

Planning for Persons with Disabilities

If you are one of the 300,000 people in New Mexico with physical, medical, sensory or cognitive disabilities, emergencies present a real challenge. To protect yourself and your family, plan ahead. Use the emergency plan guidelines on page 2 and add additional subject areas for yourself. Discuss your ideas with family, friends and your personal care attendant or others who support you. Create your own emergency plan to meet your needs. Post the plan where everyone will see it and keep a copy with you.

Create a network of friends, family and coworkers to assist you in an emergency. Keep their names and numbers where you can reach them.

Maintain a list of your prescriptions, physicians and special equipment. Include detailed information about your medication or medical regimen. Health problems such as diabetes or heart conditions should be noted, as well as any allergies to medications. Wear medical alert tags and bracelets to identify your disability in an emergency.

Create a back-up plan for managing without water and electricity. Create a plan in case your building is evacuated. If you use a wheelchair, show friends how to operate it and help you transfer in and out of your chair. If you have a power chair, keep extra batteries on hand. See if there is a manual back-up for your chair and other electrical equipment. Store water for drinking and bathing.

If you have a speech, language, or hearing disability, when you dial 911, tap the space bar on your TTY/TDD device to indicate a TDD call. Store a writing pad and pencils to communicate with others. Have a flashlight handy in case there is a power outage and you need to signal where you are. Keep written instructions for others who may come to your aid.

If you have a service animal, train the dog to know alternative routes out of your home and workplace. Be sure your service animal has identification, including emergency contact information. Trained service animals may stay in emergency shelters with their owners.



Fifi & Fido: What About Pets?



Your pets depend on you to take care of them in all situations, so make an emergency plan that includes them. If you don't plan, they may not survive an evacuation or other emergency.

Your pets should wear identification at all times. Include the phone number of a friend or relative outside your area. If your pet is lost, there will be a phone number that will be answered even if you are not home.

Assemble a pet travel kit. Keep food, water, and any special pet needs in an easy-to-carry container. Include photos, in case your pet gets lost.

If you leave your home during severe weather or another emergency, even if you think you may be gone only for a few hours, take your animals. Once you leave, you have no way of knowing how long you'll be kept out of the area, and you may not be able to go back for your pets. If you find you must leave pets behind, leave a sign on the outside letting rescue workers know the number and breeds of your pets.

Find out if your local emergency shelters will accept pets. Many emergency shelters, including those operated by the American Red Cross, do not accept pets unless they are service animals. In the event of an emergency, however, many animal rescue groups or shelters will create an emergency animal shelter.

If you don't evacuate and your family and pets must wait out a storm or other disaster at home, identify a safe area in your home where you can all stay together. Keep dogs on leashes and cats in carriers, and make sure they are wearing identification. Have pet medications, pet food and water inside watertight containers, along with your other emergency supplies.

ICE – In Case of Emergency!

In Case of Emergency is a campaign recently adopted by the Albuquerque Police Department and other community organizations across the country.

The campaign encourages people to enter an emergency contact number in their cell phone under the heading ICE. In an emergency, first responders can easily contact that person to get vital information.

Why not put ICE in your phone now? It only takes a few seconds and it could help save your life. Simply select "new contact" and enter ICE and the number of the contact person.



Preparing for a Public Health Emergency – It's Everyone's Job!



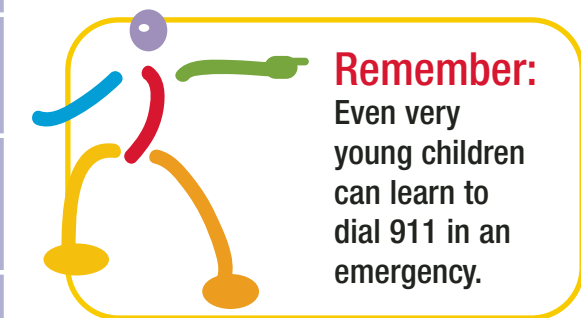
Is your family ready? Prepare a Home Safety Kit – see page 3 for all the details.

Protecting Your Family and Home in an Emergency

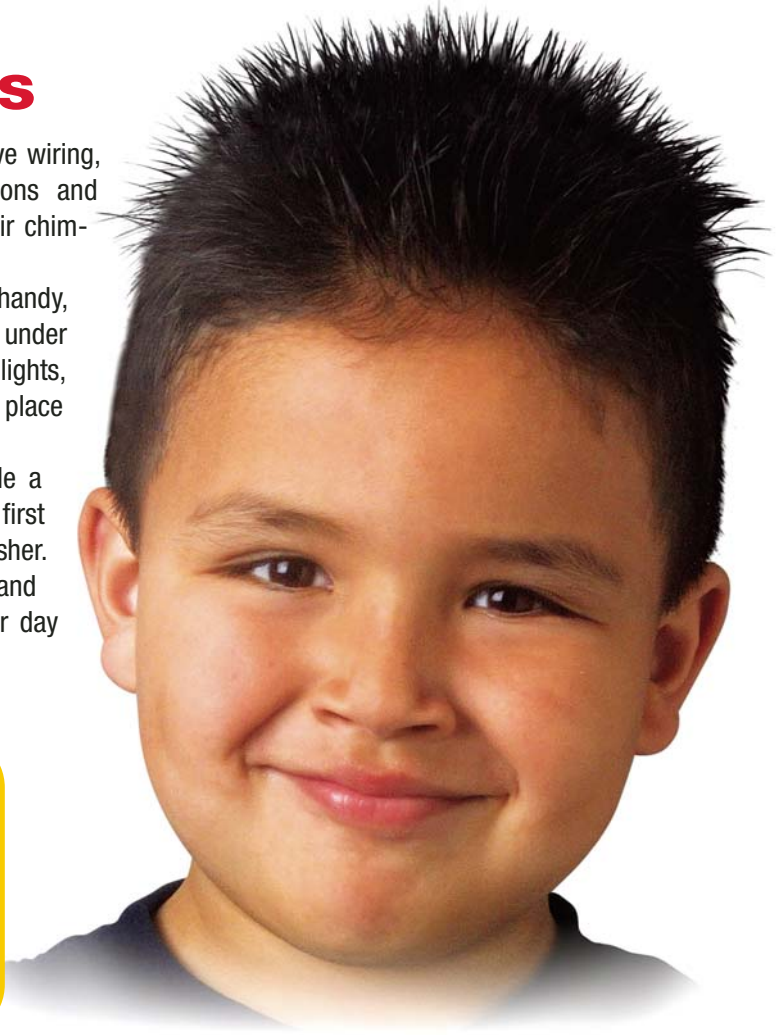
The New Mexico Department of Health, Office of Homeland Security and Department of Public Safety want you and your family to be safe and ready in any emergency. In the event of a disaster, state officials and relief workers will respond immediately. You and your family also play a vital role. You can take simple steps to protect yourself, your home, your children – even your pets. This issue of *Safe & Ready* outlines how to create a family emergency plan, how to prepare a home readiness kit, how to talk to children about disasters and other ways to be ready for an emergency.

Quick Tips for Safe Families

- **Do a Home Hazard Hunt:** Repair defective wiring, secure shelves, store weedkillers, medications and pesticides away from children, clean and repair chimneys and flue pipes.
- **Prevent Senior Injuries:** Keep a flashlight handy, place non-skid treads or double-sided tape under area rugs, keep floors free of clutter, use night lights, be sure seniors have emergency numbers, place phones where they can be easily reached.
- **Prepare an Emergency Car Kit:** Include a battery powered radio, blanket, booster cables, first aid kit, bottled water, snacks and a fire extinguisher.
- **Learn About:** Workplace Emergency Plans and Emergency Plans at your children's schools or day care centers.



Remember: Even very young children can learn to dial 911 in an emergency.



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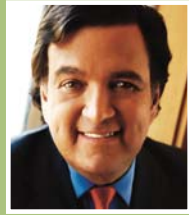


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A Tribute to First Responders

In appreciation of first responders and the risks they take every day. In honor of those who lost their lives on September 11, 2001.





From
the
Governor

Meeting the Challenge

My number one priority as Governor is to ensure the safety and security of all people in New Mexico. In the four years since 9/11, the state has worked closely with public safety officials from every community to strengthen our capacity to respond to all emergencies. The Office of Homeland Security, the Department of Public Safety and the Department of Health have initiated new response systems to be ready for any emergency, whether it is a flood, forest fire, infectious disease epidemic or bioterrorist attack.

We have coordinated new approaches, purchased new equipment, provided specialized training and created partnerships with other states. Your friends and neighbors who are emergency responders, health care providers, and police and fire personnel are all part of that effort.

Undeniably, these are challenging times – a period that requires increased awareness and readiness. A disaster can strike without warning, requiring that we act immediately to be sure everyone is safe. I am confident that our public safety agencies are prepared and systems are in place to provide whatever immediate response and follow up assistance is needed.

Ensuring the security and safety of our communities is not a job state government can do alone. We must work together. You play a vital role in protecting yourself, your family and your community in the event of a disaster. I urge all New Mexicans to take some simple steps now to prepare themselves and their families for any possible emergency.

This issue of *Safe & Ready* offers advice, ideas, and plans to help your family prepare for an emergency and see it through safely. Effective preparation will save precious time in an emergency. So create a plan for your family. Prepare a Home Readiness Kit. Teach your young children how to dial 911, and how to react in emergency situations, then practice as a family.

Working together, we can and will meet the challenge.

Bill Richardson
Governor of New Mexico

Creating a Family Emergency Plan for Your Household

Take time to talk to your family about:

- **Types of emergencies**, such as wildfires, storms or public health emergencies
- **Where to meet** in an emergency: Select a family meeting place and make sure everyone knows how to get there
- **Important phone numbers** to know and carry
- **Emergency contacts** to call, such as relatives in another state, to report where you are
- **Where to find the family home readiness kit**
- **How to turn off water, gas and electricity** at the main valve or source
- **Safe spots in your home** for extreme weather conditions, such as high winds
- **Escape routes** from your home in a fire
- **Tuning in to emergency radio broadcasts** on a battery-operated radio



Talking to Children About Emergencies and Disasters

Our children often know more than we think and can have **amazing insights**. At the same time, it is easy for them to absorb incorrect information that can feed their fears. And they may be afraid to bring up scary topics. Children are relieved by the opportunity to talk about things that scare them, so you don't need to worry that it will make them more afraid. In fact, they are often more frightened by what is whispered about.

It's important to give kids the chance to express all their feelings and observations. Let them speak freely about what scares or puzzles them – for example, "What will happen to my puppy if we have to leave home?" or "If there's a fire and I'm at school, I won't be able to find you." Answer questions with easy-to-follow information.

When helping children learn how to prepare for an emergency, use words they can understand. Tell emergency stories that had reassuring outcomes. In 2000, the Cerro Grande fire forced the evacuation of Los Alamos and White Rock and everyone was safe. Explain that nature sometimes provides "too much of a good thing." Too much fire, rain, wind or snow can create emergencies.

Discussing disasters ahead of time reduces fear and anxiety and lets everyone know how to respond. Be prepared to answer children's questions about scary things that they have heard about or seen on television, such as forest fires, tornadoes, or terrorist attacks. Give constructive information about how they can be prepared to protect themselves.

Tell children that in a disaster there are many people who can help them. Talk about ways that a paramedic, American Red Cross volunteer, teacher, neighbor, firefighter, police officer, doctor or utility worker might help after a disaster.

Quiz your children every six months so they will remember where to meet, what phone numbers to call and what safety rules to follow. By including all members of your household in disaster readiness discussions, you will highlight each person's importance as a member of a safe family.

From: "Talking About Disaster" - Produced by the National Disaster Education Coalition, Washington, D.C., 2004. www.disastereducation.org



online resources

New Mexico Department of Health
www.health.state.nm.us
State Office of Emergency Management
www.dps.nm.org/emergency

New Mexico Department of Public Safety
www.dps.nm.org
American Red Cross: Prepare
www.prepare.org

familyplan for emergencies

out-of-state contact _____

city _____

phone #s _____

local contact _____

phone #s _____

nearest relative _____

city _____

phone #s _____

family work numbers

name _____ ph. # _____

name _____ ph. # _____

name _____ ph. # _____

family doctors

Dr. _____ ph. # _____

Dr. _____ ph. # _____

Dr. _____ ph. # _____

In a life-threatening emergency, dial 911!

police department ph. # _____

fire department ph. # _____

hospital ph. # _____

Emergency Reunion Locations: 1. Right outside your home
2. Away from the neighborhood, in case you cannot return home:

New Mexico Department of Health • Office of Health Emergency Management

be
safe
&
ready!



step 1:

fill out
these
cards



home readiness kit

A Home Readiness Kit is a vital precaution for every family in case of an emergency. Assemble the following items to last three days for each member of your family and store them in a portable bin for use at home or to take with you.

Keep this list on your refrigerator and assemble the basics to be safe and ready!

- Water.** One gallon per person per day. Store water in sealed, unbreakable containers. Identify the storage date and replace every six months. Have purifying agents available.
- Food.** Non-perishable packaged or canned food and a non-electric can opener. Powdered or canned milk. Hard candy, sugar, salt and pepper. Canned heat (Sterno). Don't forget pet food if you have pets!
- Clothing.** A change of clothing, rain gear, sturdy shoes, hats, gloves, sunglasses, rubber boots.
- Supplies.** A battery-powered radio, matches and lighter, flashlight and plenty of extra batteries. Plates and plastic utensils, plastic storage containers, paper and pencils, duct tape.
- Blankets or Sleeping Bags.** For every member of the family.
- Medical.** A first aid kit and prescription medications, aspirin or non-aspirin pain relief, antacid, laxative, rubbing alcohol, activated charcoal, anti-diarrhea medication, antiseptic, eye wash.
- Money.** Credit cards and cash.
- Back-ups.** An extra pair of glasses, spare contact lenses and supplies for them. An extra set of car keys.
- Special Needs.** Baby items, formula and medications. Toys and books for toddlers. Items for elderly family members and for those with special needs.
- Information.** A list of family physicians and contact numbers, important family information, insurance information and the style and serial number of medical devices such as pacemakers.



www.health.state.nm.us/ohem

Make additional copies
as needed for all the
members of your family

step 2:

cut
them
out &
use
them!



carecard my kid(s) school phone number(s):

name _____ ph. # _____

name _____ ph. # _____

name _____ ph. # _____

name _____ ph. # _____

name _____ ph. # _____

FOLD HERE

Dr. _____ ph. # _____

neighbor _____ ph. # _____

in-town relative or friend _____

phone number _____

out-of-town relative _____

phone number _____

meeting place _____ number _____

New Mexico Department of Health • Office of Health Emergency Management

kidcard call 911 if you need help!

important
info for kids to
have with them

my name _____

my parent(s) or caregiver(s) phone number(s):

home _____

work _____

cell _____

FOLD HERE

Dr. _____ ph. # _____

neighbor _____ ph. # _____

in-town relative or friend _____

phone number _____

out-of-town relative _____

phone number _____

meeting place _____ number _____

New Mexico Department of Health • Office of Health Emergency Management