



# What should I do to prepare for a disaster if I have access or functional needs?

FACT SHEET: Stay calm. Stay informed.

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## Special Emergency Kit Recommendations

Infants, seniors, and persons with disabilities may need additional supplies for emergencies. Listings of additional suggested items follows, but think about what you need to stay comfortable and safe.

### For Baby

Make sure to have extra supplies of formula (if used), bottles (sanitization may be difficult after a storm), powdered milk, diapers, baby wipes, diaper rash ointment, plus a thermometer and fever reducer. Consider keeping a spare diaper bag in an easily accessible location.

### For Seniors and People with Disabilities

Stock necessary prescription medication and keep a paper listing of your prescriptions, dosages, and any allergies. Have extra batteries for any medical devices and keep an additional supply of consumables like oxygen. Consider making a copy of your health care directives for your kit.

## What do I need to do to prepare?

Make a plan with your support network ahead of time, especially if you need help gathering materials for your emergency kit. Arrange transportation (if needed) and talk to caregivers, friends and family about where you'll take shelter during an emergency. Make an alternate plan in case caregivers cannot get to you.

## How can I make sure I have needed medication or equipment?

Talk to your doctor ahead of time and tell him/her you want to create an emergency stockpile of needed medications. Your doctor or pharmacist is the best source of advice on proper storage and handling of your medication. If you have medication that requires refrigeration, keep cooler bags and ice packs on hand. Make sure to label wheelchairs, canes, walkers or other equipment in case you are separated from your aids.

## How do I get information during an emergency?

There are local emergency notification systems available in each county. Information for Kauai's system can be found at [www.kauai.gov](http://www.kauai.gov); Oahu uses [www.nixle.com](http://www.nixle.com); Maui County's system can be found at [www.co.maui.hi.us/list.aspx](http://www.co.maui.hi.us/list.aspx); and Hawaii County (email [civildefense@hawaiicounty.gov](mailto:civildefense@hawaiicounty.gov) and include your cell number). We also recommend having a battery or crank operated radio in your emergency kit.

## Sheltering in emergencies

If you need to evacuate and have significant special health needs, ensure that you plan ahead of time and can get caretaker support. Shelter locations will be announced by local authorities if necessary.

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