



Nassau County Disaster Checklist

For Those with Special Needs

All residents, including those with special needs are encouraged to develop an individualized disaster /evacuation plan. Preparedness is a responsibility promoted robustly by the county on all levels – starting with the individual to the local, state and federal government. It is vital to prepare for your own safety and welfare.

1. Create a network of neighbors, relatives, friends & coworkers to aid you in an emergency. Plan your needs, ensure all know how to operate necessary equipment.
2. Make prior arrangements with your physician & check with your oxygen supplier about emergency plans for those on respirators or other electric powered medical equipment. Be sure to have electrical back up for all medical equipment. Most shelters won't have generator power; special needs shelters will have limited space available.
3. Maintain a two week supply of items including dressings, nasal cannulas and suction catheters.
4. Maintain a two week supply of medications, both prescription and non-prescription.
5. Keep copies of your medical records and physician name and telephone number.
6. Maintain a two week supply of items necessary for your service animal.
7. If you have a caregiver, i.e., home health aide, home care nurse, or other paid provider, discuss your personalized evacuation plan with them and any concerns.

Disasters can happen at anytime and affect anyone. Whether the disaster is predictable, such as a hurricane, or happens without warning, such as a terrorist attack, it is important for Nassau County residents to have an at-home emergency kit as well as a shelter kit. People with special needs should consider additional personal items when compiling both a home emergency kit and a shelter kit. This checklist is intended to be a quick list of general and additional items for either “sheltering-in-place” (at home) or for a “grab-and-go” shelter kit (to be taken with you to a shelter). Home disaster kits contain enough items for a longer period of time (several days to a week). Shelter kits contain only essential items for a shorter period of time (12 to 72 hours). While not comprehensive, this is meant to be a starting point. It is recommended that this checklist be reviewed regularly and according to any changes in your needs.

Preparing at Home

A home Emergency Plan for you and your family should include a communications system, disaster supply kit, and a meeting place. Kits should contain information for your home to take with you to a shelter. Here is a basic or “starter” list of supplies you should consider including in your kit. Keep the items that you are most likely to use in an easy-to-carry container such as a camping backpack or duffle bag. If you have a home health aid, it is recommended that you bring that person along with you. Some shelters will not have special equipment, be prepared to bring your own.

If you are evacuating to a shelter, be sure to complete the following before leaving home;

- Secure windows and shutters with plywood for storm emergencies
- Remove all dead and diseased limbs from the trees near your house
- Secure patio furniture
- Top of car gas-tank
- Turn off electricity at main switch
- Shut gas valve at appliance, not the main
- Let friends, neighbors and relatives know where you are going.

****Remember to listen to local radio and TV stations for emergency information and evacuation instructions.***



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Disaster Checklist

- Photo Identification and Proof of Address
- Insurance policies, contracts, wills, passports, deeds, stocks and bonds, social security cards, immunization cards, & Medicare/Medicaid cards (secure this all in a water-proof bag)
- Banking and Credit Card information
- Emergency Contact information: names and numbers of those in your personal support network, family members, doctors, equipment suppliers and utility companies
- One week supply of non-perishable food
- Bottled water (1 gallon per person per day)
- Manual can opener
- Flashlight with extra batteries
- Plastic Trash bags with ties
- Battery operated or crank radio/TV with extra batteries
- First aid kit
- Toiletries
- Change of clothes
- Childcare items
- Cell phone with spare batteries
- Phone that plugs directly into the wall
- Hard soled shoes
- Money (small bills and change)
- Auxiliary Medical Equipment if needed
- Style/serial #s of medical devices (ie pacemakers)
- Medicine supply & written dosage instructions
- Medical alert bracelet
- Pet Carrier/Cage with toys
- Leash/harness with ID tag for dogs

Additional Supplies to Consider

- Cane, crutches, walker or wheelchair
- Glasses with repair kits and contact lenses with cleaning supplies
- Heavy gloves for operating equipment (needed for caregivers)
- Whistle, loud bell or other alert devise and a means for others to notify you
- Instructions for any equipment you may have
- Pre-printed messages and a note pad and pen

Protecting Pets & Animals

Pets are not permitted in Nassau County/Red Cross Shelters so be sure to make alternate sheltering plans for your pet(s). Service animals are allowed in Nassau County/Red Cross Shelters. If you bring a service animal with you to a shelter, have water, food, medicines, toys, and other necessities.

Work and School

Every work place and school should have an evacuation plan and emergency procedures. Become familiar with evacuation and emergency plans in areas where you spend a great deal of time. You may want to store a few essential items at these places as well.

Additional Information

Nassau County	(516) 571-3000
Nassau County Office of Emergency Management	(516) 573-0636
Nassau County Department of Health Emergency Preparedness	(516) 573-0750
Nassau County Police	(516) 573-7000
Nassau County Red Cross	(516) 747-3500
TTY Relay Operator	(800) 421-1220
Long Island Power Authority	(800) 490-0025
FEMA	www.Ready.gov
American Red Cross	www.RedCross.org
National Organization on Disability	www.nod.org/emergency

****911 is for Life-Threatening Emergencies Only****

For More Information:

Contact the Office of Emergency Management at (516) 573-0636
& Nassau County Department of Health
Emergency Preparedness Office at (516) 573-0750