Preparation for Emergencies:

Information for Individuals with Disabilities

Preparedness: Important Information

- NotifyMe: Sign up for NotifyMe on the City of Inglewood website to receive alert notices about emerging or imminent emergencies via text message. Monitor TV, radio, social media and print for important information in your area.

Make a Plan

- Make a plan with your family on how you would exit your residence or workplace under various scenarios. Predetermine a place to meet. Identify an out-of-area person to contact to inform of your well-being. Practice your plan.

Build a Kit

- It may take a while before first responders can arrive. Have an emergency kit readily available at home, work, and car with supplies to ensure you and/or your family can be self-sustaining for at least five days.

Be Prepared

- Join the Inglewood Community Emergency Response Team (CERT). Take a CPR or first-aid course through the American Red Cross, or work with the Red Cross to “Map your Neighborhood” to identify risks and resources within your neighborhood.

Staying Safe... After a Disaster

- Consider getting a medical alert device that will allow you to call for help if you are immobilized during an emergency.

Make a Plan

- Create a Personal Support Network, include family, friends and others who may assist you. Be sure all members of your network know how to contact each other.
- Identify a friend or relative in another region that may not be impacted by the emergency, so you can provide information regarding your well-being.
- Practice your plan with those who may assist you. Include how to work any necessary medical equipment you have.
- Establish a meeting place or contact plan for after an emergency.
- Evacuation: Plan how you will get away and where you will go. Choose several destinations in different directions so you have options in an emergency.

Build an Emergency Kit

- Immediately after an emergency you may not have access to running water, electricity, medical facilities or a drugstore.
- Plan to be self-sufficient for at least five days.
- Create an emergency supply kit. Think about the resources you use on a daily basis and what you might need or do if they were not available.
- You will want to gather the basics needed for survival: food, water, and life sustaining items you require. Include items that provide you with personal comfort such as a family photo.
- Remember the needs of pets and/or service animals. Include food, water, and toys for pets in your kit.

Additional Items

- Your personal needs are unique, keep this in mind when you prepare for an emergency.
- If you use a walker or wheelchair, wear hearing aids, dentures, or eyeglasses make sure you bring those with you in case of evacuation.
- Make sure you have extra hearing aid batteries, wheelchair batteries, or a supply of oxygen available.

Important Documents

- Include copies of important documents in your emergency supply kit.
- Wills
- Power of attorney documents
- Deeds
- Social security numbers
- Medicare
- Documents
- Bank information
- Keep these in a waterproof and tamper proof container.

Include Medications and Medical Supplies:

- If you take medicine or undergo a medical treatment or use a medical device on a daily basis, be sure you have an emergency supply that can last at least five days.
- Keep a copy of your prescriptions as well as dosage or treatment information.
- If you undergo routine treatments administered by a clinic or hospital, or if you receive regular services such as home health care, treatment or transportation, talk to your service provider about their emergency plans.
- If you use medical equipment in your home that requires electricity to operate, talk to your health care provider about what you can do to prepare for its use during a power outage.