

## Program Emergency Contacts Into Your Cell Phone

First responders and hospital staff may need to communicate with your family or a designated person if you are unable to speak due to a medical emergency.

If your phone has an emergency contact feature, include the names of the people you want contacted in case of an emergency.



## Sign Up For Emergency Alerts

There are many ways to receive Emergency Alerts.

- El Dorado County Code RED — [ready.edso.org](http://ready.edso.org)
- City of South Lake Tahoe Emergency Alerts—[www.cityofslt.us](http://www.cityofslt.us)
- National Weather Service Alerts—[www.weather.gov/alerts](http://www.weather.gov/alerts)
- Local news stations—Sign up to receive news alerts by text

## For More Information Visit:

**El Dorado County Emergency Preparedness and Response**

**Find Us On Social Media:**  
**EDCPreparedness**



**El Dorado County Sheriff's Office of  
Emergency Services**

**Code RED**

*ready.edso.org*



*Emergency Preparedness  
and Response is a program of  
El Dorado County*

El Dorado County  
Emergency Preparedness and Response  
2900 Fair Lane Court  
Placerville, CA

# Emergency Preparedness for All



## A Guide for People with Disabilities

## Tips on Planning and Preparing for Emergencies

**El Dorado County Emergency Preparedness and Response**

## An emergency can happen anywhere and anytime.

Planning for what you will require in an emergency, based on your unique personal needs, will help you be better prepared to maintain your health & independence.

## Know the types of hazards that could occur where you live and know what to do.

### Complete a personal assessment.

- Know your capabilities, limitations and needs.
- Have written directions for help with your care, treatments, medical equipment & devices.
- Practice giving clear, specific and concise instructions and directions in a few quick phrases.



**Make a Kit**

## Create a Personal Support Network.

Who will help you during and after a disaster if you cannot? A support network can help you maintain independence and possibly even survive a disaster.

- Ask at least three people you trust to be your emergency contacts — family, friends, caregivers, neighbors, or co-workers.
- Ask yourself these questions: Is each person strong enough? Can they communicate clearly? Can they all guide you safely?
- Plan how you will communicate if the power goes out.
- Have written directions for help with your care or treatments, how to operate medical equipment and devices.



**Have a Plan**

## Communication Plan

Complete and post this where it can be found easily in your home. Keep a copy in your Go-Kit. Provide a copy to those in your support network.

**If I have to evacuate, meet me at:**

1. \_\_\_\_\_
2. \_\_\_\_\_

**My Out of Area Emergency Contact:**

Name: \_\_\_\_\_

Relationship: \_\_\_\_\_

Phone: \_\_\_\_\_

**Other Important Numbers:**

Local Police/Sheriff \_\_\_\_\_

Doctor \_\_\_\_\_

Other \_\_\_\_\_

Insurance Co. \_\_\_\_\_

Insurance Policy #: \_\_\_\_\_



**Be Informed**