

## Create a Personal Support Network

Ask family, friends, others to be part of your plan. Share each aspect of your plan with everyone in your group, including a friend or relative in another area who would not be impacted by the same emergency who can help if necessary.

### WHAT ELSE DOES YOUR BUDDY NEED TO KNOW?

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### LOCAL EMERGENCY MANAGEMENT AGENCY

New Castle County: 302-395-2700

Kent County: 302-735-3461

Sussex County: 302-855-7801

### Other Resources

<http://www.ready.gov/individuals-access-functional-neweds>

<http://www.redcross.org/prepare/location/home-family/disabilities>



# PREPAREDNESS BUDDY



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Your Name

## Personal Emergency Plan

My Personal Support Network  
Buddy System Style

## Find a Preparedness Buddy

Find someone you can depend on to serve as your Preparedness Buddy. Make sure they understand and agree to be your buddy before developing a preparedness plan.

They can check on you and provide you with assistance if an emergency incident occurs.

### PREPAREDNESS BUDDY

Name

Home Phone

Cell

Email

### ALTERNATE BUDDY

Name

Home Phone

Cell

Email

Do you also have an out-of-state relative or friend who may not be impacted by the same emergency who can help you if necessary?

Name

Home Phone

Cell

Email

### ALTERNATE

Name

Home Phone

Cell

Email

**Make sure someone in your support network has an extra key to your home and knows where you keep your emergency supply kit.**

## Important Information

### MEDICATION YOU NEED (DOSAGE)

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### DURABLE MEDICAL EQUIPMENT AND SUPPLIES YOU NEED

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### ALLERGIES (FOOD, DRUGS, OTHER)

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## Medical and Disability Service Providers

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### PRIMARY CARE PHYSICIAN

Name

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Phone

Depending on your needs, you may also want to have a medical alert tag or bracelet, or written description(s) of your disability and support needs, in case you are unable to describe the situation in an emergency.

### WHAT WILL YOU NEED FOR YOUR PET OR SERVICE ANIMAL?

- Pet food - three day supply
- Water - three day supply
- Medications - three day supply
- Crate or carrier
- Medical and vaccination records
- License and microchip numbers
- Collar and ID tag, harness or leash
- Current photos of you with your pets
- Bedding and toys
- Cat litter, box, and waste bags

<http://www.ready.gov/caring-animals>

Maintain a list of important papers you will need. Tell your buddy where to find them.

- Photo ID
- Medical Insurance Card
- Insurance Policies
- Bank Account Number(s)
- Credit Card Information
- Birth Certificate
- Marriage Certificate
- Divorce Decree
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- \_\_\_\_\_
- \_\_\_\_\_

It is a good idea to keep your original documents sealed in a waterproof or zip-lock bag in a lock box. Make copies, and/or place copies on a portable flash drive.

### DO YOU HAVE SPECIFIC TRANSPORTATION REQUIREMENTS?

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## Essential Items To Have In Case Of An Emergency

- Water (one gallon per day per person for at least three days = three gallons each)
- Food (at least a three-day supply of non-perishable food)
- Medications (at least one-week supply)
- Extra eye glasses
- Extra batteries for hearing aids
- Personal communication board or tablet if you might need assistance with being understood or understanding others
- If you use a motorized wheel chair, include a battery charger or manual wheelchair for backup
- Cell with spare charged battery and charger
- Flashlight and extra batteries
- Cash or travelers checks (including loose change)
- Portable Radio (hand crank or battery powered with extra batteries)
- Extra clothing and blankets
- Hygiene items (hand sanitizer, moist wipes, toilet paper, adult or child diapers, feminine hygiene items)
- First-aid kit
- Manual can opener