

Living Safely

with disabilities and special health needs

Emergencies and Disasters

Emergencies and disasters can happen anywhere and anytime. They can happen quickly and without any warning.

A few examples of emergencies and disasters include

- Severe storms (blizzards, tornadoes, hurricanes, etc.)
- Fires (house fires, building fires, wildfires, etc.)
- Earthquakes
- Floods
- Droughts
- Extensive power outages
- Severe heat waves
- Chemical spills
- Pandemics

Planning for emergencies and disasters is an important part of taking care of yourself and those around you.

Having an emergency preparedness plan, emergency supply kit, and a support network can reduce the fear and anxiety that accompany emergencies and disasters.

There are ways to prepare such as making an emergency plan, putting together an emergency supply kit, and putting together a group of people who can be your support team.

Your support network can include family, friends, neighbors, caregivers, coworkers, and other people that you know and trust that are willing to help you.

If you are unsure if you are experiencing an emergency or need help preparing for an emergency ask a responsible adult who you trust or a local emergency responder.

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

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For more Living Safely resources, visit www.rwjbh.org/cshlivingsafely

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