



# **MY INFORMATION** Please print. If viewing as a PDF, click on the highlighted areas to type in the information. Name: Address: Day Phone: **Evening Phone:** Cell Phone:

Email:

There are three basic steps to being prepared for any emergency:



### MAKE A PLAN



# GATHER SUPPLIES

# (i) GET INFORMED

Think about how emergencies may affect you. Emergencies can range from house fires, to falls in the home, to hurricanes. Use this guide now to list what you might need during an emergency.

### **CREATE AN EMERGENCY SUPPORT NETWORK**

You don't want to go through an emergency alone. Ask at least two people to be in your network—family members, friends, neighbors, caregivers, coworkers, or members of community groups. Remember, you will help each other in emergencies.

Your emergency support network should:

- Stay in contact during an emergency.
- Keep spare sets of your keys.
- Know where to find your emergency supplies.
- Know how to operate your equipment or help move you in an emergency.

### 

Support network contacts:			
Name/Relationship:			
Phone (home/work/cell):			
Email:			
Name/Relationship:			
Phone (home/work/cell):			
Email:			
	Pick an out-of-state friend or relative who family or friends can call during a disaster. If local phone lines are busy, long-distance calls may be easier to make. This out-of-state contact can help you communicate with those in your network.  Out-of-state contact:		
Name/Relationship:			
Phone (home/work/cell):			
Email:			

### 2 DEVELOP

### Important health and life-saving information: Allergies: Special medical conditions: Medications and daily doses: Eyeglass prescription: Blood type: Communication devices/Equipment: Health insurance plan: Preferred hospital: Individual #: Group #: Doctor/Specialist: Phone: Doctor/Specialist: Phone: Doctor/Specialist: Phone: Doctor/Specialist: Phone: Pharmacy: Address: City: Phone: Fax:

### 2 DEVELOP A PLAN (CONTINUED)

### **Transportation**

Be prepared to make other transportation plans if your subway or bus is not running.

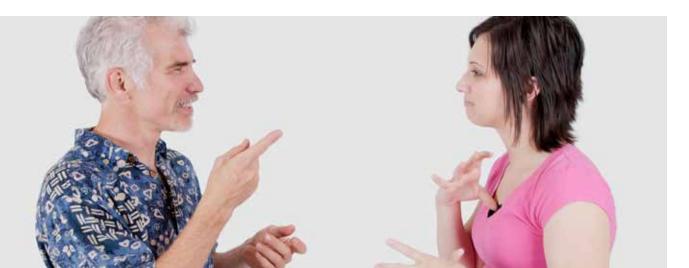
I will call (friend):
Phone (home/work/cell):
Taxi service:
Phone:

Make a habit of learning exits whenever you are in a new location (e.g., shopping mall, restaurant, movie theater).

### **Include Communication in Your Plan**

Take time **now** to plan how you will talk to friends or emergency workers in an emergency. During an emergency, your normal way of communicating may be affected by changes in environment, noise, or confusion. Know how and what you will need to communicate during an emergency.

- If you are Deaf or hard of hearing, practice communicating your needs through gestures, note cards, text messages, or other means.
- If you are blind or have low vision, be prepared to explain to others how best to guide you.



Prepare something now that describes your needs in short, meaningful phrases. You may not have much time to get your message across. Prewritten cards or text messages can help you share information during a stressful or uncomfortable situation. Phrases can include:

- I may have difficulty understanding what you are telling me. Please speak slowly and use simple language.
- I use a device to communicate.
- I am Deaf and use American Sign Language.
- Please write down directions.
- I speak [insert language].

Your cards should apply to emergencies in and outside your home. Be sure to keep them with you at all times. If you have difficulty creating cards, ask family, friends, or caregivers to help.

### Below is space for you to write your own phrases:

### 3 KNOW HOW TO EVACUATE

- Evacuate immediately if your life is in danger.
- Evacuate immediately if you smell gas, or see smoke or fire.
- Call 911 if you are stranded and need emergency assistance to evacuate your home.
- Remember to tune in to local radio and TV stations, access NYC.gov, or call 311 (TTY: 212-504-4115) for the latest emergency information.

### **Meeting Place**

Know where you will meet family, friends, or caregivers after an emergency. Pick two places to meet: one right outside your home and another outside your neighborhood, such as a library, community center, or place of worship.

Meeting place close to home:	
Address:	
Meeting place outside neighborhood:	
Address:	

Find out if you live in a hurricane evacuation zone by visiting the Hurricane Zone Finder at NYC.gov/hurricanezones or calling 311 (TTY: 212-504-4115).

I live in zone:



Pick friends or family with whom you can stay in case you cannot stay at home.

### I can stay with:

Name/Relationship:	
Address:	
Phone (home/work/cell):	
Email:	
Name/Relationship:	
Address:	
Phone (home/work/cell):	
Email:	

Practice evacuating regularly and consider different situations you may face, such as blocked paths or exits. Include service animals in your drills so they become familiar with exit routes.

### **Sheltering**

For people who have no other place to stay, emergency shelters may be set up in schools, City buildings, and places of worship. They provide basic food and water. Shelters DO NOT have special equipment (e.g., oxygen, mobility aids, batteries). Be prepared to bring your own.

Shelters are subject to change depending on the emergency. To find an accessible shelter near you during an emergency, call 311 (TTY: 212-504-4115).

Ask family members or someone in your emergency support network to go with you to the shelter.

### 4 PACK A GO BAG

Everyone in your household should have a Go Bag—a collection of things you would want if you have to leave in a hurry. Your Go Bag should be sturdy and easy to carry, like a backpack or a small suitcase on wheels.

### Check off items you have and add those you will need:

Copies of your important documents in a waterproof container (e.g., insurance cards, Medicare/Medicaid cards, photo IDs, proof of address, marriage and birth certificates, copies of credit and ATM cards)
Flashlight, battery-operated AM/FM radio, and extra batteries
List of the medications you take, why you take them, and their dosages
Contact information for your household and members of your support network
Cash, in small bills
Notepad and pen
Aerosol tire repair kits and/or tire inflator to repair flat wheelchair or scooter tires
Supplies for your service animal or pet (e.g., food, extra water, bowl, leash, cleaning items, vaccination records, and medications)
Back-up medical equipment (e.g., glasses, batteries)
Other personal items:





































## 5 PUT TOGETHER AN EMERGENCY SUPPLY KIT

In some emergencies, like coastal storms and tornadoes, you may have to stay at home. An emergency supply kit should have enough supplies for at least three days.

Check off	items	you	have	and	add	those	you
will need:							

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One gallon of drinking water per person per day
Nonperishables, ready-to-eat canned foods, and a manual can opener
Flashlight, battery-operated AM/FM radio, and extra batteries, or wind-up radios that do not require batteries
Whistle or bell
Back-up medical equipment (e.g., oxygen, medication, scooter battery, hearing aids, mobility aids, glasses, facemasks, gloves)
Style and serial numbers of medical devices (such as pacemakers) and usage instructions
Other items:



### **Special Considerations**

- If you rely on electric medical equipment, contact your medical supply company for information about backup power.
- Ask your utility company if you qualify as a lifesustaining equipment customer, and see if you can sign up for priority power restoration.
- If you rely on oxygen, talk to your oxygen supplier about emergency replacements.
- ☐ If you receive treatments such as dialysis or chemotherapy, know your provider's emergency plan.

ONCE YOU HAVE FILLED OUT THIS GUIDE, YOU ARE A READY NEW YORKER! CONGRATULATIONS!



### **NEW YORK CITY RESOURCES**

Unless otherwise noted, call 311 (TTY: 212-504-4115), or use NYC.gov to contact City agencies.

### **NYC Office of Emergency Management**

NYC.gov/oem

### **NYC Department for the Aging**

NYC.gov/aging

### Mayor's Office for People with Disabilities

NYC.gov/mopd

### Ready New York Preparedness Info

NYC.gov/readyny

### **Hurricane Evacuation Zone Finder**

NYC.gov/hurricanezones

#### **STAY INFORMED**

### **OEM on Facebook and Twitter**

www.facebook.com/NYCemergencymanagement @nycoem

### **Notify NYC**

Register for emergency notifications by visiting NYC.gov/ notifynyc, calling 311, or following @NotifyNYC on Twitter

### GET INVOLVED: TAKE CLASSES OR JOIN THE PREPAREDNESS EFFORT

### **American Red Cross in Greater New York**

877-RED-CROSS (877-733-2767) www.nyredcross.org

### NYC Community Emergency Response Team (CERT) Program

NYC.gov/cert

### **NYC Citizen Corps Council**

NYC.gov/citizencorps

### **UTILITIES**

#### Con Edison

800-75-CONED, (800-752-6633), (TTY: 800-642-2308)

www.coned.com

### Public Service Electric and Gas Company - Long Island (PSEG LI)

800-490-0025, (TTY: 631-755-6660) www.psegliny.com

### **National Grid**

718-643-4050, (TTY: 718-237-2857) www.nationalgridus.com

#### NOT-FOR-PROFIT SERVICE PROVIDERS

### National Organization on Disability's Emergency Preparedness Initiative

202-293-5960, (TTY: 202-293-5968) www.nod.org/emergency

#### LifeNet

For mental health information, a referral, or if you need to talk to someone, call New York City's confidential, 24-hour Mental Health Hotline.

English and all other languages: 800-LIFENET, (800-543-3638), (TTY: 212-982-5284)

In Spanish: 877-AYUDESE, (877-298-3373)

In Mandarin, Cantonese, and Korean: 877-990-8585

#### **MY RESOURCES**

Add your own important resources and phone numbers here.

OEM would like to thank Special Needs Advisory Group members for their hard work on this project.

### THIS GUIDE IS ALSO AVAILABLE IN AUDIO FORMAT AND IN THE LANGUAGES BELOW.

**ARABIC** 

للحصول على نسخة من هذا الدليل باللغة الانجليزية اتصل بـ 311 (معوقي السمع: 4115-504-212) أو قم بزيارة NYC.gov/readyny

### **BENGALI**

এই সহায়িকার একটি বাংলা প্রতিলিপি পেতে হলে, 311 (TTY: 212-504-4115) নম্বরে ফোন করুন অথবা NYC.gov/readyny (দথুন।

### **CHINESE**

如欲索取中文版的指南,請致電311 (TTY: 212-504-4115) 或訪問NYC.gov/readyny。

### **ENGLISH**

Call 311 or visit NYC.gov/readyny for copies of this guide in English.

#### **FRENCH**

Pour obtenir une copie en français de ce guide, appelez le 311 (TTY: 212-504-4115) ou visitez le site NYC.gov/readyny.

### **HAITIAN CREOLE**

Pou jwenn yon kopi gid sa a nan lang Kreyòl Ayisyen, rele 311 (TTY: 212-504-4115) oswa ale nan sitwèb NYC.gov/readyny.

### **ITALIAN**

Per ottenere una copia di questa guida in italiano, telefonare al numero 311 (TTY: 212-504-4115) o visitare il sito NYC.gov/readyny.

### **KOREAN**

본 안내서의 한국어 사본을 받으시려면, 311 (TTY: 212-504-4115)로 전화하시거나 NYC.gov/readyny를 방문하십시오.

#### **POLISH**

W celu otrzymania polskiej kopii niniejszego przewodnika, należy zadzwonić pod nr 311 (nr dla osób z upośledzeniem słuchu: 212-504-4115) lub zajrzeć na stronę internetową NYC.gov/readyny.

#### RUSSIAN

Для того чтобы получить данную брошюру на русском языке, позвоните по телефону 311 (TTY: 212-504-4115) или посетите веб-сайт NYC.gov/readyny.

#### **SPANISH**

Llame al 311 (TTY: 212-504-4115) o visite NYC.gov/readyny para obtener acceso a este folleto en español.

### URDU

اس ہدایت نامے کی انگریزی کاپی حاصل کریں، 311 (TTY: 212-504-4115) پر کال کریں یا NYC.gov/readyny دیکھیں۔

### **YIDDISH**

אדער באזוכט (TTY: 212-504-4115) אדער באזוכט (TTY: 212-504-4115) אווייזער, רופט 311 (NYC.gov/readyny