

# Living Safely

with disabilities and special health needs

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## Being Lost

If you don't know where you are and look around and don't see anyone that you know, you are lost.

It may be scary to be in a place you don't know without a friend or family member with you. It's OK. They will find you.

Stay where you are and don't run away. Someone may be looking for you. If you are near oncoming vehicles, move away from cars and the road but stay where someone can see you.

If you are lost and follow these suggestions, you can find a way to be safe, and to connect with trusted people who can help you.

If you have a cell phone, call a relative, a friend, or 911. Tell the person on the phone that you are lost. You can let the person know where you are by communicating things that may be around you. If you are able to identify street signs or stores, these can help to identify where you are. Also tell them your name and where you live so they can contact someone who is worried about you.

If you don't have a cell phone, try to find a person around you who can help. Most people want to help. Police officers, teachers, and people that work in a store or restaurant nearby can help you.

Let them know that you are lost. Share the phone number of someone in your family, a friend, or a support person who can help you. Tell them your name and if you know a phone number, tell them. They will call someone to get you.

If you have an identification card, you should show that as well.

If you are feeling scared or in danger and cannot find someone around, you can scream loudly, "I need help. Please find someone to help me."

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We value the expertise of our partners in safety who have demonstrated their commitment to inclusive healthy communities.

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