

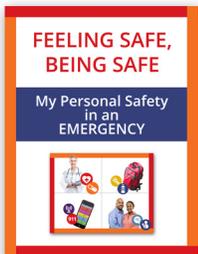
# FEELING SAFE, BEING SAFE

## 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.



THE MINNESOTA  
GOVERNOR'S  
COUNCIL ON  
DEVELOPMENTAL  
DISABILITIES

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St. Paul, Minnesota 55155  
admin.dd@state.mn.us  
651.296.4018  
Toll-free: 877.348.0505  
MN Relay Service: 800.627.3529 OR 711  
Fax: 651-297-7200  
<http://mn.gov/mnddc>  
<http://mn.gov/mnddc/pipm>

  
**The Arc**  
Minnesota

800 Transfer Road, Suite 7A  
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[mail@arcmn.org](mailto:mail@arcmn.org)  
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Toll-free: 1-800-582-5256  
Fax: 651-523-0829  
[www.arcmn.org](http://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 \_\_\_\_\_ Phone \_\_\_\_\_

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 \_\_\_\_\_



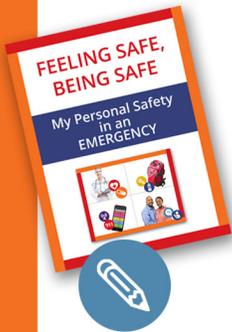
# Safety Tips

## GOOD IDEAS FOR BEING SAFE

My 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

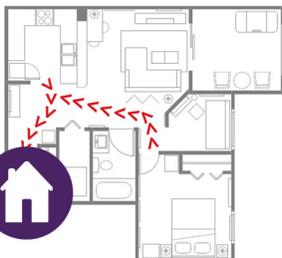
### Place in zip lock bag:

- 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

Family or Friends \_\_\_\_\_ (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*