

Emergency Preparedness

My Plan _____

Date _____

Peer Counselor _____

Phone _____

I'm Ready:

To Do	Completed	Date
Survival Kit - Home		
Survival Kit - To Go		
Survival Kit - Vehicle		
Health Information		
Transportation Plan		
<i>Who Ya Gonna Call</i>		
Service Animal (Pet) Kit		

PREPARING YOUR EMERGENCY SURVIVAL and EVACUATION KIT

Power and Communication Preparation

It is important to remember that many utilities that we are accustomed to may be interrupted during an emergency. Power and communication are impacted often so preparing for loss of power and difficulties with communication are critical steps in your preparation. Power outages can effect opening the garage door, heating your home, getting information from radio or television, purchasing gasoline, shopping for food, withdrawing money from an automated tell machine, purchasing medication from a pharmacy and sometimes municipal water systems.

1. Make sure your cell phone is charged at all times. Keep your home and auto cell phone charger handy. There are several inexpensive cell phones available for emergency use only (911) and available through charitable organizations.
2. If you have a voice mail option with your cell phone, consider changing your message to inform callers of your situation. Especially if you have to leave your home and move to a shelter. This will allow you to turn off your phone to conserve battery life and still provide important information.
3. Remember cell phone systems can and do become overloaded during emergencies. Have a back-up plan using a person living outside the area affected by the emergency to relay information to family and friends.
4. If you have “land line” phone service, be sure you have a standard telephone connected to your system. Portable phones connected to your home system have an electrically powered base station. Portable phones may not work during power outages.
5. Post the emergency contact phone number for your electric power provider in a prominent place (refrigerator or by the phone). DO NOT call 911 if your power goes out, they will only refer you to the electric power company. It is important to report loss of power even if your neighborhood is affected. Your call established a date and time of power loss and can be useful if the power company offers refunds for interrupted service. The same is true for phone.
6. If you lose power, it is good practice to turn off computers, televisions and electronic devices. Occasionally power is turned back on suddenly and restoration can be accompanied by a “spike” that can damage sensitive electronic equipment.
7. Remember, elevators, automatic garage doors, automatic doors and sump pumps will not work in a power outage unless they are connected to emergency generators or battery back-up. You may have to rely on assistance to exit multi-story buildings and manual operation of garage and exit doors. Have a plan!
8. Other preparations will be covered in the next section.

Preparing Your Kit

The accompanying list of emergency preparedness items are basic necessities for “At Home” and “Evacuation” preparation. You will need a large back pack or small duffel bag to hold the items for a 3 to 5 day period. You must also remember to include items for you specific needs including medication, materials to administer medication (syringes, inhalers etc.), extra glasses / contact lenses and solution, drinking straws, magnifiers, pill crushers and other items you use or take daily.

Kit Items

Food – edible without preparation, no frozen foods that might spoil when thawed.

Select canned products that have the pull tab openers whenever possible (soups, beef stew, beans, peanut butter). Tuna in packets (some are pre-seasoned), breakfast cereals, dried fruits and nuts.

Water – an average of one (1) gallon per day per person. This will be your heaviest item (24 pounds for 3 gallons).

Light – flash light with extra batteries and bulb, candles and matches for home and car and light sticks (camping supply stores) for temporary illumination.

First Aid Kit – be sure you have alcohol or disinfectant wipes, bandages, scissors, gauze and antiseptic. Pharmacies have pre-packaged First Aid Kits for home and car. Check to make sure items in your kit have not expired.

Radio / TV – portable (battery operated) radio or TV will help you keep informed on conditions and what to do. Be sure and check the batteries, have spares.

Cell Phone and re-charger – cell phones can be a lifeline in an emergency. If you don't have a re-charger for use in a car, invest in one. Even if you don't have your own car, you can get a charge from someone who does.

Whistle or Signal Device – if you are trapped and need to let rescuers know where you are, a signal device is important. Some key-chains alarms provide a loud piercing noise.

Toothbrush and Paste, Washcloth, Hand Soap, sanitizer, towelettes – keeping all these items in a plastic zip-lock bag is always good practice. Dental floss can be used to tie things in an emergency.

Toilet paper and hygiene supplies, make sure you have enough for 3 to 5 days.

Clothing – Pack clothing that is light weight but warm and dries easily. Wool sweaters are great for warmth until they get wet and they can be heavy. Other fabrics may be better suited the wear and have as extra.

Kitchen Supplies – consider only what you will need to eat and drink with as well as a way to heat food or water if possible. Army surplus mess kits are ideal (boy scouts are a good source). Remember you may have to open what you are going to eat. Unbreakable is the rule.

Musts:

Pocket Knife – if you have limited function in your hands and fingers, this item can be a problem.

Warm blanket / Sleeping bag – Army surplus or camping stores are good sources for this item. Buying a bag rated to zero (0) degrees or below can save your life if stranded in a car.

Paper and Pencil or Pen – You may need to leave a message if you leave your home or automobile.

Waterproof Pouch – A large zip lock bag to hold your birth certificate, social security card, bank information and other critical documents that you don't want to leave behind if you must evacuate. See the Personal Documents section of the Kit. Don't forget your Health Information Sheet.

Extra Items – Spare glasses and/or contact lenses, hearing aid batteries, folding cane and other items wheelchair cushion. Take only what is essential.

Personal Documents – these items go in your waterproof pouch. Include any legal items that you might keep in a home safe of personal file (will, deed, bonds, etc.). If your home is destroyed, these may be irreplaceable.

Miscellaneous – some of these items will be useful if you are stranded at home. Vendor contact information and a list of medical equipment and serial numbers (pictures) should go with your personal documents in case you need to replace these items through an insurance claim.

Children's and Service Animals – Emergency shelters must accept children and service animals. Children will need the same consideration for food water, sanitary supplies and clothing as adults. Service animals will need food and water, their favorite blanket and toy. Be sure to bring their medical records (rabies tag) and any certificate that identifies them as a service animal. A picture of you with the animal is very important to include in your personal documents pouch.

Vehicle Only Items – these are items to help you remain in your car if stranded and until rescued. Assuming you have your cell phone to alert authorities, the items will help you keep warm and safe for several hours. This is not a replacement for your Survival and Evacuation Kit. It is only a vehicle kit for short term survival.

NOTE: - Emergency shelters are NOT supermarkets, pharmacies or stores. Their role is to provide a safe environment to sleep and eat. If you leave an item behind, you may have to do without. Bring a good book or portable games; you may be there for a while.

EMERGENCY SURVIVAL AND EVACUATION KIT

ITEM	AT HOME	TO GO	VEHICLE
Food – 3 day supply of in cans and boxes edible without preparation/non-perishable			(See vehicle list)
Water – 3 day supply of bottled water (1 gallon per person per day)			(See vehicle list)
Light – Flashlight and batteries – matches and candles			(See vehicle list)
First Aid Kit and instruction manual			
Communication: portable radio / TV, batteries and recharger			XXXXXX XXXXXX
Cell Phone and recharger (auto and AC)			XXXXXX
Whistle (signal for help)			
Sanitary Supplies:			
Toothbrush and paste			XXXXXX
Washcloth			
Hand soap			
Hand sanitizer			
Moist towelettes			
Toilet paper			
Bowel and Bladder Supplies (Diapers, bags)			XXXXXX XXXXXX

ITEM	AT HOME	TO GO	VEHICLE
Clothing:			
Underwear (one to three complete changes)			
Long sleeve sweater			
Extra Socks			
Jacket or Coat			
Shoes or Boots			
Rain wear			
Kitchen Supplies:			
Manual can opener			
Eating Utensils (unbreakable)			
Cups			
Plates			
Bowls			
Small pot for heating food (soup, water)		XXXXX	
Must Have:			
Pocket / utility knife (Swiss Army type)			

Warm blanket or sleeping bag			
Paper and Pencil			
Waterproof pouch for personal documents			XXXXXXXXX
Extra Personal Items and Documents:			
Wheelchair Cushion (and extra if available)			
Pair of glasses			
Contact lens cleaning solution			
Hearing aid batteries			
Folding cane			
Syringes / Bronchial inhaler			
Personal Documents (to go in pouch)			
Copies of credit and ID cards (license)			
Copies of insurance policies, account numbers			
Birth certificate, social security card, will			XXXXXX
Cash and coins (\$ 100 in bills \$ 10 in coin)			
Allergy ID bracelet or tags			
Extra house and car keys			
Miscellaneous:			
Charger for scooter or power wheelchair			XXXXXX
Medical equipment serial numbers & pictures			
Vendor contact information for DME.			
Pliers or wrench (to shut off gas utility)		XXXXX	
Screw driver (slotted and Phillips head)		XXXXX	
Fire Extinguisher		XXXXX	
Duct Tape			
Plastic trash bags (33 gallon)			

CHILDREN'S NEEDS - Children will need supplies similar to those for an adult. In addition consider easily packed entertainment items like playing cards, coloring books, puzzles. If you have an infant, include contact information for pediatrician, additional clothing, formula, pacifiers, bottles and diapers.

SERVICE ANIMAL NEEDS (and PETS)

ITEM	AT HOME	TO GO	VEHICLE
Food – 3 day supply			
Water – 3 day supply			
Food and water dish			
Identification papers (service animal)			
Extra leash			
Medicines (if being treated) – First Aid Kit			
Warm blanket or bed			
Name and phone of veterinarian			
Picture of you and your service animal			
Favorite toy			

Plastic bags and paper towels for cleanup			
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Survival if stranded in your Vehicle.

In addition to the items on your survival kit list, the following additional items should be in your vehicle if you are caught in a storm or stranded.

VEHICLE ONLY ITEMS	HAVE	NEED
Work Gloves (to protect hands)		
Safety Glasses		
Emergency flares		
First Aid Kit and instruction manual		
Emergency signal flag		
Windshield washer fluid (1 extra gallon)		
Metal can with candle (heat and light)		
Matches (waterproof container)		
Compass (know how to use)		
Tire repair kit (fix a flat)		
Booster / jumper cables		
Air pump		
Old rug		
Food		
Water (half fill bottles in case of freezing)		
Nutra bars or granola bars		
Cereal (individual serving boxes)		
Light sticks (for illumination)		
Hard candy or honey		
Beef jerky or Protein Bar		

Be sure you have your Emergency Health Information Form completed and on your person, in your kit and in your vehicle.

One final note regarding Medication:

It is a good idea to keep a list of medications and dosages in your wallet. Also renew your prescriptions when you have a 5 day supply remaining. If you take medication that cannot be interrupted without serious consequences, make sure it is stated clearly on your Emergency Health Information Form and include the:

Name of the prescription medication and the Dosage and times taken.

When first prescribed, how long you have been taking and possible side effects.

Name of physician and contact information and the same for pharmacy.

For more information about Emergency Preparedness go to www.ready.gov

<http://preparewny.org/plan.asp> <http://preparewny.org/kit.asp>
<http://www.buffaloredcross.org/Home/ProgramsServices/HealthSafety>

Emergency Health Information Form

Instructions for completing your Emergency Health Information Form.

Ultimately it is YOUR responsibility to prepare for your own care and safety during emergency situations. You have a choice of what and how much information you disclose about yourself on this form. Determine your own need for privacy and what information others will need to render assistance.

In the event of a local disaster emergency due to weather conditions, industrial accidents or terrorist activity, you may need to remain in your home or evacuate to a shelter. In either situation, it is important to have your personal health information recorded and readily available to give to emergency responders or shelter staff so that they can assist you with appropriate care.

The attached form will help you record basic Emergency Health Information. It is good practice to have more than one copy of this form available. A copy on your person, a copy in your survival kit and a copy on display at home in an obvious place (taped to the refrigerator).

If you have important additional health or medical information that is not included in the form, add additional pages as necessary. Remember, emergency responders don't need your entire medical record or history, only the information relevant to providing assistance in the event of a disaster or evacuation. Information important to your survival for 3 to 5 days until normal conditions are restored.

Form Instructions:

Date Completed and Updated – Up to date health information is critical to your safety. Be sure to record the date you first complete this form and any date you add information to it. Your **SSN**: social security number is important for identification and retrieving information. You may choose to keep it confidential and carry it with you.

Name, First, Last – Nick Name – Some of your contacts may know you by a shortened version of your name. Richard may be known as Rich, Christine, as Chris. To avoid confusion when emergency responders are communicating with your family, friends or other contacts, it is important to know your “nick name”.

Address Information – Be sure to indicate your residence. Mailing addresses and post office boxes are not always the place you live. Also indicate whether you live on the ground floor or an upper level apartment and the apartment number.

Phone Numbers – Emergency situations often impact communication systems. Include as many ways you have available to receive and send information.

Note: For ALL phone numbers include the area code.

Out of Town Contact – It may be necessary to communicate with family, friends and contacts through a third party outside the effected disaster area (someone in another city/state). This should be a person you can trust with your medical information and can be a reliable source of information and communication between you and other people concerned about your health and safety. Out of town relatives or long time family friends are typical out of town contacts. Include their name, phone number (with area code) and E-Mail address. Be sure to share this information with your immediate family as well.

Emergency Contact – The name and phone number of the person you want contacted if you are unable to communicate for yourself.

Insurance Provider – If you require medical treatment during an emergency situation, the facility treating you may not have your medical records and information. They will need to know that you have insurance coverage and if possible, access your treatment records while you are under their care. Be sure you have your health insurance identification card on your person and a copy of the card in your kit.

Health Care Provider – You may have a primary care physician or receive medical care through a clinic. Be sure to include enough information for an emergency responder to talk to someone about your health situation and needs.

Personal Care Aid – If you have a personal care aid / attendant who help you with activities of daily living it will be necessary to contact them if you have to leave your home and move to an emergency shelter.

Disability Information – Use everyday language when describing your disability. Remember the people who are helping you may not know about the different effects of different disabilities and they make erroneous assumptions about you.

An example: Nature of Disability – “I had a head injury.” Limitations – “I get dizzy occasionally and I have poor short term memory.” Accommodations – “I sometimes need help getting up from lying down and I need to carry a reminder note book to help remember things.”

Allergies/ Medications and Immunizations – If there is not enough room on the page to list your information, make an additional copy and attach it. You may consider listing only the allergies and immunizations that are most relevant to evacuation to a shelter (soap allergies or latex, certain foods). Under medications, be sure to note if there are special instructions for dosage and handling as well as the need for refrigeration and storage.

EMERGENCY HEALTH INFORMATION**Contact Information**

Date Completed	Date Updated	SSN:
Name (First)	Last	Nick Name
Address (Number / Street)	City / State	Zip
Cell Phone	Home Phone	Work Phone
Out of Town Contact – Name	Out of Town Contact - Phone	Out of Town Contact – E-Mail
Emergency Contact – Name	Relationship	Phone
Insurance Provider - Name	ID #	Phone
Health Care Provider – Name	Address	Phone
Personal Care Aid – Name	Address	Phone

Disability Information

Nature of Disability	Limitations	Accommodations

See Reverse for Additional Information

Allergies / Medications / Immunizations – (Make additional copies if needed)

Allergy Name -	Medical/Chemical/Environmental	Treatment or Medication

Medications

Condition Name	Medication and Precautions	Prescriber Name	Pharmacy Contact Phone

Immunizations

Immunization Name	Date of Last Immunization

Emergency Health Information (optional additional data)

In case of emergency (legal, medical or psychiatric), please refer to my Advance Directive (a copy is on file with :)

Hospital	City	State	Phone	Fax
	name	phone number	cell phone number	Address or other info:
emergency contact				
health care proxy				
advocate				
Psych E.R.				
family member 1				
family member 2				
Apartment care *				
Agency / clinic				
psychiatrist				
counselor				
landlord				
housing specialist				
attorney				
employer				
Crisis Services	716-834-3131			
Peer Line	716-834-7337			

- Apartment care contact has house keys and in the event of an emergency is willing to assist with mail, writing out checks, plants, pets, cleanliness & safety concerns.

Emergency Evacuation Transportation

In an emergency when it is necessary to evacuate to a safe location, your best option is to rely on family or friends to assist you. Public transportation including para-transit may not be available. Private transportation will be overburdened and difficult to arrange on short notice.

Transportation Preparation:

If you require private transportation to assist you in evacuating to a shelter or other safe location be sure to have \$ 100 cash available to pay for transportation. This money is in addition to the cash in your Survival Kit. Don't forget to get a receipt. Drivers will not take personal checks. The following list of providers will help you secure transportation in your area to the location you are going. It might be helpful to program a couple of these phone numbers in your cell phone call list.

Wheel Chair Accessible Transportation Services

Aries Transportation Services, Inc.

(716) 362-9701 Buffalo and local suburbs, Niagara Falls and Lewiston

Carrier Coach, Inc.

(716) 632-8756 Buffalo

(716) 532-2600 or (716) 337-0200 Gowanda

First Call, Inc.

(716) 871-1500 - Primarily Southtown service however will transport cash customers if space available for Erie and Niagara County.

Liberty Cab (they have 2 wheel chair accessible vehicles)

(716) 877-7111 - All of Erie and Niagara County

Southtowns Wheelchair Van Service

(716) 675-2505 – See First Call, Inc.

We Care Transportation

(716) 838-0349 - All of Erie and Niagara County

WNY Independent Living, Inc.

(716) 836-0822 ext. 150 or 183 - All of Erie and Niagara County

ERIE COUNTY TAXIS

AP Towne Taxi - Buffalo NY

Serving the Buffalo Area
(716) 444-2739

A Boulevard Amherst Cab Taxi Inc

5459 Main Street
Buffalo, NY 14221
(716) 631-3535

Airport Taxi Service

Buffalo International Airport
Buffalo, NY 14225
(716) 633-8294

Best Cab & Taxivan of Wny

Buffalo, NY 14201
(716) 870-7770

Broadway Taxicab Company

1717 Fillmore Ave
Buffalo, NY 14211
(716) 896-4600

Cold Spring Taxi

371 Northampton St
Buffalo, NY 14208
(716) 886-4900

Kenmore Cab

440 Ontario St
Buffalo, NY 14207
(716) 876-3030

McLaughlin Car Taxi Limo Dispatch Service

41 Mumford Street
Buffalo, NY 14220
(877) 334-8294

Quaker Taxi Incorporated

1711 Union Rd
Buffalo, NY 14224
(716) 674-3900

Southtowns Taxi

738 Ridge Rd
Buffalo, NY 14218
(716) 827-0200

Suburban Cab

440 Ontario Street
Buffalo, NY 14207
(716) 688-2222

Buffalo Transportation Inc.

Buffalo, NY 14207
(716) 877-5600

Action Taxi & Tour Service

1571 Eggert Rd
Buffalo, NY 14226
(716) 446-1580

Amherst Taxi Dispatch Service

253 Ontario St
Buffalo, NY 14207
(716) 875-1900

Boulevard Taxi

3612 Main Street
Buffalo, NY 14226
(716) 861-1269

Buffalo Taxi Cab

176 Geary St
Buffalo, NY 14210
(716) 822-3030

D & L Taxi Tours

56 Linda Dr
Buffalo, NY 14225
(877) 829-4772

Liberty Cab & Dispatch Service

1524 Kenmore Ave
Buffalo, NY 14216
(716) 877-7111

Orchard Park Taxi

Buffalo, NY 14201
(716) 674-4000

Raj Taxi Service

169 Virgil Ave
Buffalo, NY 14216
(716) 316-8419

Star Cab

1454 Niagara St
Buffalo, NY 14213
(716) 888-9999

University Taxi Dispatch Incorporated

140 Chandler St
Buffalo, NY 14207
(800) 640-0628

West Seneca Town Taxi

90 Tampa Dr
Buffalo, NY 14220
(716) 824-7000

Yellow Cab

1524 Kenmore Ave
Buffalo, NY 14216
(716) 877-5400

NIAGARA COUNTY TAXIS

A 1 Taxi

900 Ferry Ave
Niagara Falls, NY 14301
(716) 282-1111

Blue United Taxi

1898 Buffalo Ave
Niagara Falls, NY 14303
(716) 285-3333

Lasalle Cab Dispatch Svce

2330 Niagara St
Niagara Falls, NY 14303
(716) 284-8833

Mikes Taxi

1011 91st St
Niagara Falls, NY 14304
(716) 298-3547

Mikes Taxi

9890 Niagara Falls Blvd Lot 6
Niagara Falls, NY 14304
(716) 298-3547

C & B Taxi Cab

98 Wheatfield St
North Tonawanda, NY 14120
(716) 692-1800

Star Cab

1454 Niagara St
Buffalo, NY 14213
(716) 888-9999

Grand Island Transit Corp Pendltn

5355 Lockport Junction Rd
Lockport, NY 14094
(716) 433-1353

Grand Island Transit Corp Toll Free

5355 Lockport Junction Rd
Lockport, NY 14094
(800) 847-4887

Ridge Road Express

5355 Lockport Junction Rd
Lockport, NY 14094
(716) 433-6777

SERVING NIAGARA COUNTY

Amherst Taxi Dispatch Service

253 Ontario St
Buffalo, NY 14207
(716) 875-1900

Buffalo Transportation Incorporated

71 Military Rd
Buffalo, NY 14207
(716) 877-5600

Kenmore Cab

440 Ontario St
Buffalo, NY 14207
(716) 876-3030

Liberty Cab & Dispatch Service

1524 Kenmore Ave
Buffalo, NY 14216
(716) 877-7111

Suburban Cab

440 Ontario St
Buffalo, NY 14207
(716) 688-2222

Yellow Cab

1524 Kenmore Ave
Buffalo, NY 14216
(716) 877-5400

Emergency Preparedness

My Plan

WHO YA GONNA CALL:

Police	Local	State	Emergency - 911
Fire	Local	Other	Emergency - 911
Rescue	Local	Other	Emergency - 911
Ambulance	Primary	Backup	

Contacts			
Family	Immediate	Relatives	
Out of Town	Phone	Address	City/State/Zip
Neighbor	Phone	Address	
Friend	Phone	Address	

Transportation			
Family/Friend	Primary	Backup	
Van Service	Primary	Backup	
Taxi Service	Primary	Backup	

Pharmacy	Primary	Backup	
Physician	Primary	Backup	
Shelter	Primary	Backup	
Vet	Primary	Backup	

Utilities		
Electric	Customer Service	Emergency
Gas / Oil - Heat	Customer Service	Emergency
Telephone	Customer Service	Emergency
Cell Phone	Customer Service	Emergency