of your written emergency plan to the people in your Personal Support Network. You can call them, if it is safe, during an emergency. Think about what an emergency worker will need to know.

For example:

"I use a communication device. I can point to simple pictures or key words."

"I forget things easily. Please write down information for me."

Write your statement below: _____

Practice your statement so that you remember it and can tell an emergency worker when you need to.

ITEMS TO ADD TO EMERGENCY KITS

Organizational Aids:

- ☐ Color Post-it flags
- ☐ Color Sticky Notes
- ☐ Highlighter marker
- ☐ Highlighter tape
- ☐ Notebook

Prompting Devices:

- ☐ Picture prompting books
- ☐ Talking Photo Album
- ☐ Voice Cue



Communication or Speech Limitations

BEFORE A DISASTER HAPPENS...

Figure out how you will let emergency personnel know what you need if you do not have communication devices with you (word boards, augmentative communication devices, artificial larynx, etc.).

Store pads of paper and pens, copies of letter/word boards, or any other communication aids you believe you might need in all of your emergency kits.

Make sure your Medical Information List explains the best way to communicate with you.

If you use a computer frequently as a means of communication, make sure you have an alternative power source in your emergency kits.

ITEMS TO ADD TO EMERGENCY KITS

Low Tech Communication Aids:

- ☐ Dry erase board
- ☐ Laminated alphabet boards
- ☐ Laminated communication board
- ☐ Paper and pens

Deaf or Hard of Hearing

BEFORE A DISASTER HAPPENS...

- Store hearing aids in the same secure place consistently so that you can locate them easily during an emergency.
- If possible, keep an extra hearing aid in your emergency supply kits.
- Store extra batteries for hearing aids or implants in your emergency supply kits. Install both audible and visible smoke alarms in your home.
- Decide how you will communicate with emergency personnel if there are no interpreters available, or if your hearing aids are not available/operational.
- Carry a pre-printed card that reads

"I speak American Sign Language."

- Periodically remind TV stations that they must broadcast all emergency information in open caption format and have interpreters on camera.
- When traveling, make sure hotels have access packets for people who are Deaf or hard of hearing. Ask for them when you check in.

DISABILITY SPECIFIC CHECKLIST

- ☐ Store and maintain extra hearing aids and batteries.
- ☐ Install both audible and visual smoke alarms.
- ☐ Write down key phrases for emergency workers.

ITEMS TO ADD TO EMERGENCY KITS

- ☐ Paper and pens
- ☐ Cell phone amplifier
- ☐ Extra hearing aid batteries
- ☐ Portable phone amplifier
- ☐ Vibrating watch
- ☐ Dry erase board
- ☐ Extra cochlear implant batteries
- ☐ Extra power cord for your smart phone or pager
- ☐ Amplification systems – pocket talker
- ☐ Alternate power source or charging system for your smart phone or pager



Consider getting a weather radio with a visual/text display that warns of weather emergencies

Life Support Systems

BEFORE A DISASTER HAPPENS...

Figure out which facilities or providers can meet your needs if your usual provider cannot help you or your system becomes inoperable.

Find out more about the following issues:

- Alternative power sources that can keep you going for up to seven days.
- Manually operated equipment.
- The use of a vehicle battery to power equipment.

Generally, gasoline powered generators are preferable to other types. If you opt for a gasoline powered generator, be sure to test it periodically, store gasoline safely, and keep a syphon kit on hand in the event you have to get gasoline from a vehicle.

If you use a battery powered backup system, be sure to make sure batteries are charged periodically. You may ask your utility company for advice on the use and maintenance of your backup power supply.

If you are registered with Colorado Springs Utilities, they will give you advance information about planned outages only.

Secure life support equipment with welded (not bent) chains to prevent damage. Make sure everyone in your Personal Support Network knows how to operate and move your equipment. Attach instructions to all machines.

OXYGEN USERS:

Find out if using a reduced flow rate during an emergency will help your system last longer. If so, record the reduced flow numbers on your equipment. Post "Oxygen in Use" signs so that emergency personnel can identify them easily. Make sure you can get to the shut-off switch for your equipment quickly in an emergency.



Breathing/Respiratory Limitations:

- ☐ Alternate charging source
- ☐ Alternate power source
- ☐ N95 rated particulate filter mask
- ☐ Rechargeable batteries
- ☐ Resuscitation bag
- ☐ Extra batteries, alternate power source, or charging system for oxygen and breathing devices
- ☐ Towels, masks, industrial respirators .. or other supplies you can use to filter your air supply

Mobility Limitations:

- ☐ Bottle openers
- ☐ Cooling aids
- ☐ Dressing aids
- ☐ Drink holders
- ☐ Drinking aids – long straw, uDrink
- ☐ Eating aids
- ☐ Reachers
- ☐ Writing aids

Medical Needs:

- ☐ Blood pressure monitor
- ☐ Medi-straw
- ☐ Medication reminders/alarms
- ☐ Nail Clippers
- ☐ Pill boxes Pill splitter Pill popper
- ☐ Pill swallowing cup
- ☐ RX Magnifiers
- ☐ Talking Glucose Meter
- ☐ Thermometers
- ☐ USB MediTag

DISABILITY SPECIFIC CHECKLIST

Make sure vital equipment is secured.

Keep an up-to-date list of alternate providers in your emergency kits.

Make sure everyone in your Personal Support Network knows how to operate your equipment, including backup power sources.

Test your backup power sources regularly.

Teach members of your Personal Support Network how to operate and move all equipment, and keep instructions with each piece.



Mobility Limitations

BEFORE A DISASTER HAPPENS...

- Keep a personal emergency kit attached to your walker, wheelchair, or scooter.
- Store any assistive technologies (canes, crutches, walkers, wheelchairs, etc.) you use close by in a consistent and secure place.
- If you use a motorized wheelchair, keep extra batteries with your emergency kits. Ask your vendor if you can recharge batteries by connecting jumper cables to a vehicle battery, and if there are any special converters available that would allow you to recharge with a vehicle cigarette lighter.
- Keep a patch kit or a can of “seal in air” in your emergency kits if you do not have puncture proof tires on your wheelchair.
- If you can obtain one, keep a lightweight manual wheelchair with your emergency kits (at least your larger home kit).
- Prepare for the possibility that you will have to leave your chair behind in an evacuation.
- Practice lifting and carrying techniques with members of your Personal Support Network, and be prepared to let emergency personnel know how they can help you move best.
- If you regularly spend time in places where you use elevators, practice evacuating from those areas without using the elevator.
- Secure furniture in your home, office, or anyplace you spend a lot of time to prevent possible barriers.
- Keep a pair of heavy gloves with you at all times, just in case you have to wheel over glass or debris.

ITEMS TO ADD TO EMERGENCY KITS

- ☐ Heavy gloves for wheeling over glass or debris.
- ☐ Bottle openers
- ☐ Cooling aids Dressing aids
- ☐ Drink holders
- ☐ Drinking aids – long straw, uDrink
- ☐ Eating aids Reachers Writing aids



Psychiatric Disabilities

BEFORE A DISASTER HAPPENS...

There are several ways you might react to an emergency on emotional, mental, or physical levels. It is important to anticipate reactions you may have and think through strategies for coping with them.

It is possible that the following emotional responses might occur or become more severe during and after an emergency: confusion, fear, paranoia, sadness, panic, depression, withdrawal, irritability, and anxiety.

You might also experience one or more of the following: difficulty with memory or mental processing, shaking, pacing, shouting, or crying.

Seek advice from friends, family, therapists, or other service providers on additional ideas for coping.

Let members of your Personal Support Network know what your plans are, and keep them apprised so that they can lend support during an emergency.

Practice communicating your needs.

Think about and plan for the reactions you may have during and after a disaster.

Think about what an emergency worker will need to know.

For example:

"I have a panic disorder. If I panic, (instructions for medication or other intervention)."

Write your statement below: _____

Practice your statement so that you remember it and can tell an emergency worker when you need to.



Visual Disabilities

BEFORE A DISASTER HAPPENS...

Keep extra canes (if you use them) in secure and consistent locations at home, work, school, or anyplace you spend a lot of time in so that you can get around obstacles and hazards if you need to.

Place security lights around travel paths if you have some vision.

Think about how you will navigate without audio cues, which you might not be able to rely on during or after a disaster.

Label supplies with large print, fluorescent tape, or Braille so that you can access items easily.

Secure special equipment such as electronic magnifiers or computers.

Remind news outlets to not only show important phone numbers on screen during an emergency, but to announce them slowly and repeat them for people who cannot read the screen.

ITEMS TO ADD TO EMERGENCY KITS

- | | |
|---|---|
| <input type="checkbox"/> Big Print Address Book | <input type="checkbox"/> Liquid Level Indicator |
| <input type="checkbox"/> Book light | <input type="checkbox"/> Magnifiers |
| <input type="checkbox"/> Cell phone magnifier | <input type="checkbox"/> Mark your disaster supplies with
fluorescent tape, large print or Braille |
| <input type="checkbox"/> Extra batteries, alternate power
source or charging system | <input type="checkbox"/> Signature guide |
| <input type="checkbox"/> Extra glasses | <input type="checkbox"/> Talking watch |
| <input type="checkbox"/> Have high-powered flashlights
with wide beams and extra batteries | <input type="checkbox"/> Talking clock/calendar |



- ☐ Include your name as it appears on your most current medical file.
- ☐ Make secure copies of your important documents- do NOT place original documents in ANY of your emergency kits
- ☐ Storage of documents- if you can, store your documents electronically, either on a cloud server, or a secured thumb drive.
- ☐ Consider multiple thumb drives- to give to your personal network.
- ☐ Thumb drives can be password protected.
- ☐ Keep your password(s) available in your wallet, or other place that you may know, but most people would not.
- ☐ United Policy Holders has an app that will allow you to take photos of your home, and its contents, and store them on their cloud. If you have the ability to utilize their app, it is built to assist you with navigating insurance needs during an emergency or when making a claim.

DOCUMENTS TO INCLUDE IN YOUR KIT(S)

- ☐ Marriage License/Divorce paperwork
- ☐ Any legal documents with specific instructions (restraining orders, child support, legal directives, etc)
- ☐ Insurance information- Home, vehicle, and any others you may have- also include a phone number for your insurance agent.
- ☐ A piece of mail with your current address on it-preferably a utility bill
- ☐ Lease, mortgage and/or rental agreements for your home or your property
- ☐ Prescriptions, doctors note and/or any supporting medical paperwork that may aid you in receiving needed assistance.
- ☐ Preferred hospital, primary care information, home health provider contact information, medical equipment contact, etc.
- ☐ Veterinary care information for your pet/service animal.
- ☐ Tax information from one year prior
- ☐ Hard Maps, with routes marked for exit out of your community. Two or more exit routes is ideal.
- ☐ Any important contacts within your Personal Support Network that you may need to access if your phone is unavailable.



How to Shelter in Place

Emergency personnel may tell you to shelter in place during certain kinds of disasters, like chemical spills. “Shelter in place” essentially means to take immediate shelter wherever you are at. You will need to pay attention to authorities to find out whether you need to simply take refuge where you are or take additional measures to seal the room to prevent outside air from coming in.

The items in your Home Emergency Kit should help you shelter in place for up to seven days. Here are some additional tips to help you prepare to take shelter immediately:

- Check your emergency kits on a regular basis.
- Register for the “reverse 911” system at www.elpasoteller911.org/ to get notifications sent to your cell phone.
- Evacuate only when instructed to do so by emergency personnel.
- Choose a room in advance for you to shelter in. This room should be in the innermost portion of your home, with limited/no windows.
- Contact your workplace, children’s schools, or anyplace you have family to find out what their shelter in place plans are.
- At work, help make sure that emergency plans involve all employees. The safety planning team should have prescribed duties, and alternates should be assigned for each duty just in case someone is out for the day.
- Contact your Personal Support Network to let them know that you are safe.
- Bring service animals, pets, and children indoors immediately when a shelter in place order is issued.
 - If children are at school, they may be sheltered there.
 - Set up a place for your animals to relieve themselves indoors.
- Close and lock all doors and windows, and close shades, curtains, and blinds. Turn off your heating or air conditioning system, along with all fans. Close your fireplace or woodstove flues.
- If you are instructed to seal the room, use duct tape and plastic sheeting to seal all cracks around doors and windows. Tape over vents and electrical outlets, too.
- Turn off any air-intake, such as heating and cooling systems, air filtration systems, etc. If instructed, consider turning off water intake as well.



Knowing How an Emergency Might Affect Your Disability

Disaster situations can be overwhelming – both physically and emotionally. It is important to understand how stress related to a disaster can impact your disability. Anyone affected by a disaster may experience one or more of the following symptom

Thought	Behavior
<ul style="list-style-type: none">• Poor concentration• Confusion• Slowness of thought• Limited ability to communicate verbally or in writing• Forgetfulness• Poor judgment• Limited ability to think of alternatives or prioritize	<ul style="list-style-type: none">• Hyperactivity• Angry outbursts• Limited objectivity• Withdrawal, isolation, or distancing• Increased use of tobacco, alcohol, or other drugs• Avoidance of activities or places• Family problems

Psychological or Emotional	Physical
<ul style="list-style-type: none">• Anxiety• Irritability or restlessness• Depression or crying• Anger or blaming• Apathy or diminished interest in usual activities• Feelings of isolation or estrangement• Feelings of guilt about surviving• Denial or constricted feelings• Exaggerated reactions to being startled• Recurrent nightmares• Insomnia• Excessive sleeping	<ul style="list-style-type: none">• Headaches• Weakness• Nausea or upset stomach• Sore muscles Sweating or chills• Numbness or tingling• Heavy feeling in arms or legs• Lump in your throat• Chest pain Tremors• Fatigue• Increase in allergies, colds, or flu• Heart palpitations

Emergency Resources

All Emergencies – Call 911

National and Statewide Emergency Resources	
Poison Control Center, National	1-800-222-1222
Colorado Division of Wildlife	719-227-5200
Colorado State Patrol	303-239-4501
Colorado Department of Transportation	303-639-1111
Colorado Road Conditions	511
United Way (Community Resource Info)	211

Fremont County Regional Emergency Resources	
Fremont County Emergency Management	719-276-7422
American Red Cross, Southeastern Colorado	800-417-0495
Fremont County Humane Society	719-275-0663
Cañon City Area Fire Protection District Station 1	719-275-8666
Fremont County Department of Human Services	719-275-2318
Cañon City Police Department	719-276-5600
Florence Police Department	719-784-3411
Fremont County Sheriff's Department	719-276-5555
Fremont County Public Health	719-276-7450
FRECOM Dispatch (non-emergency)	719-792-6411
Colorado State University Extension	719-276-7393



Other Helpful Resources

Cell Phone Emergency Notification System	Emergency Warnings	www.frecom911.com
Ready Colorado	Basic preparedness.	www.readycolorado.com
Ready.gov	Basic preparedness.	www.ready.gov
Pet Aid Colorado	Preparedness for pets.	www.petaidcolorado.org



If we can't **REACH you
we can't **ALERT** you**

**Register for emergency
alerts from **Frecom911 Alert****

website: www.frecom911.com
phone: (719) 792-6411
email: Everbridge@frecom911.com

powered by  everbridge

Where to Get Emergency Information

Television Stations in Colorado Springs

Network	Call Sign	Channel	Website
NBC	KOAA-TV	5.1	www.koaa.com
CBS	KKTV	11.1	www.kktv.com
ABC	KRDO-TV	13.1	www.krdo.com
Fox	KXRM-TV	21.1	www.coloradoconnection.com
PBS	KTSC	8.1	www.rmpbs.org
UNI	KVSN-DT	48.1	www.univision.com

Radio Stations in Colorado Springs

Call Sign	Frequency	Format	Call Sign	Frequency	Format
KCME	88.7 FM	Classical	KTPL	100.3 FM	Christian
KTLC	89.1 FM	Gospel Music	KBIQ	102.7 FM	Christian
KEPC	89.7 FM	College	KVUU	103.1 FM	Top 40
KTLC	90.5 FM	Religious	KRXP	103.9 FM	Rock
KRCC	91.5 FM	Public Radio	KRDO	105.5 FM	News/Talk
KVRH	91.5 FM	Contemporary	KTLC	105.9 FM	Religious
KKPK	92.9 FM	Contemporary	KIQN	106.9 FM	Top 40
KILO	94.3 FM	Rock	KDZA	107.9 FM	Classic Rock
KTLC	94.7 FM	Religious	KVOR	740 AM	News/Talk
KATC	95.1 FM	Country	KCBR	1040 AM	Religious
KIBT	96.1 FM	Hip Hop	KLIM	1120 AM	Contemporary
KLDV	96.5 FM	Christian	KRDO	1120 AM	Sports
KXPK	96.5 FM	Regional Mexican	KKML	1300 AM	Sports
KCCY	96.9 FM	Country	KVRH	1340 AM	Oldies
KTLC	97.5 FM	Religious	KRLN	1400 AM	Oldies
KKFM	98.1 FM	Classic Rock	KSKE	1450 AM	Talk
KYGO	98.5 FM	Unknown	KZNT	1460 AM	Talk
KKMG	98.9 FM	Top 40	KXRE	1490 AM	Spanish
KQMT	99.5 FM	Classic Rock	KCMN	1530 AM	Nostalgia
KVUU	99.9 FM	Top 40	KWYD	1580 AM	Talk
STAR COUNTRY	104.5 FM	Country			

Other Sources of Information

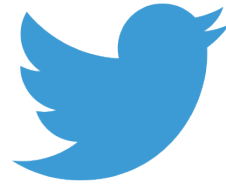
Television and radio stations often have websites and Facebook accounts that have up-to-the-minute information. Twitter is also a good resource for breaking news.



Other Resources For information:

PREPAREDNESS WEBSITES:

www.ready.gov
www.redcross.org/prepare
www.fremontco.com
www.coemergency.com
www.theindependencecenter.org



Preparedness Twitter Handles

@fema
@redcross
@ready.gov
@prepareathon
@koaa
@krdonc13
@countyfremont



NEWS AND INFORMATION VIA FACEBOOK

<https://www.facebook.com/KRDONewsChannel13/>
<https://www.facebook.com/KOAA/>
<https://www.facebook.com/kktv11news/>

PREPAREDNESS ON FACEBOOK

<https://www.facebook.com/americasprepareathon/>
Fremont County Emergency Management: bit.ly/fremontemergency

PREPAREDNESS APPS

Red Cross Emergency App
FEMA App
Local News Apps

(Check your Google Play or App Store for these free options, which will give you tips and suggestions, as well as notifications when there is an emergency in your area.)

References

Assistive Technology Partners, CU Denver: <http://www.ucdenver.edu/academics/colleges/medicalschoo/Programs/atp/Pages/Assistiv eTechnologyPartners.aspx>

ColoradoSpringsEmergencyPreparednessandSafetyGuide:<http://www.springsgov.com/units/fire/oem/Colorado%20Springs%20Emergency%20Prep aredness%20and%20Safety%20Guide.pdf>

Disaster Preparedness for People with Disabilities, American Red Cross Disaster Services:http://www.redcross.org/www-files/Documents/pdf/Preparedness/Fast%20Facts/Disaster_Preparedness_for_PwD- English.pdf

Disasters R Us, disAbility Preparedness:
http://www.disastersrus.org/MyDisasters/disability/disability_preparedness.htm

Inclusive Preparedness Center: <http://inclusivepreparedness.org/DisasterReadiness.html>

Independent Living Resource Center, San Francisco: Publications – Emergency Preparedness:
<http://www.ilrcsf.org/resources/publications.shtml>

Kansas Department of Health and Environment: Emergency Preparedness – Kansans with Disabilities Can Be Healthy: http://www.kdheks.gov/disability/emerg_prepared.htm

Nobody Left Behind: Disaster Preparedness for Persons with Mobility Impairments. Resources:
<http://nobodyleftbehind2.org/resources/index.shtml>

Preparing for a Disaster for People with Disabilities and other Special Needs, American Red Cross: http://www.redcross.org/images/MEDIA_CustomProductCatalog/m4240199_A4497.pdf



Notes:

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