

Emergency Preparedness

Incase of an emergency
please dial 911

Emergency Preparedness Tips:

- Develop a plan for each place you spend time - home, work, school and in the community.
- Provide copies of your plan to members of your support network. Keep an extra copy of your plan in your "go bag or kit."
- Sign up for your parish's emergency registry for people with disabilities to self-identify to receive targeted assistance during emergencies or disasters.
- Bring enough medical supplies to last you up to 10 days. This includes urological/incontinence supplies, medication and ancillary items.
- Keep an Emergency First Aid Kit in your backpack or bag.
- Having a medical tag or bracelet that includes information on medical history, allergies and emergency contact information.
- Keep a list of emergency contact information in your wallet, purse or bag.
- If you use assistive technology devices, plan how you will evacuate with them or determine how you will replace them if they get lost or destroyed.
- Know where your local Emergency/Special Needs Shelters Are.

Resources You May Find Helpful:

- 988 Helpline: Need emergency emotional support? Call, text or chat online to connect to a 988 specialist who can help. 988 specialists provide free, confidential support, 24/7. Because getting help is human.
- [NYS Disaster Relief Resources](#)
- [NYS Division of Homeland Security and Emergency Services](#)
- [NYS Office of Emergency Management](#)
- [NYC Office of Emergency Management for People with Disabilities](#)
- [NYS Independent Living Centers](#)
- [Centers for Disease Control and Prevention Emergency Preparedness for People with Disabilities](#)



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