

# Western Reserve ILC Emergency Preparedness



## Lesson 1

We are going to start a series of lessons on emergency preparedness. Being prepared to an emergency is an important part of being independent. Many of us think it could never happen to us, but in the light of recent events (Katrina, flooding, storms, etc.) we can no longer ignore the fact that disasters happen - unexpectedly or forewarned. We need to take individual responsibility for our own welfare in order to survive a disaster. We need to prepare before it happens! These lessons will walk you through, step-by-step, how to do this.

First, take this survey:

Think about your answers and decide what areas you need to work on.

1. How important is being prepared for a disaster to you, to your family, to your co-workers, and to the consumers you serve?
  - A. Very important
  - B. Important
  - C. I don't really think about it
  - D. Not very important
2. Following a disaster, are you and your family prepared to be self-sufficient in your home for:
  - A. A 3-day period
  - B. A 2-day period
  - C. A 1-day period
  - D. I don't really think about it
3. Do you and those you care about have a telephone number out of state that you can call to let each other know how you all are following a disaster?
  - A. Yes
  - B. No

4. If a disaster were to happen while you are driving in your car or at work, do you have enough supplies and materials to be self-sufficient?

A. Yes

B. No

5. If a disaster were to happen while you are at work do you plan to:

A. Go home immediately to be with your family?

B. Stay at work to support consumers, families, service providers and co-workers?

Think about your answers and decide what areas you need to work on