

All Ready?
Emergencies Happen. Prepare Today.



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Celebrate 2015 by making this year safer for you and your family!

Are You Ready?



Disasters and other emergencies can *happen*. Be ready by completing 3 easy steps:



Make A Plan



Prepare A Kit



Be Informed

Planning for likely hazards is important for EVERYONE, especially for individuals with disabilities and others with access and functional needs.

The National Council on Disability, an independent Federal agency that advises Congress and the President, released a report in 2014 regarding emergency communications for people with disabilities and others with access and functional needs. This report highlighted some of the barriers that exist during disasters or other emergencies, and we at All Ready STL feel it is important to understand these barriers, and what can be done to overcome them. The report identifies the following shortcomings with many emergency communications systems:

- Inaccessible evacuation maps and websites;
- Unclear emergency alert language for individuals with intellectual and / or developmental disabilities;
- Text-to-911 is unavailable; and
- Shelters and televised emergency announcements often lack sign-language interpreters.

All Ready STL, encourages everyone with disabilities and others with access and functional needs to use this information to empower themselves by planning for these potential shortcomings before a disaster strikes.

- If a large evacuation becomes necessary for the St. Louis region, public safety officials will provide recommendations for evacuation routes to public through news outlets and highway signs. Missouri's emergency management website, <http://sema.dps.mo.gov/>, is accessible. Illinois's also has an accessible website,

<http://www.illinois.gov/ready/Pages/default.aspx>.

- All individuals, including those with intellectual and /or developmental disabilities can learn where to sign up for emergency alerts at <http://allreadystl.com/informed.html>.
- Individuals who need assistance to communicate with 911 operators should use a Telecommunications Relay Service (TRS) until the St. Louis region's dispatch centers establish text-to-911.
- Individuals who are deaf or are hard of hearing should create an emergency kit for their unique needs and take this kit to a shelter with them to help address the lack of sign-language interpreters. Suggested emergency kit items are below.

Other emergency planning tips can be found at <http://allreadystl.com/>.

In the winter, your kit may come in handy!

In the event of a disaster or other emergency, you and your family (including your four legged friends) may need to survive on your own. This means having food, water and other supplies to last for at least 72 hours.

This month, we spotlight additional items that people who are deaf or hard of hearing should consider adding to their emergency kit. Remember that every kit should be tailored to you or your family member's particular needs. Consider including:

- Extra hearing aid or implant batteries;
- A portable, battery-powered television with extra batteries;
- A battery operated lantern with extra batteries to aid with communication, including, lip reading, American Sign Language (ASL), or written communications;
- A notebook and pen;
- Extra batteries for any visual or sensory alerts, such as those that strobe or vibrate;
- A vibrating and / or strobe alarm clock with extra batteries;
- Extra pager batteries;
- Extra teletypewriter (TTY) batteries;
- A car charger for pager or other communication devices; and
- Supplies for service animals.

Visit <http://allreadystl.com/kit.html> to learn more about what to include in your emergency kits!

Be informed about great FREE resources!

The Department of Energy (DOE)'s recently released a new mobile app called **Lantern Live**. This app allows users in areas impacted by disasters to report the status of local gas stations, find fuel, and look up power outage maps from local utilities, while also accessing useful tips and guidelines. Find out more from the White House, www.whitehouse.gov/blog/2014/11/21/lantern-live-mobile-app-lights-way-citizens-impacted-disasters.

[Lantern Live](#) is available free for Android devices through Google Play.

Winter Weather is just beginning!



Flu season can last through MAY!

Winter is the time for hot cocoa, snow ball fights, and the flu. According to the Centers for Disease Control and Prevention (CDC), the flu and complications from **the flu kills about 36,000 people a year in the United States.**

According to the CDC, the following individuals are at the highest risk for complications from the flu:

- Children younger than 5, but especially children younger than 2 years old;
- Adults 65 years of age and older;

- Pregnant women (and women up to two weeks post-partum);
- American Indians and Alaskan Natives; and
- People who have medical conditions including those with **neurological and neurodevelopmental conditions**, including disorders of the brain, spinal cord, peripheral nerve, and muscle such as cerebral palsy, epilepsy or other seizure disorders, stroke, intellectual disability, moderate to severe developmental delay, muscular dystrophy, or spinal cord injury.

These individuals should protect themselves by receiving the flu vaccine early in the flu season. Remember, it is never too late to get vaccinated.

You Can Prevent the Spread of the Flu:



Find more preparedness tips from the [CDC](#) and [Flu.gov](#).



Make being prepared your 2015 New Year's resolution!

America's PrepareAthon! is a FREE national campaign for action that provides opportunities for individuals, organizations, and communities to prepare for specific hazards through drills, group discussions, and exercises.



Disability Focused Training

The American Red Cross and All Ready STL are providing a **FREE** training course for organizations that serve individuals with disabilities.

The course is designed to help organizations teach their clients or consumers how to get ready for

Register to participate in America's PrepareAthon! TODAY at <http://www.community.fema.gov/connect.ti/AmericasPrepareathon> before the National PrepareAthon! Day on April 30, 2015.

emergencies.

For additional information on how to participate, please contact allreadystl@gmail.com.

Learn More:
www.AllReadySTL.com