Checklist for Persons with Disabilities

In the event of a major disaster such as typhoon or earthquake, it is recommended that you assemble the following items to help get through the challenges that occur during and immediately after emergency situations:

☐ A one week food supply
- Ready-to-eat food
- Non-perishable foods
- Special diet needs
- Food for service animals

☐ Non-electric can opener

☐ Adequate supply of drinking water

☐ One gallon of water per day per person for sanitation

☐ Several flashlights

☐ Portable radio

☐ Extra batteries for flashlights and radio

☐ Ten-day supply of medicines
- Dosage, frequency, doctor’s name, phone number

☐ Instructions for use of the medicines

☐ First Aid Kit

Other important items to have on hand:

☐ Eye glasses, hearing aids, mobility aids

☐ Extra blankets

☐ Toilet paper, paper towels, paper plates, personal hygiene supplies, hand sanitizer

☐ One gallon of chlorine bleach and medicine dropper
(To sterilize water and food preparation areas for germ control)

☐ Duct tape

☐ Garbage bags, closeable containers, and gloves

☐ Extra cash on hand as banks may be closed and ATMs inoperable for a number of days

☐ Important documents should be stored in watertight and fireproof containers

More tips on back!
Conduct an “Ability Self-Assessment”
- Identify what you can do and what you need assistance with

Develop a buddy system with family, friends, neighbors, co-workers, or other individuals who may help you plan. Plan how you will help each other in an emergency

Consider speaking with your village Mayor regarding your special needs during emergencies

Give copies of your written emergency plan to people in your personal support network

Make a list of emergency contacts

Document important life saving information and keep it in your “Go-Kit.” Don’t forget to keep it updated.
- Special medical information
- Special equipment you use for communication, daily living, mobility
- Medical providers - doctor, pharmacy, health insurance company
- If you have a difficult time communicating orally, keep a “communication book” to help you exchange information as needed

Reduce hazards in your home
- Secure medical equipment, appliances, bookcases, hanging plants, etc.
- Remove unsecured objects from the exterior of your home
- Know the location of your electrical box, gas valve, and water valve and how to turn them off
- Plan two exit routes if you need to leave your house immediately

Contact the Guam Power Authority, Guam Waterworks Authority, and telephone companies to inform them of your special needs to expedite reconnection of utility services

Special Planning Tips