



# Safety

## for ILO Self-Advocates



### WHAT CONSTITUTES AN EMERGENCY? Let's Brainstorm

- Feeling so unwell you can't take care of yourself
- A high fever, bad cough, or trouble breathing
- You are hurt, are bleeding, have a broken bone or are in pain
- Fire or smoke
- Other?

### WHAT DO WE DO IN AN EMERGENCY? Let's Brainstorm

• Feeling so unwell you can't take care of yourself	• If it's really bad - Call 911
• Have a fever, bad cough, or trouble breathing	• Let a family member know immediately
• You are hurt, are bleeding, have broken a bone or are in pain	• Call your doctor's office
• Fire or smoke	• If I can't get help call my ILO Community Builder
•	• If it's small use a fire extinguisher
•	• GET OUT!
	• Call 911
	•
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## ILO Self-Advocate

# Safety Safety Kits

### Store Medical Supplies and Medications

1. At least a two-week supply of medications.
2. Have copies of a list of all prescriptions that includes the name, location and phone number of a pharmacy. Keep a copy:
  - At home
  - In your wallet
  - In your emergency kit
  - In your car (*if you have one*)
3. If needed: pack an extra set of contact lenses, glasses, and lens supplies; batteries for hearing aids and devices; Special dietary foods and supplies.

Make sure you have a two-week supply of medical items including syringes, dressings, nasal cannulas, suction catheters, etc.

### Other Helpful Tips:

- Pack a smaller "to go" kits for use in an evacuation and store in multiple places.
- Keep a pair of shoes or sneakers stored under the bed at all times in case of evacuation.
- Store your supplies in a waterproof bag or container.
- If you need help, ask for help from 911 or staff at emergency shelters. You can get help in getting medication from a Red Cross shelter.



## ILO Self-Advocate

# **Safety**

## **Safety Kits**

### THE BASICS

Be prepared by creating an emergency kit. It will provide peace of mind that you are READY!

- ☐ Flashlights and Batteries
- ☐ Face masks
- ☐ Cell phone with charger
- ☐ Pet supplies, pet food, extra water
- ☐ Your ID and emergency contact information
- ☐ Prescribed medication and extra glasses
- ☐ Cash and change
- ☐ Change of clothes
- ☐ Jacket, Poncho, hat and gloves
- ☐ Sleeping bag or warm blanket
- ☐ 3-day supply of non-perishable food (dried fruit, nuts, protein bars, peanut butter, crackers, etc.)
- ☐ Water - at least a gallon per person, per day for drinking and hygiene
- ☐ Large Water Bottle
- ☐ First aid kit and A Book on First Aid
- ☐ Toilet paper
- ☐ Soap, detergent, hand sanitizer
- ☐ Matches in a waterproof container
- ☐ Battery-powered or hand-cranked radio and extra batteries



## ILO Self-Advocate

# Safety

## Prepared 3-Day Emergency Kit

Ready America 70180

Emergency Kit

**1 Person**, 3-Day Backpack

Approximately \$25.00 on Amazon



- (1) 2400 Calorie Food Bar (5-year shelf life)
- (6) Water Pouches 4.25 oz each (5-year shelf life)
- (1) Emergency Blanket
- (1) Emergency Glow-Light-Stick (12-hr)
- (1) Disposable Mask
- (2) Nitrile Gloves
- (1) Emergency Whistle
- (1) Emergency Poncho
- (1) Pocket Tissue Pack
- (1) Emergency Communication Plan
- (1) Durable, convenient backpack

[https://www.amazon.com/dp/B00475B96S/ref=psdc\\_376284011\\_t1\\_B000FJU2OU](https://www.amazon.com/dp/B00475B96S/ref=psdc_376284011_t1_B000FJU2OU)

Johnson & Johnson All-Purpose Portable Compact First Aid Kit

Approximately \$12.00 on Amazon



140-piece First Aid Kit is ideal for use at home, in cars, outdoors, in dorm rooms, to help care for minor cuts, scrapes, burns, itches, pain, skin rashes and insect bites

- Cleansing wipes
- Gauze pads
- Assorted bandages
- Rolled gauze
- Antibiotic cream
- Itch stopping cream
- Acetaminophen caplets
- Instant cold pack, and more
- Includes full size 0.5 oz Neosporin + Pain Relief cream
- Full size 1.0 oz Extra Strength Benadryl Itch-Stopping cream
- Bengay Non-Medicated Instant Cold Pack
- Two pairs of gloves
- First Aid guide

<https://www.amazon.com/dp/B01M09COIF>