

Guide to earthquake preparedness for Persons with disabilities.

1. Conduct your own needs assessment of the assistance you would need in an emergency

Consider what help you may need to prepare an emergency kit, prepare your home, what sort of assistance you might need evacuating and after the disaster. Think about things such as:

- a. Do you need help preparing?
- b. Do you need help to evacuate from your home?
- c. Do you need help communicating with others?
- d. Do you need help moving around?

2. Build a support team of people ready to check in on and help you in an emergency

These could be family, neighbors, colleagues, or friends who live or work near you. These people should be willing and able to help with the needs identified in your needs assessment. You should also have an out-of-town contact who you can check in with if communication is difficult after an earthquake. The out-of-town contact can ensure that your support team is helping you and that you are safe.

3. Find the safe spaces in your home

You should have at least one safe spot in each room and know exactly where it is.

4. Learn *Drop, Cover and Hold*

Drop down to the floor. Take **cover** under some strong furniture, or move to an inner wall and cover your head. **Hold** on to the furniture, or hold your position until the shaking stops.

If you are outside, move to the nearest open area and Drop, Cover, Hold.

If you are near the exit on the ground floor, and can move quickly without assistance, consider moving to an open space outside.

If you are driving, look for a space away from hazards such as bridges, trees and overhanging buildings and slowly pull over.

If you are in bed or sitting, stay there and cover your head.

If you use a cane, make sure you keep your cane close and either sit on a chair or bed or crouch on the ground away from falling objects, keeping your head covered.

If you use a walker, lock your wheels and either sit on your walker or get as low as possible and cover your head.

If you use a wheelchair, protect yourself by moving to a safe place away from anything that can fall on you, lock your wheels and cover your head.

If you have low vision or blindness, get on the ground and move as quickly as possible to the safe place in the room, making sure to cover your head.

5. Create an Emergency Kit

Include essential supplies for at least 3 days, such as:

- Non-perishable food (canned or dried)

- Bottled water and water purification tablets
- Essential medicines and medical supplies. If your medical needs are complex, consider having a written medical treatment plan
- First-aid kit and hygiene supplies
- Flashlights with extra bulbs and batteries
- Portable radio with extra batteries
- Mechanical can opener or Swiss army knife
- Copies of important family documents and house plan
- Money
- Extra set of house keys
- Whistle
- Any assistive devices you use regularly
- Identification

The contents of your kit should be checked and the food, water and medicines changed every 6 months.

6. Create a Safety Plan

Do this with your support team, and include:

- A list of the safe places in each room of your house.
- A plan for your family or team to coordinate assistance for you.
- An evacuation route
- A designated safe evacuation space outside the home, away from hazards. You should also have a second evacuation space in case the first one becomes inaccessible.
- A contact person who is outside your city or country.
- A list of important phone numbers including all family members, emergency services, offices and schools.
- An emergency kit with food, water, essential medicines, hygiene supplies, first aid supplies, and other essential items placed somewhere easy to reach. If applicable, you should also have an emergency kit in your car and workplace.
- Regular drills, where everyone practices what to do during an earthquake.

If you have difficulty remembering, learning or understanding, keep your Safety Plan on you.

7. Hold earthquake drills

Practice drop, cover hold and evacuation on your own and with your support team.