

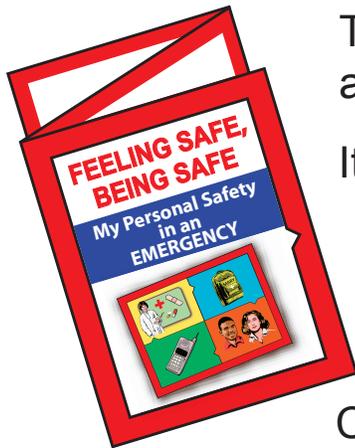
FEELING SAFE, BEING SAFE

My Personal Safety in an EMERGENCY



FEELING SAFE, BEING SAFE

MAKING YOUR OWN PLAN



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

It will help you think about:

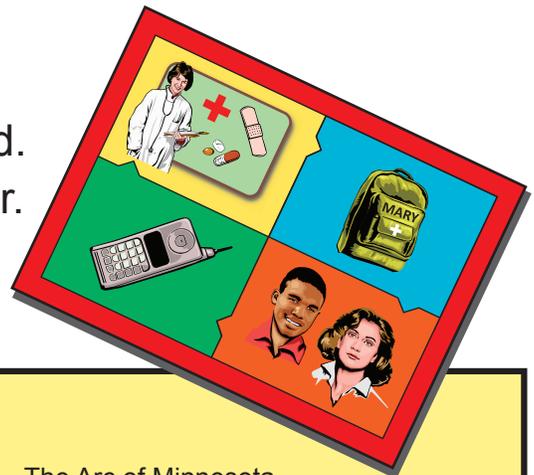
- Important people to call.
- Being safe at home
- A safe place to go.

Complete all the pages in the worksheet.
Put it in your emergency kit.

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 kit together.
- Complete the worksheet.
- Fill in your magnet.



The Minnesota Governor's Council on Developmental Disabilities

370 Centennial Office Building
658 Cedar Street
St. Paul, Minnesota 55155
Phone: 651-296-4018
Toll-free: 877-348-0505
Fax: 651-297-7200
MN Relay Service: 800-627-3529 or 711
www.mnddc.org



The Arc of Minnesota
800 Transfer Road, Suite 7A
St. Paul, Minnesota 55114
Phone: 651-523-0823
Toll-free: 800-582-5256
Fax: 651-523-0828
www.arcmn.org

We wish to thank the California Department of Developmental Services for granting us permission to use the concept and design of their emergency preparedness packet, "Feeling Safe, Being Safe," to create a Minnesota version of the packet.



Personal Safety

IMPORTANT INFORMATION ABOUT ME

PERSONAL INFORMATION:

	My name _____
	Health Insurance _____
	CARD NUMBER _____

HEALTH/MEDICAL INFORMATION:

My meds _____


My doctor _____


Information about my disability _____


IMPORTANT THINGS I USE:

	<input type="checkbox"/> Glasses 	<input type="checkbox"/> Service animal 
	<input type="checkbox"/> Wheelchair	<input type="checkbox"/> Walker
	<input type="checkbox"/> Hearing aids	<input type="checkbox"/> 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 kit is ready.



My worksheet is finished and in my kit.



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

EMERGENCY KIT:

- 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

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

Place in a zip lock bag

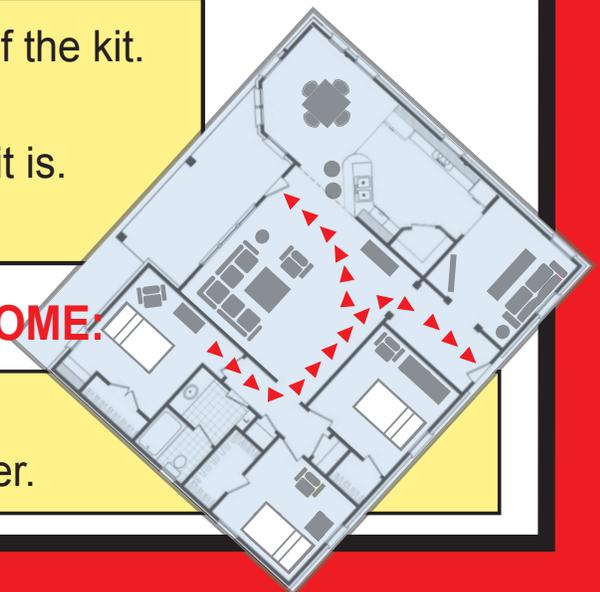
- Worksheet
- Copy of insurance and ID card
- Cash
- Notebook and pen
- Extra keys

IMPORTANT THINGS I USE:

- Put your name on the front of the kit.
- Put it in a place easy to find.
- Tell important people where it is.
- Check the kit 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:

Neighbor _____ (AREA CODE) PHONE NUMBER

Apartment manager _____ (AREA CODE) PHONE NUMBER

Family/friend _____ (AREA CODE) PHONE NUMBER

OTHER IMPORTANT CONTACTS:

Support staff _____ (AREA CODE) PHONE NUMBER

Program _____ (AREA CODE) PHONE NUMBER

County _____ (AREA CODE) PHONE NUMBER

5

Community Resource



WHO TO CALL FOR EMERGENCY INFORMATION

911

Office of Emergency Services _____

Police _____ (AREA CODE) PHONE NUMBER Fire _____ (AREA CODE) PHONE NUMBER



WHERE TO GET INFORMATION TO BE SAFE IN AN EMERGENCY:

Radio station _____

TV station _____

