

## Disaster Plan

### To UTSE:

- ✓ Learn about possible dangers and become familiar with the disaster response plan for your community.
- ✓ Talk with three contacts about helping you during a disaster, including providing a ride away from danger.
- ✓ Develop a disaster communication plan to ensure you will be able to stay in contact if you are separated during a disaster.
- ✓ Example plans can be obtained from [www.ready.gov](http://www.ready.gov)
- ✓ Practice your plan.

### To Church Pastors:

- ✓ Develop a disaster plan for the Church, where you provide worship services to members.
- ✓ Ensure all staff and leadership are properly trained for any disaster.
- ✓ Ensure you have shared your disaster plan with local emergency responders.
- ✓ Know who are UTSE within your congregation.

### Know the difference between a WATCH and a WARNING

**WATCH** -Severe weather is threatening, and MAY occur. Conditions are right for severe weather.

**WARNING**-Event is happening NOW, it is imminent, or has been seen on radar. Immediate action is needed to protect yourself.

### Regional Red Cross offices For Disaster Planning

CO/WY HQ 303-722-7474  
Keystone: 970-580-5120  
San Lois Valley: 719-580.5120  
Fort Collins: 970-242-4851  
Durango: 970-259-5383  
Crook: 307-283-2390  
Colo Springs: 719-632-3563  
Goshen: 307-532-7039

Utah - 801-323-7000

### For More Information

A complete guide for personal assessment and emergency planning is available from: **American Red Cross Disaster Services**  
[www.redcross.org/disaster/safety](http://www.redcross.org/disaster/safety)

**Ready Colorado**  
[www.readycolorado.org](http://www.readycolorado.org)

**WY Office of Homeland Security**  
307-777-4663  
[wyohomelandsecurity.state.wy.us/main.aspx](http://wyohomelandsecurity.state.wy.us/main.aspx)  
[www.ready.gov](http://www.ready.gov)

**211 unitedway**  
<http://211us.org>

A critical tool in times of Disaster Information and resources before and after disasters.

**Disaster  
Preparedness  
Guide  
For People Unable  
to Self Evacuate  
(UTSE)**

**Plan Ahead!**

**UTSE includes all  
people who cannot  
escape from harm's  
way without help.**

## Disaster Preparedness

Everyone should have an emergency plan. Anyone who is aging or who has a disability, lives with someone who is aging or with a disability, or helps a person who is aging or with a disability, has a greater need to plan ahead and be prepared when disaster strikes.

People with physical, visual, auditory, cognitive, or breathing limitations require special preparation BEFORE a disaster.

### Steps to Home Safety

Your home should be your safe haven. Whenever possible, staying in your home should be your first preference.

#### Step 1

- Know where the shut off valves are for water and gas.
- Strap down your water heater and furnace (appliance companies can help or offer directions).
- Know where the safest place is in your home in the event of a tornado.
- If you live in a mobile home, make sure it is securely tied down.
- Check hallways and doorways for easy movement.

#### Step 2

- Make sure you have

notified Enhanced 911 of your disability or special need, and they have your current contact information.

- Notify the local utility companies of your heating and electrical needs and before connecting emergency generators.

#### Step 3

- Create a personal support network consisting of at least three contacts; a neighbor who can respond quickly to your aid, someone across town, and a person 50 to 100 miles away.
- Each contact person should have your emergency information, list of medications, physician's contact information and the phone number(s) of your other contacts.

#### Step 4

- Prepare an evacuation plan from different rooms of your home.
- Inform your contact network of your plan.

### Personal Assessment List

Consider what you will be able to do for yourself and what help you may need before, during, and after a disaster. Know your abilities and your limitations.

Do you use:

- Personal care equipment (to bathe or dress)
- Adaptive feeding devices
- Electricity-dependent equipment
- Specially equipped vehicle

- Oxygen tanks
- Visual aid devices
- Service animals or pets

List what you will need during a disaster to identify items you will need in your Basic Disaster Supply Kit.

### Basic Disaster Supply Kit

Use a duffle bag, sports bag or back pack to make your kit. Your basic disaster kit should last at least seven days and include the following:

- Any items you identified from the personal assessment list
- Medications or treatment items
- Copy of your prescriptions
- Copy of emergency plan and your three contacts' information
- First aid kit
- Whistle or noise maker
- Extra batteries for hearing aids, flashlights
- Pad and pencil
- A pair of heavy gloves in case of broken glass and debris
- Patch kit and can of air for wheelchair tires
- Pet vaccination records
- Inspect medications and food every 6 months, replace items prior to expiration

All important papers should be placed in a sealed plastic freezer bag.