



SARTAC

Self Advocacy and Beyond

SARTAC Zoom Meetings

**A National Connection
for Self-Advocates**



Preparing for Emergencies

What are some different types of emergencies that happen in your town or state?



Why is this important?

In 2018, only 1 in 20 people in the US had to deal with a natural disaster



This year, 7 in 21 people in the US had to deal with a natural disaster

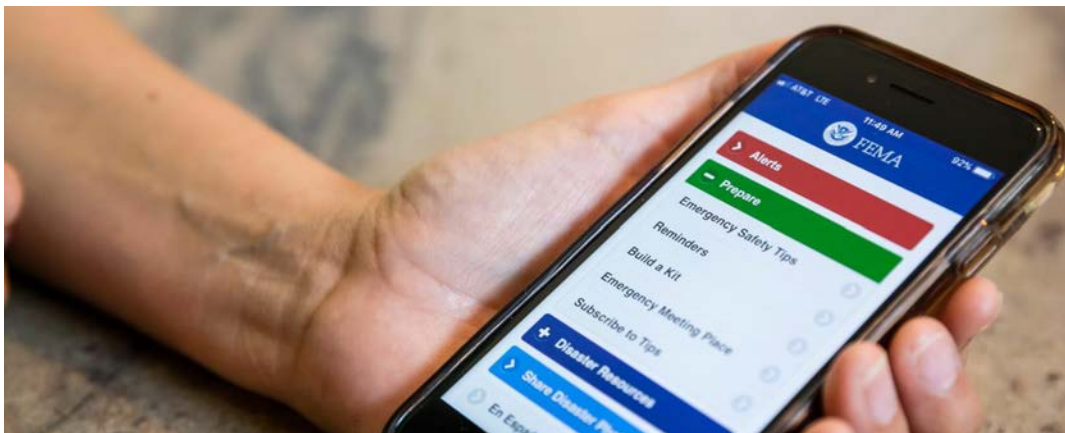


Why is important to be prepared?



Here are steps to take to be safe

#1 Sign up for Emergency Alerts in your state. They let you know about floods, fires, accidents, power outages. They send you text messages telling you what is going on, where it is and what to do.



#2 Make a plan

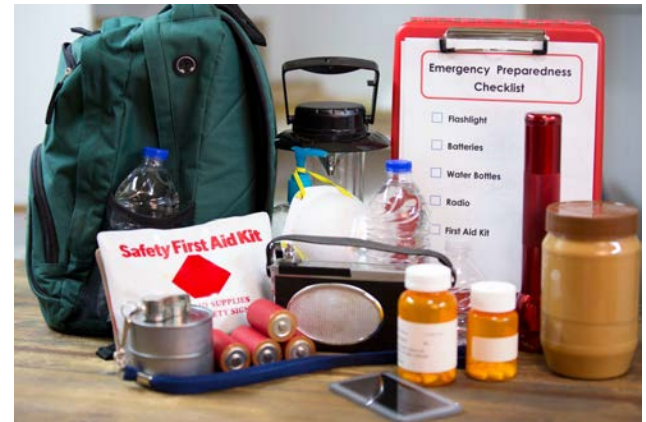
- Make a list of the names and contact information for who you want to contact during the emergency. The Red Cross has a form you can use. Or just make your own list.
- Don't forget your pets. Make a plan for them.
- Talk to people in your life and plan where you can go if you have to leave your home.



#3 If you have to leave quickly, what should you bring with you.

It is a good idea to have a bag already packed so you can grab it and go in an emergency.

In small groups - work together to come up with a list what should be in your To Go Bag?



#4 Sometimes you can't leave. What do you need to stay safe at home when you can't leave.

In small groups - work together to come up with a list what you need if you were stuck at home without power for 3 days?

