



在11歲前經歷第一次震驚事件的兒童，產生心理症狀的機率是較大兒童的三倍以上。如果兒童的父母親和其他成年人幫助他們面對這場經驗，他們將能做更好的調適。請在事件發生以後儘快幫助他們。

災難後幫助兒童

切記有些兒童可能從來不會表達他們的悲傷，而其他兒童可能要在幾個個星期或甚至幾個月才能表達出來。即便他們在行為方面沒有明顯變化，他們仍然需要您的幫助。

災難後，兒童可能會有以下表現：

- 由於失去了對他們十分重要的心愛玩具、毯子等等而感到傷心。
- 從安靜、聽話和關心變成喧鬧和吵嘴，或從外向變成害羞和害怕。
- 開始害怕天黑，比如怕惡夢、怕黑，或怕單獨睡覺。
- 害怕同樣的災難再次發生。
- 變得容易生氣、哭啼和哀鳴。
- 失去對成年人的信任。兒童認為長輩們對災難的預防無能為力。
- 返回較年幼的舉動，比如尿床或吸吮手指。
- 不願意父母遠離視線，或拒絕去上學或日托。
- 有負罪感，好像是由於他們的所說所為而導致了災難的發生。
- 變得怕風、雨或突然的巨大聲響。
- 有患病症狀，比如頭痛、嘔吐或發燒。
- 擔心他們和家人的住處。

- 不要告訴兒童超出承受範圍的災難事情。
- 不斷安慰受驚嚇的兒童，您會細心照顧他們。
- 儘快恢復以前的正常作息。有一份定期的時間表。
- 一再確保他們知道災難的發生並不是他們的過錯。
- 給兒童一些控制權，比如穿什麼衣服或晚餐吃什麼。
- 重新與您的親近朋友和大家庭建立聯繫。
- 保持您對兒童許下的諾言。這會幫助兒童學會再次相信成年人。
- 擬定計劃。這會幫助兒童重新獲得對未來的信心。
- 儘快取得所需要的健康保健。
- 就寢時間多花時間相處。
- 確保兒童吃健康的膳食和得到足夠休息。
- 允許片刻特權，比如在他們上床時將燈開着。
- 尋找方式以表達您對他們的愛。
- 允許給兒童悲傷的時間。
- 展開周年紀念日以紀念這個事件。儘管它可能使您傷心，但正面活動能幫助您慶祝您的生存，並顯示出您能再度正常生活。

父母幫助兒童須知：

- 與兒童討論他們的感覺。安慰他們有這樣的感覺是正常的。
- 幫助兒童學習用語言來表達他們的感覺，比如“高興”、“悲傷”、“生氣”等等。
- 不要期望他們變得勇敢或堅強。告訴他們哭是沒有關係的。

WASHINGTON MILITARY DEPARTMENT

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Emergency Management Division

緊急管理部

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特殊醫療需求人員 災難應對提示

在災難中，具有特殊醫療需求的人員需要更多關心。
本文將幫助您和您的家人為應對緊急情況作好準備。

藥品

- 所有藥品始終保有至少三天的用量。某些緊急情況下，如流感爆發時，您可能需要準備一週或更長時間的用量。
- 將藥品裝入原始包裝貯備到一個地方。
- 為所有藥品列一個清單：藥品名稱、劑量、服藥頻率以及開具處方的醫生的姓名。

醫療用品

- 為您所使用的醫療用品多準備三天的用量，如繃帶、造口袋或注射器。

電動醫療裝置

- 對於所有需要電力的醫療裝置 — 床、呼吸裝置或灌流泵 — 諮詢醫療用品公司，了解有關備用電源（如電池或發電機）的資訊。

氧氣和呼吸裝置

- 如果您使用氧氣，則要貯備應急氧氣（至少夠三天的用量）。
- 氧氣瓶應穩固固定以防傾倒。聯絡醫療用品公司了解固定說明。
- 如果您使用呼吸裝置，貯備三天或更長時間用量的管子、溶液和藥品。

靜脈注射 (IV) 和飼管裝置

- 了解您的灌流泵是否有備用電池以及備用電池在緊急情況下可以使用多長時間。
- 詢問您的家庭保健提供者停電時進行手動灌流的方法。
- 在所有裝置上貼上書面操作說明。

急救包

- 如果您必須外出，隨時攜帶一個急救包，包內應包含：
 - 藥品清單。
 - 至少三天的藥品用量。
 - 主要醫療檔案的複印件，如保險單。

可以提供幫助的人員

- 為應對災難做準備的一個重要部分是與家人、朋友和鄰居一起進行規劃。了解如果沒有其他交通工具可用，誰可以步行到您家提供幫助。
- 與您的家庭保健提供者討論您的災難應對計劃。
- 詢問本地消防部門是否保有特殊醫療需求人員名單；如果他們確實保有這樣的名單，要求將自己加入該名單。
- 人員的聯絡電話表。



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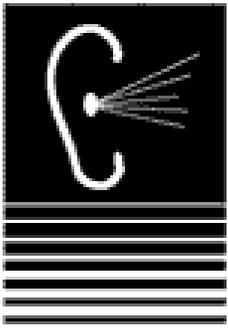
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耳聾及重聽人員 準備提示

助聽器

- 將助聽器存放在災難發生後可以輕鬆找到的地方。例如，您可以將助聽器放在床邊的一個容器內，然後用繩子或維可牢尼龍搭扣將該容器系在床頭櫃上。重大災難剛剛發生後，遺失或損壞的助聽器很難找回或修好。

電池

為助聽器和植入物貯備備用電池。如果可能，在您的應急物品中貯備一個備用的助聽器。

保證為您的傳呼機、圖文電話以及其他通訊裝置充好電。

保養好您的 TTY 及其他通訊裝置的電池並貯備備用電池。檢查使用者手冊了解電池的正確保養。

溝通

- 了解如果沒有翻譯或沒有佩戴助聽器如何與急救人員溝通。準備紙和筆以備此用。
- 考慮隨身攜帶一份預先列印的重要資訊，例如：
 - 「我使用美國手語 (ASL)，需要一位 ASL 翻譯。」
 - 「我不會書寫或閱讀英語。」
 - 「如果您要說話，請將您要說的話寫下來或用手勢表達出來。」
- 如果可能，準備一台使用電池的帶解碼晶片的電視，以便了解手語或圖文緊急報告。
- 確定哪些廣播系統提供連續的圖文和/或手語新聞。

警報器

- 安裝發出的信號既可以被看到也可以被聽到的煙霧報警器。至少一台煙霧報警器應使用電池。

主張

- 吸收翻譯人員成為紅十字會急救志願者。
- 鼓勵電視臺以開放字幕格式播放所有新聞和緊急資訊。
- 鼓勵電視臺計劃在緊急事件中提供出鏡翻譯。
- 旅行時，確保酒店有耳聾和重聽人員專用輔助裝置，包括可視警報。入住時要求提供這些裝置。



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行動不便人員 災難應對提示

貯備

- 將應急物品貯備在系在助步車、輪椅或踏板車上的包或背包內。
- 將所需的運動輔助裝置（手杖、拐杖、助步車、輪椅）貯備在一個靠近您的、一貫的、方便和安全的地方。如果可能，在多個地方準備備用輔助裝置。

應急包

- 在應急包裹存放一副厚手套，以備在透過佈滿玻璃或碎屑的路面時使用。
 - 如果您使用機動輪椅或踏板車，考慮貯備備用電池。汽車電池可以代替輪椅電池，但此類電池不如輪椅的深循環電池持久。諮詢供應商，了解電用完時是否能夠透過使用跨接電纜連接至車輛用蓄電池或透過將電池連接至特定類型變流器（變流器插入您車輛的點煙器）來為電池充電。
 - 如果您的輪椅使用的不是防刺輪胎，貯備一套補胎工具或一盒「密封」空氣產品用於修補漏胎，或者貯備一條備用內胎。
 - 如果有，貯備一輛輕型手動輪椅。
 - 確保家具是固定的，以便它們不會阻塞您通常穿行的路徑。
- 如果您生活在帶電梯建築的一樓以上樓層，計劃並練習使用其他疏散方法。如果需要，謀求您個人支援網絡的幫助。
 - 如果您無法使用樓梯，討論適合您的升降和運送方法。有時輪椅使用者不得不離開輪椅以便安全地從建造物疏散。
 - 有時將某人搬下樓梯是不可行的，除非至少有兩個或更多身體強壯的人來控制輪椅。如果您需要人搬運，討論最安全的搬運方法並提醒幫助者注意易受損的地方，這一點非常重要。例如，傳統的「消防員式搬運」對於呼吸衰竭的人可能是非常危險的。
 - 說明移動您的最佳方法。



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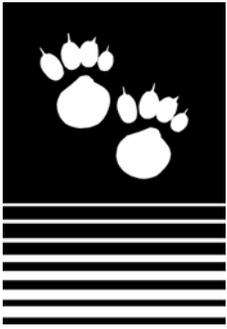
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保護寵物

當你制定緊急情況計劃時，考慮你的寵物。瞭解在緊急情況發生時可以把寵物帶到哪裡去。在準備家庭緊急情況預備品時，記住寵物必須的用品。

災難發生之前

- 為你的寵物找到一個安全的住所。寵物避難所、動物管理所、動物診所、沒有發生災難的朋友及親戚的家中都是很好的去處。有些旅館及汽車旅館可能允許攜帶寵物。請事先瞭解情況。
- 一定要讓你的寵物隨時佩戴載有最新身份資訊的牌子。在每個寵物的身份牌上寫上聯絡資訊。
- 一定要讓你的寵物按時打預防針。寵物避難所可能要求查看寵物打預防針的證明。

災難發生時

- 如果緊急情況正在發生，讓寵物呆在家中，以便找到它們。
- 不要等到最後一分鐘再做準備。可能會提前幾小時或幾天發出警告。
- 寵物避難所會按照先來先安排的原則接受寵物。提前打電話瞭解有沒有空位。把寵物用品裝在寵物緊急情況用品包中，帶到寵物避難所。

如果你自己撤離，帶上寵物

- 如果你留在災難發生的地區不安全，對你的寵物也會不安全。不要把動物留在家中，用鏈條拴在室外或讓寵物四處亂跑。寵物很容易受傷、丟失或被殺死。
- 如果你離開家中，帶上你的寵物，即使你認為幾小時後就會回家也不例外。
- 盡早離開 — 如果你等到發出撤離命令再離開，可能會要求你留下寵物。

如果你不撤離

- 讓寵物與你一起呆在家中的安全的地方。
- 給狗繫上皮帶，把貓裝在籠子裡。一定要給寵物戴上身份牌。

- 事先作出安排，如果發生緊急情況時你不在家中，讓一位值得信任的鄰居帶走你的寵物。這位鄰居必須熟悉你的寵物，知道在哪里找到寵物及寵物用品，並且有你的住宅鑰匙。

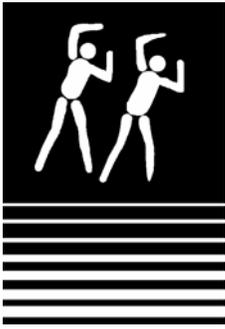
災難發生後

- 不要讓寵物四處亂跑。如果熟悉的地標及氣味消失了，寵物會迷路。
- 在幾天內，給狗繫上皮帶，把貓裝在籠子裡，讓它們留在室內。如果你的住宅被損壞，寵物可能會跑出去，並丟失。
- 對寵物要有耐心。盡快恢復寵物的日常生活規律。寵物可能會出現行為問題。如果行為問題持續很長時間，你的寵物可能有健康問題，向你的獸醫諮詢。

緊急情況寵物用品單

作好隨時離開的準備。把用品放在一個牢固的、容易攜帶的包內。用品包括：

- 放在防水袋中的藥品與醫療記錄以及急救包。
- 結實的拴狗皮帶及挽具。一個大小能讓寵物站起、轉身及躺下的安全的籠子。帶上毯子及毛巾用作被子。
- 幫助尋找丟失的寵物並證明寵物身份的照片。
- 每個寵物至少七天的食品及水。
- 碗、貓糞盒及一把手動開罐器。
- 有關寵物喂食時間表、醫療症狀、行為問題及獸醫的姓名及電話號碼的資訊。
- 寵物床及玩具（如果便於攜帶）。
- 報紙、紙巾、塑料垃圾袋、梳洗用品及家用漂白劑。



注意自己的心理及情感需求

當你在自己的健康及所愛的人的健康受到威脅時感到心煩意亂是很自然的反應。注意自己的感情及情感需求，然後你才能更好地幫助朋友及家人應對他們的問題。

應對不確定的情況

對未知的情況感到害怕會造成憂慮。在緊急情況發生時感到憂慮及擔心是正常的情況。

每個人對緊急情況的反應會不同

緊急情況經常會改變人們身體及情感上的感覺。例如，人們可能會出現睡眠問題、易怒或憂鬱、或在工作或學業上出現問題。這些都是對緊急情況的反應。你可以採取措施解決這些問題。但是，如果有人的反應十分強烈，或者延續很長時間，則應當尋求幫助。

以下是應對壓力及憂慮的一些方法

- 避免觀看帶刺激性場面的新聞報道
- 從可靠的來源獲得準確、及時的資訊
- 瞭解有關健康危害的詳細說明
- 保持正常的生活規律（如可能）
- 不吸毒及酗酒
- 運動、保持健康飲食及充足的睡眠
- 保持身心健康
- 與家人及朋友保持聯絡
- 盡量幫助別人
- 保持幽默感
- 向別人傾訴自己的擔憂

保持聯絡

在出現公共健康緊急情況時，可能造成恐懼，使人們相互隔離。通常與家人及朋友保持密切關係的人可能會避免相互接觸，因為他們擔心會染病。與其他人保持聯絡很重要。你可以打電話及發電子郵件。

需要時應尋求幫助。如果你對健康風險的擔心影響你的日常生活，與您信任的人交談，這些人可以是你的醫生、家人、朋友、牧師、老師或精神健康專業人員。

如果你注意到你所愛的人、朋友或同事發生很大的變化，主動與他們聯絡。花時間與他們交談，顯示你對其他人的關心，這對你自己及其他人都有好處。

如果你或您認識的人無法控制自己的感情，請向醫務人員或精神健康專業人員尋求幫助。

獲得可靠的資訊

在緊急情況發生時，隨時掌握情況十分重要。從以下來源瞭解正在發生的事件：

- 報紙、廣播、電視
- 你的醫務人員
- 當地衛生部門
- 華盛頓州衛生部，網站 www.doh.wa.gov
- 華盛頓軍事部緊急情況管理分部，網站 www.emd.wa.gov


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視力殘障人員 災難應對提示

手杖

- 如果您使用手杖，請在辦公室、家中、學校以及志願者服務站的關鍵、一貫和安全位置存放備用手杖，以幫助您繞過障礙和危險。
- 在應急包中存放一根備用手杖。

其他移動指示

- 如果您具有部分視力，在每個房間安上安全燈來照亮行動的路線。這些燈插在壁裝電源插座上，如果停電，可以自動亮起。根據類型不同，它們可以持續自動工作 1 到 6 小時。它們還可以手動關閉並用作持續時間較短的手電筒。
- 域手電筒以及備用電池。
- 為重大災難發生後喪失通常依靠的聽覺線索做準備。

保護電腦

- 固定特殊裝置和大件家具，如電腦和擱架。為重要資料製作電腦備份系統並另外儲存。

主張事項

- 主張電視新聞不僅要發佈重要電話號碼，還要為無法看清螢幕的人員慢速宣讀並頻繁重複這些號碼。



PO Box 47890
Olympia, WA 98504-7890

華盛頓州衛生部

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DOH 出版物 821-004

災難發生過程中以及災難發生後，服務性動物可能會變得慌亂、受驚或失去方向感。確保它們受到約束或安全地系上皮帶或輓具。皮帶/輓具是控制驚慌或煩躁的動物的重要用具。準備使用其他方法來應對您所處的環境。

給物品貼標籤

- 如果有幫助，可用大字型、熒光帶或盲文在應急物品上作標記。

Learn How to Take Care of Everyone in Your Family During an Emergency

- [Children and Disasters](#)
- [Deaf and Hard of Hearing](#)
- [Medical Needs](#)
- [Mobility Disability](#)
- [Pets and Emergencies](#)
- [Psychological and Emotional Needs](#)
- [Visual Disabilities](#)

Children and Disasters

Children may exhibit the following behaviors after a disaster

- Be upset over the loss of a favorite toy, blanket, etc., which is important to them.
- Change from being quiet, obedient and caring to loud, noisy and aggressive, or change from being outgoing to shy and afraid.
- Develop night-time fears (nightmares, fear of the dark or sleeping alone).
- Be afraid the event will reoccur.
- Become easily upset.
- Lose trust in adults. After all, their adults were not able to control the disaster.
- Revert to younger behavior (bed wetting, thumb sucking).
- Want to stay close to parents. Refuse to go to school or daycare.
- Feel they caused the disaster because of something they said or did.
- Become afraid of wind, rain or sudden loud noises.
- Have symptoms of illness, such as headaches, vomiting or fever.
- Worry about where they and their family will live.

Things parents can do to help their children:

- Talk with the children about how they are feeling. Assure them that it's OK to have those feelings.

- Help children learn to use words that express their feelings, such as "happy", "sad", or "angry."
- Children should not be expected to be brave or tough. Tell them it's OK to cry.
- Don't give children more information than they can handle about the disaster.
- Assure fearful children you will be there to care for them; consistently reassure them.
- Go back to former routines as soon as possible. Maintain a regular schedule.
- Reassure children that the disaster was not their fault.
- Let children have some control, such as choosing clothing or what meal to have for dinner.
- Re-establish contact with extended family.
- Help your children learn to trust adults again by keeping promises you make.
- Help your children regain faith in the future by making plans.
- Get needed health care as soon as possible.
- Spend extra time with the children at bedtime.
- Make sure children eat healthy meals and get enough rest.
- Allow special privileges for a short period of time, such as leaving the light on when they go to bed.
- Find ways to emphasize to your children that you love them.
- Allow children time to grieve losses.
- Develop positive anniversary activities to commemorate the event. These may bring tears, but they are also a time to celebrate survival and the ability to get back to a normal life.

Deaf and Hard of Hearing: Disaster tips

Hearing aids

Store hearing aid(s) where you can easily find them after a disaster. For example, you could keep them in a container by your bedside and attach the container to a nightstand or bedpost using a string or Velcro. Missing or damaged hearing aids will be difficult to replace or fix immediately after a major disaster.

Batteries

- Store extra batteries for hearing aids and implants. If possible, store an extra hearing aid with your emergency supplies.
- Keep your pager, captioned telephone and other communication equipment charged.
- Maintain batteries and store extras for your TTY and other communications equipment. Check the owner's manual for proper battery maintenance.

Communication

- Know how to communicate with emergency personnel if there is no interpreter or if you don't have your hearing aids. Store paper and pens for this purpose.
- Consider carrying a pre-printed copy of important messages with you, such as:
 - "I use American Sign Language (ASL) and need an ASL interpreter."
 - "I do not write or read English."
 - "If you make announcements, I will need to have them written or signed."
- If possible, get a battery-operated television that has a decoder chip for access to signed or captioned emergency reports.
- Determine which broadcasting systems will provide continuous captioned and/or signed news.

Alarms

Install smoke alarms that give signals that can be both seen and heard. At least one smoke alarm should be battery operated.

Advocacy

- Recruit interpreters to be Red Cross emergency volunteers.

- Encourage TV stations to broadcast all news and emergency information in open caption format.
- Encourage television stations to plan to provide interpreters for on-camera duty during emergencies
- When you travel, ensure hotels have services for deaf and hard of hearing, including visual alarms. Ask for them when you check in.

Medical Needs: Disaster Tips

In a disaster, people with special medical needs have extra concerns. This information will help you and your family prepare for a disaster.

Medications

- Always have at least a two-week supply of all your medications. In some emergencies, such as an influenza pandemic, you may need to prepare for even longer.
- Store your medications in one location in their original containers.
- Have a list of all of your medications: name of medication, dose, frequency, and the name of the prescribing doctor.

Medical supplies

- Have an extra two-week supply of any medical supplies you use, such as bandages, ostomy bags or syringes.

Electrically powered medical equipment

- For all medical equipment requiring electrical power — beds, breathing equipment or infusion pumps — check with your medical supply company and get information regarding a back-up power source such as a battery or generator.

Oxygen and breathing equipment

- If you use oxygen, have an emergency supply (enough for at least a two-week period).
- Oxygen tanks should be securely braced so they do not fall over. Call your medical supply company regarding bracing instructions.
- If you use breathing equipment, have a two-week supply or more of tubing, solutions and medications.

Intravenous (IV) and feeding tube equipment

- Know if your infusion pump has battery back-up, and how long it would last in an emergency.
- Ask your home care provider about manual infusion techniques in case of a power outage.
- Have written operating instructions attached to all equipment.

Emergency bag

- In the event that you have to leave your home, keep a bag packed at all times that contains:
 - A medication list.
 - Medical supplies for at least two weeks.
 - Copies of vital medical papers such as insurance cards and power of attorney.

People who can help

- An important part of being prepared for a disaster is planning with family, friends and neighbors. Know who can walk to your home to assist you if no other means of transportation is available.
- Discuss your disaster plans with your home health care provider.
- Ask your local fire department if they keep a list of people with special medical needs; ask to be included if they do maintain a list.

- Keep a list handy of people who can help and their phone numbers.

Mobility Disabilities: Disaster Tips

The following information will assist people with mobility disabilities and will help make them more confident when disaster strikes.

Storage

- Store emergency supplies in a pack or backpack attached to a walker, wheelchair, scooter, etc.
- Store needed mobility aids (canes, crutches, walkers, wheelchairs) close to you in a consistent, convenient and secured location. Keep extra aids in several locations, if possible.

Emergency Supply Kit

- Keep a pair of heavy gloves in your supply kit to use while wheeling or making your way over glass or debris.
- If you use a motorized wheelchair or scooter, consider having an extra battery available. A car battery can be substituted for a wheelchair battery, but this type of battery will not last as long as a wheelchair's deep-cycle battery. Check with your vendor to see if you will be able to charge batteries by either connecting jumper cables to a vehicle battery or by connecting batteries to a specific type of converter that plugs into your vehicle's cigarette lighter in the event of loss of electricity.
- If your chair does not have puncture-proof tires, keep a patch kit or can of "seal-in-air product" to repair flat tires, or keep an extra supply of inner tubes.
- Store a lightweight manual wheelchair, if available.

Know your Surroundings

- Arrange and secure furniture and other items to provide paths of travel and barrier free passages.
- If you spend time above the first floor of a building with an elevator, plan and practice using alternative methods of evacuation. If needed, enlist the help of your personal support network.
- If you cannot use stairs, discuss lifting and carrying techniques that will work for you. There will be instances where wheelchair users will have to leave their chairs behind in order to safely evacuate a structure.
- Sometimes transporting someone down stairs is not a practical solution unless there are at least two or more strong people to control the chair. Therefore, it is very important to discuss the safest way to transport you if you need to be carried, and alert them to any areas of vulnerability. For example, the traditional "fire fighter's carry" may be hazardous for some people with respiratory weakness.
- You need to be able to give brief instructions regarding how to move you.

Pets and Emergencies

Consider your pets when planning for emergencies. Know where to take your pets in an emergency and remember their needs when creating your family preparedness kit.

Before the disaster

- Find a safe place for your pets to stay. Emergency pet shelters, animal control shelters, veterinary clinics or friends and relatives out of harm's way are all possible choices. Some hotels and motels may allow you to bring pets; others may suspend their "no pet" rules during an emergency. Check ahead to make sure you can bring your pet.
- Make sure your pets wear current ID tags all the time, and that carriers for each pet are labeled with contact information.
- Make sure your pets are current on their vaccinations. Pet shelters may require proof of vaccines.

During a disaster

- Keep pets in the house as emergency situations develop so you can locate them.
- Don't wait until the last minute to get ready. Warnings may be issued hours or days in advance.
- Pet shelters will be filled on a first-come first-serve basis. Call ahead to check availability. Bring the items in your pet's emergency supply kit.

If you evacuate, take your pet

- If it's not safe for you to stay in the disaster area, it's not safe for your pets. Don't leave animals inside your home, chained outside or roaming loose. They can easily be injured, lost or killed.
- If you leave, take your pet even if you think you'll be able to come home in just a few hours.
- Leave early — if you wait for an evacuation order, you may be told to leave your pets behind.

If you don't evacuate

- Keep your pets with you in a safe area of your home.
- Keep dogs on leashes and cats in carriers, and make sure they are wearing identification.
- In case you're not home during a disaster, arrange well in advance for a trusted neighbor to take your pets. Be sure the person is comfortable with your pets, knows where to find them and your pet emergency supplies, and has a key to your home.

After the disaster

- Don't allow your pets to roam loose. Pets can get lost if familiar landmarks and smells are gone.
- For a few days, keep dogs on leashes and cats in carriers inside the house. If your house is damaged, they could escape and become lost.

- Be patient with your pets. Re-establish their routines as soon as possible. Be ready for behavioral problems. If problems continue, or if your pet is having health problems, talk to your veterinarian.

Emergency supply list for pets

Have everything ready to go. Store supplies in sturdy easy-to-carry containers.

Include:

- Medications and medical records stored in a waterproof container, and a first-aid kit.
- Sturdy leashes and harnesses. A secure carrier large enough for your pet to stand comfortably, turn around and lie down. Add blankets or towels for bedding.
- Photos to help identify lost pets and prove ownership.
- Food and water for at least seven days for each pet.
- Bowls, cat litter and litter box, and a manual can opener.
- Information on feeding schedules, medical conditions, behavior problems, and the name and number of your veterinarian.
- Pet beds and toys, if you can easily take them.
- Newspapers, paper towels, plastic trash bags, grooming items and household bleach.

Psychological and Emotional Needs

It is natural to be upset when you think your health or the health of your loved ones is threatened. Pay attention to your own feelings and take care of your emotional needs, then you can better help friends and family members handle their concerns.

Coping with uncertainty

Anxiety can be related to fear of the unknown. It is normal to feel anxious and worried during an emergency.

Everyone reacts differently to an emergency

People often experience changes in their physical, emotional or mental state during and after emergencies. For example, they may have trouble sleeping, experience anger or depression, or have problems at work or school. These are among the many normal reactions to an emergency situation. There are things you can do to cope with these problems. However, if these reactions seem extreme or last for a long time, the person suffering the condition should seek help.

Here are some ways you can cope with stress and anxiety

- Limit your exposure to graphic news stories.
- Get accurate, timely information from reliable sources.
- Learn more about the specific health hazard.
- Maintain your normal routine, if possible.
- Avoid drugs and excessive drinking.
- Exercise, eat well and get enough sleep.
- Stay active physically and mentally.
- Stay in touch with family and friends.
- If you can, help others.
- Keep a sense of humor.
- Share your concerns with others.

Stay connected

The fear associated with a public health emergency can push people apart. People who are normally close to family and friends may avoid contact because they are afraid they might get sick. It is important to stay connected with others. Use the phone and e-mail.

Ask for help if you need it. If your anxiety about a health risk gets in the way of your daily life, talk to someone you trust. This may be your doctor, a family member, friend, clergy member, teacher or mental health professional.

If you notice a big change in a loved one, friend or coworker, reach out to them. Make some time to talk. Watching out for others shows you care and it can be comforting for both of you.

If you or someone you know is having a hard time managing their emotions, seek help from a medical or mental health professional.

Get reliable information

When an emergency happens, it is important to keep things in perspective. Get information about the event from:

- Newspaper, radio, television
- Your health care provider
- Your local health department
- [Washington State Department of Health](#)
- Washington Military Department, Emergency Management Division
www.emd.wa.gov

Visual Disabilities: Disaster Tips

This document was produced in cooperation with the Emergency Management Division of the Washington State Military Department.

Canes

- If you use a cane, keep extras in strategic, consistent and secured locations at work, home, school and volunteer sites to help you maneuver around obstacles and hazards.
- Keep a spare cane in your emergency kit.

Alternate mobility cues

- If you have some vision, place security lights in each room to light paths of travel. These lights plug into electric wall outlets and light up automatically if there is a loss of power. They will, depending on type, continue to operate automatically for 1 to 6 hours. They can also be turned off manually and used as a short-lasting flashlight.
- Store high-powered flashlights with wide beams and extra batteries.
- Plan for losing the auditory clues you usually rely on after a major quake.
- Service animals may become confused, frightened or disoriented during and after a disaster. Keep them confined or securely leashed or harnessed. A leash/harness is an important item for managing a nervous or upset animal. Be prepared to use alternative ways to negotiate your environment.

Label supplies

If helpful, mark emergency supplies with large print, fluorescent tape or Braille.

Secure computers

Anchor special equipment and large pieces of furniture, such as computers and shelving. Create a computer backup system for important data and store it off site.

Advocacy issues

Advocate that TV news not only post important phone numbers, but also announce them slowly and repeat them frequently for people who cannot read the screen.