

---

## Personal Emergency Supplies

- Water (1 gallon p/day per person)
  - Food (canned-meats, canned fruits and vegetables, peanut butter, granola bars, cereals, cookies, tea and coffee, canned juices)
  - Flashlight and extra batteries
  - Portable battery operated radio or hand crank radio or text alerting device with extra batteries. Know your emergency alert broadcast stations in your area
  - Prescription and over-the-counter medications you need
  - Medical information tag (s)
  - Pencil and paper
  - Blanket, whistle and complete set of clothes for each household member
  - Personal care and comfort items (eye glasses, toys, books, etc)
  - Important personal documents (medical, immunization records, insurance cards, cash, credit cards, etc)
  - First aid supplies
  - MOST IMPORTANTLY, DEVELOP A SUPPORT SYSTEM THAT WILL CONTACT AND/OR ASSIST YOU IN AN EMERGENCY
- 

## For more information contact:

Maryland Department of Disabilities

Emergency Preparedness Policy

410-767-3662

mdod@mdod.state.md.us



Kristen Cox, *Secretary*

Robert L. Ehrlich, Jr., *Governor*

Diane McComb, *Deputy Secretary*

Michael S. Steele, *Lt. Governor*

217 EAST REDWOOD STREET, SUITE 1300

BALTIMORE, MARYLAND 21202

410-767-3660 VOICE/TTY ~ 1-800-637-4113 VOICE/TTY

410-333-6674 FAX ~ MDOD@MDOD.STATE.MD.US

WWW.MDOD.STATE.MD.US

This document is available in alternative  
formats upon request.



---

*Emergency &  
Disaster  
Preparedness  
for Individuals  
with Disabilities  
and Other  
Special Needs*

---



