Pripåra Hao

GUAM CEDDERS

EMERGENCY PREPAREDNESS GUIDE FOR PERSONS WITH DISABILITIES

Learn to:

- Assess your abilities
- Create a Personal Support Network
- Develop a Communication Plan
- Develop an Emergency Plan
- Prepare an Emergency Supply Kit

UNIVERSITY OF GUAM EXCELSIOR

GUAM CEDDERS

EMERGENCY NUMBERS

FOR EMERGENCIES

CALL 911

For Persons who are Deaf/Hearing Impaired:
475-9080/711 - Telephone Relay Service
911 is capable of answering a TTY/TDD

POLICE

Police Precincts 472-8911
Dededo (Northern) 632-9808/11
Hagåtña (Central) 475-8537
Tamuning (Central) 649-6330
Agat (Southern) 475-8642
CRIME STOPPERS HOTLINE 477-HELP (4357)

FIRE

Fire Dispatch 475-9080/2/3

Agat 565-2700
Astumbo 633-6626
Barrigada 734-2264
Dededo 632-5197
Inarajan 828-8177
Piti 472-8139
Sinajaña 472-6342
Talofofo 789-3473
Tamuning 646-8801/2
Umatac/Merizo 828-8572
Yigo 653-3473
Yoña 789-2231
Agat Marina (Rescue Base) 565-4118

HOSPITAL

Guam Memorial Hospital Authority ... 647-2330/2552-6
Emergency line 647-2222
Ambulance 475-9082/3/4
Emergency Room (Poison Control) .. 648-7909/10/11
Poison Control Telephone Advice 1-800-222-1222
U.S. Naval Hospital 344-9340/9303

Table of Contents

Hafa Adai. 4

Pripåra Hao 5

Self-Assessment Checklist 6

Your Personal Support Network 7

Communication..... 8

Your Disaster Supply Kit..... 9

Basic Home Emergency Supply Kit 10

Car Emergency Supply Kit 11

Work Emergency Supply Kit 12

Evacuation “Go-Kit” 13

Tips for Individuals who are Blind or have Low Vision 14

Tips for Individuals with Hearing Disabilities 15

Tips for Individuals with Physical or Mobility Disabilities 16

Tips for Individuals
with Speech-Related or Communication Disabilities 17

Tips for Individuals with Intellectual Disabilities 18

Tips for Individuals with Pets and Service Animals 19

What to do in a Typhoon 20

What to do in an Earthquake..... 22

What to do in a Tsunami 23

What to do in a Flood 24

What to do in a Chemical or Hazardous Materials Emergency 25

Sample Emergency Support Forms ..... 26 -33

Hafa Adai.

Our island of Guam, located between the Pacific Ocean and the Philippine Sea, is the largest and southernmost island in the Marianas archipelago. Guam's location within the "typhoon belt" makes it prone to tropical storms and typhoons on an annual basis. Our location near the Pacific and Philippine plates also causes the island to experience earthquakes with magnitudes ranging from 2 or 3 to a high of 8.2 on the Richter Scale. Further, Guam's proximity to Asia places the island at risk for man-made disasters that could result in mass casualties and destruction of property. Individual disasters, such as house fires and flooding, are situations that can be prevented or lessened with planning.

Guam is generally prepared to brace the storms that may pass through the island annually, and sound building codes have enabled residents, including individuals with disabilities, to weather earthquakes.

The University of Guam, Center for Excellence in Developmental Disabilities Education, Research, and Service (Guam CEDDERS) offers this guidebook with recommendations and tips for individuals with disabilities to establish their personal preparedness plans, thus enabling individuals to minimize the effect of emergency situations and allow for fast recovery to normal routine. We hope you will find this guidebook informative and a resource for you and your family.

Si Yu'os Ma'ase,
Guam CEDDERS

Pripåra Hao

Pripåra hao is a Chamorro phrase which means "prepare yourself" or "get ready." In addition to general emergency preparedness planning, individuals with disabilities have additional needs before, during, and after an emergency situation that have to be included in their personal plan to ensure safety and allow for speedy recovery back to normalcy. Individuals with disabilities who are self-sufficient in normal circumstances may need the help of others during an emergency situation. These needs include, but are not limited to, medical treatment and medication plans, use of and relocation of assistive devices in the event of evacuation, appropriate transportation plans, and care of service animals.

The first step to making your plan is to assess or determine what you and your family are able to do. What can you handle without the help of others? What areas do you need help with? These may include:

- sheltering options,
- putting together adequate emergency supplies,
- evacuation routes,
- what to do during loss of power, water, and telephone service,
- medical care,
- ways of communicating,
- transportation,
- supervision of children and adults with medical, physical, or intellectual conditions,
- availability of resources to maintain independence.

A short checklist is in this guidebook to help you make your assessment.

The following pages offer recommendations and tips for your preparedness plans based on type of disability, as well as type of hazard. Your preparedness planning checklist includes:

1. Ability Self-Assessment
2. Personal Support Network
3. Communication Plan
4. Emergency Plan
5. Emergency Supplies Kit + Disability-specific Supplies

Self-Assessment Checklist

The following questions will help you identify what you can do on your own, and what help you may need before, during, and after a disaster. This checklist does not list all areas, so you can add other areas that meet your situation:

		Yes	No
1.	Are you able to perform personal care on your own, such as bathing/showering and getting dressed?	☐	☐
2.	Do you use assistive devices to help you perform personal care?	☐	☐
3.	Are you able to move to a safe place within your home if you need to?	☐	☐
4.	Are you able to cook your meals?	☐	☐
5.	Do you need someone or the use of assistive devices to help you eat your food independently?	☐	☐
6.	Can you leave your house in the event of an evacuation?	☐	☐
7.	Can you drive in the event of an evacuation?	☐	☐
8.	Do you need a specially equipped vehicle or accessible transportation?	☐	☐
9.	Do you use life-support equipment that requires power?	☐	☐
10.	If you use life-support equipment, do you have a back-up power plan?	☐	☐
11.	If your back-up power plan runs out, do you have a third option?	☐	☐
12.	Do you have a plan for when power and water services are cut off?	☐	☐
13.	If you have a service animal or pet(s), are you able to care for it during and after a disaster?	☐	☐
14.	If you are not able to care for your service animal or pet, is there another person that can care for the animal?	☐	☐
15.	Are you able to call for help if you need assistance?	☐	☐
16.	If you work in a multi-story building, and the elevator is not working, do you have an alternate plan to exit or evacuate the building?	☐	☐
17.	Do you have a plan if your mobility aids are damaged or not available?	☐	☐

Your Personal Support Network

Your personal support network is a buddy system that can help you and your family prepare to respond to emergencies. It helps you plan how to help each other. If you have a personal attendant, that person may not be available to help you during or after a disaster. If you are able to function independently, you may still need help. That is why you should establish your personal support network. Your network members include your family, friends, neighbors, and co-workers.

Your team should

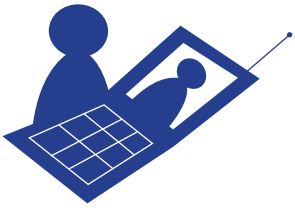
- ✔ include people you can rely on,
- ✔ be strong enough to move you and guide you to safety, and
- ✔ in general, put your response plan in action.

You should have different networks set up for home, school, work, and other areas that you visit regularly. Sometimes, a disaster may strike in areas where your personal network is not available. Thus, you may need to set up a temporary network where you are located.

- Your network should know what your response plan is.
- Copies of these plans should be given to each person in your network.
- You should practice your response plan on a regular basis, such as every 6 months or once a year, to learn what plan works best and how to improve the response action. Regular training helps everyone to be familiar with tasks, location of kits and emergency supplies, and the actions needed.

This is a good time to update your plan and give updated copies to all persons in your network.

Communication



The public generally receives information and alerts about emergency situations through radio and television announcements. The Mayor may go through your village making announcements with a bull horn. Receiving status updates is necessary for safety and survival. However, if you have vision or hearing loss, receiving and giving information are two parts that should be included in your emergency response plan.

1. First step: assess or determine your current communication methods – What do you use now?
2. Second step: assess what other methods, if any, you have for when your first method is not working.
3. If you do not have an alternate method, check out what products and services are available to help you develop your communication plan, including available tools such as PDA's, text radio, pagers, and cell phones.
4. Have **at least two** persons from your personal network inform you of the emergency situation if you have vision or hearing loss.
5. Always keep a supply of paper and pen/pencil on hand.
6. Use pre-printed communication cards to alert and inform first responders and helpers of your needs. This will allow them to respond appropriately and get you to safety.

    a. Make different sets for each of your disaster Go-Kits and one for your wallet or purse.

    b. Include an emergency health information card together with your communication cards.

Remember – your communications system should be in place BEFORE an emergency situation happens.

Your Disaster Supply Kit

During an emergency situation, you may need to be on your own until disaster relief comes. This means having enough food, water, toilet tissue, and other supplies for up to 7 to 14 days. Power, water, and telephone services may also be out, so you have to plan for lighting, cooking, and maintaining general hygiene.

Your disaster supply kit is a collection of food, water, clothing, and other items that you and your family may need for the number of days you will be on your own. You will need these supplies until help comes and things get back to normal. Sometimes, you may not know where you will be in the event of a disaster. Thus, there are different emergency kits that you need to put together:

1. Basic emergency kit for home
2. Car emergency kit
3. Work emergency kit
4. Evacuation "Go-Kit"

All items should be stored in a portable container that can be readily taken with you.

Basic Home Emergency Supply Kit

Your **Home Emergency Kit** is a collection of supplies for your stay at home. It should be stored in an air-tight container, such as a plastic bin, and ready to be taken if you need to evacuate your home.
It should include the following items:

- Drinking water (at least 1 gallon per person per day for up to 14 days)
- Non-perishable food and snacks, preferably low salt
- First aid kit
- Flashlights and batteries
- Lanterns or oil lamps
- Battery-powered radio
- Non electric can opener
- Scissors and knife
- Paper plates and cups, plastic forks/spoons
- Garbage bags and plastic bags
- Clorox and disinfecting wipes
- Hand sanitizers/soap
- Paper towels and toilet tissue
- Extra clothes and blankets
- Extra eyeglasses, dentures, contact lens and cleaning solutions
- Pet food
- Paper, pen/pencil
- Cash
- Non-prescription medications such as Motrin, Tylenol, inhalers
- Important documents in plastic file storage or zip lock bag (birth certificates, marriage certificates, social security cards, medical information, emergency contact numbers)
- Pampers, formula, baby food, and baby wipes if you have infants/toddlers
- Games and small books
- Other items that may be specific to you and your family's needs

Car Emergency Supply Kit

Your **Car Emergency Kit** is a smaller collection of disaster supplies stored in a backpack or pouch in your car:

- Small flashlight, blinker light, and batteries
- Bottled water
- Fruit bars, bag of nuts
- Whistle
- Red cloth to use as a flag
- Sunscreen, antiseptic
- Toilet tissue, hand sanitizer, hygiene wipes
- Important documents stored in plastic file, including emergency contact numbers and medical information
- Paper and pen/pencil
- Communication cards

Work Emergency Supply Kit

If you work, you should also put together a **Work Emergency Kit** that is kept in your desk drawer or locker. It is a smaller collection of disaster supplies that may be stored in a backpack:

- Small flashlight and batteries
- Bottled water
- Fruit bars, bag of nuts
- Whistle
- Walking shoes/tennis shoes
- Paper and pen/pencil
- Emergency contact information and medical information
- Extra glasses, hearing aid, or other assistive technology device

Evacuation Go-Kit

An **Evacuation Go-Kit** is a collection of your most important items that you need to take with you if you need to relocate at a moment's notice. These items may be stored in a fanny pack or back pack and placed within reach of your bed, wheelchair, or other assistive device you use. These items include:

- Medications and copies of prescriptions
- Emergency contact information and medical information
- Communication cards, paper, and pen/pencil
- Extra glasses, hearing aids, dentures
- Cell Phone
- Blinker light

Disability-related supplies and equipment include:

- Hearing devices
- Writing devices
- Oxygen
- Suction equipment
- Dialysis equipment
- Sanitary supplies
- Urinary supplies
- Ostomy supplies
- Walker, crutches, canes
- Monitors
- Wheelchair repair kit
- Magnifiers
- Communication & other assistive technology devices

Tips for Individuals who are Blind or have Low Vision

- Keep a card describing your vision loss in your emergency kits. A copy of this card should be with you at all times.
- If you have some vision:
  - Install security lights in each room to light your path.
  - Include high-powered flashlights with extra wide beams and extra batteries as part of your emergency kit.
  - Store extra magnifiers in your emergency kit.
  - If you use contact lens, keep extra lens and solutions available.
- If you use a cane, keep extra canes in your emergency kits as well as in specific areas within your home, work, and places you go often.
- Keep your service animal close to you and on a leash or harness. They may become disoriented or frightened during or after a disaster.
- Label emergency supplies with large print, fluorescent tape or Braille.
- Consider storing a large-print clock, a talking clock or a Braille clock.
- Establish alternate plan if your auditory clues are lost after a disaster.

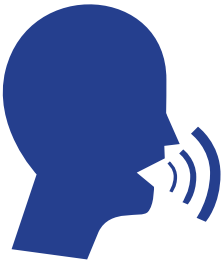
Tips for Individuals with Hearing Disabilities

- Keep a card describing your hearing loss in your emergency kits. A copy of this card should be with you at all times.
- If you use hearing aids, store them in a container in a handy area, such as on your nightstand next to your bed. You will be able to quickly and easily find them if an emergency situation arises.
- Keep extra batteries for your hearing aids, implants, TTY or other devices you use. Make sure you check your manuals for the correct way to store the batteries.
- Plan how you will communicate with first responders if you do not have your hearing aid or there is no interpreter available.
- Keep paper and pen/pencil available at all times.
- Make and carry pre-printed copies of information and key phrases to let responders know how to best help you.

Tips for Individuals with Physical or Mobility Disabilities

- Keep a card describing your physical disability in your emergency kits. A copy of this card should be with you at all times.
- Attach your Evacuation Go-Kit to your walker, wheelchair, or scooter.
- If available, store extra canes, walkers, or wheelchairs in a convenient and secured area within your house and place of work.
- Include heavy gloves as part of your emergency kit to use as you go over broken glass or debris in your wheelchair.
- If you use a motorized wheelchair or scooter, have a back up battery source.
- Charge your batteries fully prior to a disaster situation. Check your manual on the recommended methods for charging your batteries.
- Arrange furniture in such a way that it creates a barrier-free walkway in your home and work place.
- Develop a plan on how you will be evacuated with specific instructions on how to lift and carry you in the event your wheelchair or scooter cannot be used.

Tips for Individuals with Speech-Related or Communication Disabilities



- Keep a card with you at all times that indicates your communication disability and the best methods to communicate with you. A copy of this card should be with you at all times.
- If you use augmentative communication devices, store them in a convenient area close to you at night, such as on your nightstand or under your bed.
- If you use a laptop computer to communicate, consider buying a power converter that can let you operate the computer when plugged in to the cigarette lighter in your car.
- Keep paper and pen/pencil with you at all times as a back-up communication method.
- Plan how you will communicate to emergency responders if you do not have any of your augmentative devices available.
- Make and keep copies of medical information and key phrases in your wallet or purse. Also put them in all your emergency kits.

Tips for Individuals with Intellectual Disabilities

- After you develop your emergency plan, practice what to do during and after an emergency situation. Practice until you feel sure that you know what to do when an emergency situation happens.
- In addition to your emergency plan, make a list of all the things you need to do after an emergency situation. Keep it in a small notebook or voice recorder to help you remember these tasks.
- Practice what you will say to an emergency responder about yourself if you need help. Write these phrases or sentences on cards and keep in your wallet, backpack, and emergency kits. Take them out and show them to the emergency responder if you are not able to say it. Some phrases are:
    - "I have a hard time understanding. Please speak slowly and use simple language."
    - "I forget things. Please write down information for me on this paper."
    - "I use a communication device. I can point to pictures or key phrases, which you will find in my wallet."

Tips for Individuals with Pets and Service Animals

- Your emergency plan should include a plan for the care of your pet or service animal.
- Make sure your pet or service animal has ID tags that have emergency contact numbers on it.
- Make sure your pet's license and shots are up to date.
- If your pet or service animal is not able to go with you in the event of an evacuation:
  - Identify people in your neighborhood or personal support network who are willing to take and care for your pets.
  - Identify animal shelters in your neighborhood, and make arrangements in advance for your pets to stay at the shelter.
  - Identify a neighbor who may be able to help your pet if you are not home.
- Put together an emergency kit for your animal supplies to last a minimum of 7 days, including:
  - Water and dog food
  - Bowl for water and food
  - Blanket or pillow for bedding
  - Plastic bags and paper towels/wipes for disposing of feces
  - Extra leash or harness
  - Toys
- Animals may become frightened, confused or disoriented during and after an emergency situation. Keep them leashed securely close to you.
- Identify alternate ways of getting around or doing things if your service animal is not available to help you. Practice these options to see what may be the best method for you.

What to do in a Typhoon

GUAM TYPHOON CONDITIONS

Condition of Readiness IV: Guam is always in Condition IV. A typhoon may develop and hit the island within 72 hours.
Condition of Readiness III: A typhoon may possibly hit the island within 48 hours.
Condition of Readiness II: A typhoon is expected to hit the island within 24 hours.
Condition of Readiness I: A typhoon is expected to hit the island within 12 hours.
"During Condition of Readiness I, only emergency traffic should be on the roads. Public transportation will stop service with Condition of Readiness I."

Indoor Preparations

- Secure all important documents in a zip lock bag.
- Cover all beds and other items with plastic to protect from water seeping in around windows/doors.
- Pack matches (consider using child-proof lighters), toilet paper and other things you must keep dry in a zip lock bag.
- Store large items in closets.
- Roll carpets up and away from doors, arrange flashlights, lanterns, candles, and lighters in places where they can be easily found.
- When the power goes out, unplug all appliances to prevent damage from a power surge when power is restored.
- Ensure all cooking stove controls are in the off position.

Outside Preparations

- Tie down tin-covered roof extensions.
- Secure all loose items such as garbage bins/cans, empty drums, gardening tools, and any other materials that could become airborne during high winds.
- Store all lawn furniture and barbecue equipment.
- Take down all lawn umbrellas and temporary canopies.
- Secure plywood or typhoon shutters on windows and have extra plywood/shutters on hand.
- Open a small window away from the wind to equalize pressure.
- Secure or waterproof window air conditioners.
- Fuel your car; gas stations may be closed after the storm.
- Ensure the main gas valve is shut off.
- Stay indoors until Condition of Readiness IV is declared.

Evacuation Preparations

- Listen to/Watch the local media for news & updates.
- Cooperate with local officials directing evacuation routes.
- If you do not have any transportation, make arrangements with relatives, friends, or your local village Mayor's Office. Wear protective clothing and sturdy shoes.
- Gather water, food, clothing, and emergency supplies.
- Secure your house by placing boards or shutters on all windows/doors.
- Unplug appliances.
- Turn off gas valves.
- Turn off the main water valve.
- Follow recommended evacuation routes.
- Don't take shortcuts! They may be blocked.
- If you use public transportation, plan ahead. Service stops with the setting of Condition of Readiness I. Make sure you have time to return to shelter.

Post Typhoon Preparations

- Remain in your shelter until local authorities tell you that it is safe to leave.
- Keep tuned to local radio or television stations for advice and instructions from the local government.
- Stay away from disaster areas. Sightseers should not interrupt rescue and recovery work.
- Drive only when necessary, and be especially careful. Streets will be filled with debris and downed lines/ trees.
- Avoid loose or dangling power wires. Report them immediately to local officials.
- Report broken sewer or water mains.
- Prevent fires. Local water pressure may be low, making fire fighting more difficult.
- Check refrigerated food for spoilage.
- Stay away from river banks until all potential flooding has passed.
- Stay away from shores with high breaking waves.

What to do in an Earthquake

- Plan where to meet. Choose two or three sites. Your plan should include where to meet if everyone is at different places (home, school, work, mall, etc.).
- At home, choose a safe place within each room. These places may be under a strong table or desk or along an inner wall away from windows, bookcases, or shelves.
- Plan different escape routes:
  - From your house.
  - From your neighborhood.
  - From your work and school.
- Plan for your pets if you cannot take them with you.
- If you are indoors when an earthquake hits, stay indoors.
  - Go to your safe place.
  - Protect your head with one arm.
  - If there is no strong furniture, crouch with your head against the wall, and cover your head and neck with your arms.
  - If you are in a wheelchair, lock your wheelchair, and cover your head and neck.
  - If you are in bed, cover your body with your bedsheet, and cover your head and neck with a pillow.
- If you are outdoors when an earthquake hits,
  - Move away from buildings, trees, streetlights and utility poles.
  - Once you're in an open area, drop down, cover your body, and hold on till the shaking stops.
  - If you are in your car, pull over to an open area, put car in 'park,' and cover your head and neck.
- After an earthquake,
  - Check for injuries.
  - Listen to the radio for instructions.
  - Check space around you for damage. Leave if your space is damaged. Use your evacuation plan and escape route to get to your meeting place.
  - Be prepared for aftershocks, which may be felt days or weeks after the earthquake.

What to do in a Tsunami

A tsunami is a large wave, or series of waves, caused by an earthquake, volcano eruption, or landslide. It can travel in the open ocean at one hundred miles per hour and smash into land with waves over 100 feet high. It can strike along any coastline within minutes.

- Keep updated about what's happening around you. Listen to the radio or television for alerts or if there is a tsunami warning.
- Stay away from the beach. DO NOT go to the beach to watch the tsunami come in. You might be carried away by the ocean and drown.
- If you live by the beach or in low lying areas, move inland to higher ground. Tsunami evacuation routes are posted to lead you to designated areas of higher ground.
- Implement your evacuation plan and meet at your designated place. Plan to stay at a pre-designated house or shelter until authorities give the OK to return back.

What to do in a Flood

- Plan where to meet. Choose two or three sites. Your plan should include where to meet if everyone is at different places (home, school, work, mall).
- Plan your escape routes:
  - From your house.
  - From your neighborhood.
  - From your work or school.
- Make a plan for your pet(s) if you cannot bring them with you.
- Listen to the radio or television for alerts and warnings to evacuate. If you need to evacuate, go to higher ground.
- If you are evacuating, stay away from flood waters.
  - If you are walking and come across flowing water, stop and go another way. Moving water can sweep you off your feet and carry you away.
  - If you have to cross a flooded area, walk where the water is not moving. Use a stick to check if the path is hard or soft, and how deep the water level is.
  - If you are driving and come to a flooded road, turn around and go another way. If water is rising quickly, get out of the car and get to higher ground.

What to do in a Chemical or Hazardous Materials Emergency

A chemical emergency happens when a toxin is released into the air, land, and water which can make people and animals sick. These chemicals include chlorine, ammonia, and propane, which are regular household products used at home. They are also used by government agencies and businesses for water treatment, at gas stations, and at waste sites.

- Include plastic sheeting, duct tape, and scissors in your emergency supply kit.
- Listen to the radio or television for updates, especially if there is a need to evacuate.
- Plan where to meet. Choose two or three sites. Your plan should include where to meet if everyone is at different places (home, school, work, mall).
- Plan your escape routes, and follow the routes identified by authorities:
    - From your house.
    - From your neighborhood.
    - From your work or school.
- If you are instructed to "shelter-in-place", that means you will stay in the location you're at.
- Bring in your pets.
- Close all doors and windows.
- Turn off air conditioners, fans, and vents
- Cover window and door gaps with the plastic sheeting.
- Take out your pre-assembled emergency supply kit.

My Emergency Plan Checklist

In the event of an emergency please make sure you have all the things you need to execute your emergency plan.

Ask yourself, do I have:

	Yes	No
1. All my Basic Supply Kits?	☐	☐
2. An Emergency Support Team?	☐	☐
3. All my Emergency Support Forms filled out?	☐	☐
4. An evacuation plan?	☐	☐
5. Emergency transportation?	☐	☐
6. Emergency meeting locations for you and your Emergency Support Team?	☐	☐

Review and update your plan at least once every three months. Make sure all your emergency supply kits are well supplied and that perishable or expired products are replaced.

My Emergency Support Team

List people (family, friends, neighbors, service providers) who have agreed to be part of your emergency support team. It's important that people on your support team know about and understand how to assist with your special disability or health related needs. It's important to stay in touch with your support team members to make sure they are still available to help.

Name: _____
Phone number(s):
(Home) _____
(Work) _____
(Cell) _____

Name: _____
Phone number(s):
(Home) _____
(Work) _____
(Cell) _____

Name: _____
Phone number(s):
(Home) _____
(Work) _____
(Cell) _____

Name: _____
Phone number(s):
(Home) _____
(Work) _____
(Cell) _____

Name: _____
Phone number(s):
(Home) _____
(Work) _____
(Cell) _____

Medicine Name: _____

Describe the pill (color, size, shape, etc.) _____

What do you take it for? _____

Which doctor prescribed it? _____

Which pharmacy filled it? _____

Write instructions from label here:

Medicine Name: _____

Describe the pill (color, size, shape, etc.) _____

What do you take it for? _____

Which doctor prescribed it? _____

Which pharmacy filled it? _____

Write instructions from label here:

Medicine Name: _____

Describe the pill (color, size, shape, etc.) _____

What do you take it for? _____

Which doctor prescribed it? _____

Which pharmacy filled it? _____

Write instructions from label here:

Medicine Name: _____

Describe the pill (color, size, shape, etc.) _____

What do you take it for? _____

Which doctor prescribed it? _____

Which pharmacy filled it? _____

Write instructions from label here:

Hello my name is_____
and I have a _____
disability.

I have _____
I need _____
Please _____

I cannot _____
I cannot _____

Please call this number_____ and ask for
_____, they should be able
to get me the help I need.

Thank you.

Emergency Medical Information

Name:_____ Date of Birth:_____
Address:_____ City:_____
Social Security Number:_____
Health Insurance Company:_____
Individual/Group Policy Number:_____
Medicaid Policy Number:_____
Medicare Policy Number:_____

My doctor/clinic is (name):_____
Phone:_____
Address:_____
Email:_____

Who to contact in and emergency:
Name:_____
Phone:_____
Address:_____
Email:_____

Other Information:
Medications/dosages
_____
_____
_____

Allergies/Sensitivities
_____
_____

Special Diet
_____

Special Needs (Do you use equipment like a walker, wheelchair, cane, etc. Do you need special assistance due to a speech or hearing difficulty?)
_____
_____
_____
_____
_____
_____

Letter/Word Communication Card

Emergency Communication 4 ALL .....Letter/Word Communication Aid

FREE SPACE *(for your custom message)*

MY NAME IS...

Ask me questions if you need to, but please wait patiently for my replies.

I can't speak but I can hear and understand you.

I will point to where I hurt.

My vital information is on the back of this page.

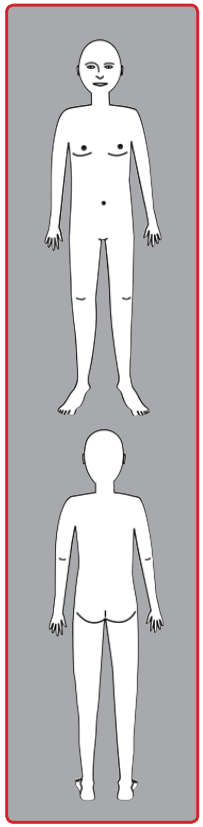
My technology needs to be charged.

Please contact my family.

A	B	C	D	E
F	G	H	I	J
K	L	M	N	O
P	Q	R	S	T
U	V	W	X	Y
Z	?	.	!!	SPACE

WAIT. Please be patient.	
Oops!	Help
Bathroom	Hungry
Afraid	Sick
I need/ want	I can't

0	1	2	3
4	5	6	7
YES	8	9	NO



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Picture Communication Card

Emergency Communication 4 ALL .....Picture Communication Aid

FREE SPACE *(for your custom message)*

I can't speak but I can hear and understand you.

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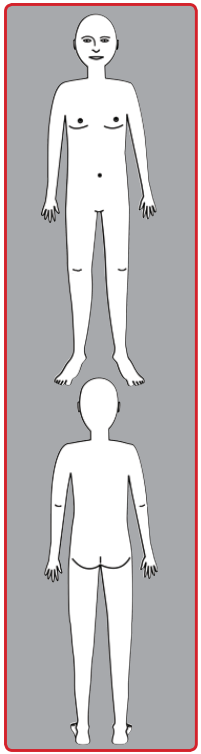
Please contact my family.

Ask me questions if you need to, but please wait patiently for my replies.

I will point to where I hurt.

MY NAME IS	I, me, my	Bleed	Infect	Allergy	Disability	Help	Bathroom
WHO	You, yours	Broken	Need/Want	Blanket	Disaster	Home	Walker
WHERE	She, her, hers	Burn	Rescue	Clothes	Emergency	Hospital	Wheelchair
WHAT	He, his, him	Choke	Spell	Cold	Family	Sick	Wind
WHEN	They, them, their	Communicate	Talk	Damage	Fire	Pets	Worried
WHY	We, ours	Evacuate	Understand	Danger	Flood	Shelter	Worse/Worst
HOW	YES	Hurt/Injure	Wait	Communication Device	Heat/Hot	Seizure	NO

0	1	2	3	4
5	6	7	8	9
A	B	C	D	E
F	G	H	I	J
K	L	M	N	O
P	Q	R	S	T
U	V	W	X	Y
Z	?	.	!!	SPACE



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Reference: Guam Homeland Security. (2009). All-hazard preparedness. Retrieved December 18, 2009, from http://www.guamhs.org

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GUAM CEDDERS

EMERGENCY PREPAREDNESS GUIDE FOR PERSONS WITH DISABILITIES

For more information go to:

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