

Key Earthquake Safety Tips for People with Disabilities

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Develop or update your individual and family plans:

- Build a personal support team to check on you in case you need assistance. Include them in all phases of your planning.
 - Know how you will communicate with your family and caregiver if you become separated.
 - Prepare a list of important contacts – family, doctor, service providers.
 - Make emergency go kits for your home, car and office.
- o Remember to make kits for service animals and pets, too.
 - o Store extra medications, batteries and any needed supplies in your kits.
 - o Label adaptive equipment or other devices with your contact information in case they are separated from you.

Protect yourself from falling objects by preparing now:

- Have your family practice how to Drop, Cover and Hold On.
- Secure heavy items in your home – bookcases, refrigerators, televisions, paintings and wall art – with straps and bolts.
- Store heavy and breakable objects on low shelves.
- Apply safety film to windows and glass doors to avoid flying glass.
- Install latches on drawers and cabinet doors to keep contents from spilling.

People with mobility problems:

- If you are in a recliner or bed: Lie on your stomach and cover your head and neck with your arms or a pillow until the shaking stops.
- If you use a cane: Drop, Cover, and Hold On or sit on a chair or in a bed and cover your head and neck with both hands. Keep your cane nearby.
- If you use a wheelchair or walker: Lock your wheels. If using a walker, carefully get as low as possible.

People who are deaf or hard of hearing:

- Prior to an earthquake, identify and test multiple ways to receive warnings and



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evacuation information.

People who are blind or have low vision:

- Earthquakes can cause items to fall and furniture to shift. Regular sensory clues may not be available. Move with caution.

People with developmental/cognitive/intellectual disabilities:

- If you have difficulty understanding, remembering, or learning, keep a simple list of what to do and important information with you and in your kits. Practice your plan.
- If you use an alphabet board, speech-generating device or mobile device with an app to speak or communicate, include these in your planning.

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