

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?

LOCAL EMERGENCY MANAGEMENT AGENCY

Chester County Department of
Emergency Services
610 344 5000
www.chesco.org

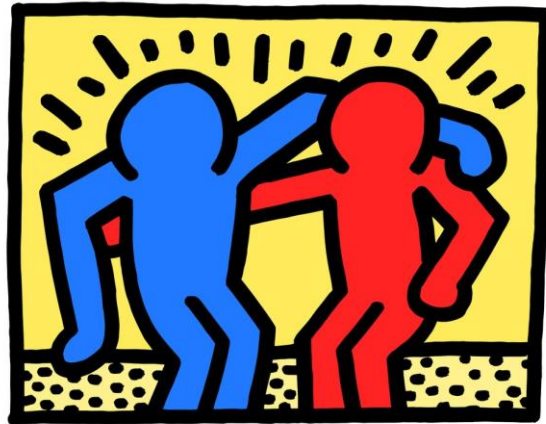
Other Resources

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

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

<http://www.readychesco.org>

PREPAREDNESS BUDDY



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 _____

DESIGNATED CONTACT

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)

DURABLE MEDICAL EQUIPMENT AND SUPPLIES YOU NEED

ALLERGIES (FOOD, DRUGS, OTHER)

Medical and Disability Service Providers

PRIMARY CARE PHYSICIAN

Name _____

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 & microchip numbers
- Collar & 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/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
- _____
- _____
- _____

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

DO YOU HAVE SPECIFIC TRANSPORTATION REQUIREMENTS?

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 wheelchair, include a battery charger or manual wheelchair for backup
- Cell with spare charged battery and charger
- Flashlight and extra batteries
- Cash (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