

# Living Safely

with disabilities and special health needs

## Emergencies and Disasters



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



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A few examples of emergencies and disasters include severe storms such as blizzards, tornadoes, and hurricanes, fires, earthquakes, floods, droughts, extensive power outages, severe heat waves, chemical spills, and pandemics.



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Planning for emergencies and disasters is an important part of taking care of myself and those around me.

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



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



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



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If I am unsure if I am experiencing an emergency or need help preparing for an emergency, I can ask a responsible adult who I trust or a local emergency responder.

For more Living Safely resources, visit [www.rwjbh.org/cshlivingsafely](http://www.rwjbh.org/cshlivingsafely)

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

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