FEELING SAFE, BEING SAFE

My Personal Safety in an EMERGENCY
FEELING SAFE, BEING SAFE

MAKING YOUR OWN PLAN

This worksheet packet and magnet will help you make a plan and support you during an emergency.

It will help you think about:
- Important people to call.
- Being safe at home.
- A safe place to go.

Complete all the pages in the worksheet.

Put it in your emergency Go Bag.

The magnet will show important information about you. Fill it in using information from your worksheet. You can use a pen or marker. Put it on your refrigerator.

Have someone help you:
- Get all the information you need.
- Put your emergency Go Bag together.
- Complete the worksheet.
- Fill in your magnet.

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Personal Safety

IMPORTANT INFORMATION ABOUT ME

PERSONAL INFORMATION
My name ____________________________
Health Insurance ____________________________

HEALTH/MEDICAL INFORMATION
My meds __________________________________
________________________________________
________________________________________
My doctor ________________________________ Phone ________________________
Information about my disability __________________________
________________________________________
________________________________________

IMPORTANT THINGS I USE
☐ Glasses  ☐ Service animal
☐ Wheelchair  ☐ Walker
☐ Hearing aids  ☐ Other __________________________

COMMUNICATION
My way of talking __________________________
Best way to talk to me __________________________
Best way to assist me __________________________
How I respond to stress __________________________
Safety Tips

GOOD IDEAS FOR BEING SAFE

My Go Bag is ready.

My worksheet is finished in my Go Bag.

My magnet is finished and on my refrigerator.

I practiced telling people about my personal needs.

I told people who care that I am depending on them.

I asked about being safe at work in an emergency.

Being safe, feeling safe = Being prepared
Safe at Home

PREPARING SO YOU ARE SAFE AT HOME

GO BAG CONTAINS:
- Water
- Food
- Extra clothes
- Shoes/boots
- Coat
- Gloves
- Service animal supplies
- Meds for 1 week
- First Aid kit
- Extra glasses
- Games and books
- Soap, tissues, hand cleaner, deodorant, toothbrush, toothpaste

- Whistle
- Garbage bags
- Flashlight
- Radio
- Batteries
- Candles, matches or lighters

Place in zip lock bag:
- Worksheet
- Copy of insurance and ID card
- Cash
- Notebook and pen
- Extra keys

IMPORTANT THINGS I USE:
- Put your name on the front of the Go Bag.
- Put it in a place easy to find.
- Tell important people where it is.
- Check the contents often.

GOOD IDEAS ABOUT BEING SAFE AT HOME:
- Clear pathways to enter and leave easily.
- Keep window and door areas free of clutter.
People Who Care

IMPORTANT PEOPLE IN AN EMERGENCY

SOMEONE WHO LIVES CLOSE BY:
Neighbors ____________________________ (AREA CODE) PHONE NUMBER
______________________________
(AREA CODE) PHONE NUMBER
______________________________
(AREA CODE) PHONE NUMBER
Apartment Manager ____________________________ (AREA CODE) PHONE NUMBER
______________________________
(AREA CODE) PHONE NUMBER
Family or Friends ____________________________ (AREA CODE) PHONE NUMBER
______________________________
(AREA CODE) PHONE NUMBER
______________________________
(AREA CODE) PHONE NUMBER
______________________________
(AREA CODE) PHONE NUMBER

OTHER IMPORTANT CONTACTS:
Support Staff ____________________________ (AREA CODE) PHONE NUMBER
Program ____________________________ (AREA CODE) PHONE NUMBER
County ____________________________ (AREA CODE) PHONE NUMBER

COMMUNITY RESOURCES

CALL 911 IN AN EMERGENCY

WHERE TO GET INFORMATION TO BE SAFE IN AN EMERGENCY:
Radio Station ____________________________ TV Station ____________________________
Web sites ____________________________ Stay connected with severe weather alerts