Adulting 101: Emergency Preparedness

Dar Pung and Stacie Rulison

November 9, 2026

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Today's Information

Portions of this presentation were adapted from the following sources: American Red Cross: *Disaster Safety for People with Disabilities* and Oregon Health & Science University (OHSU), University Center for Excellence in Developmental Disabilities (UCEDD): *Ready Now! Emergency Preparedness Tool Kit for People with Disabilities 2nd Edition (2023)*

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Today we will learn about

- What an emergency means
- Types of emergencies
- Getting ready for an emergency
- Making a plan or checklist



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What are emergencies?

- Something you do not expect to happen.
- Something that could harm you, other people, your home, or your community.
- Things we can do to stay safe in emergencies.



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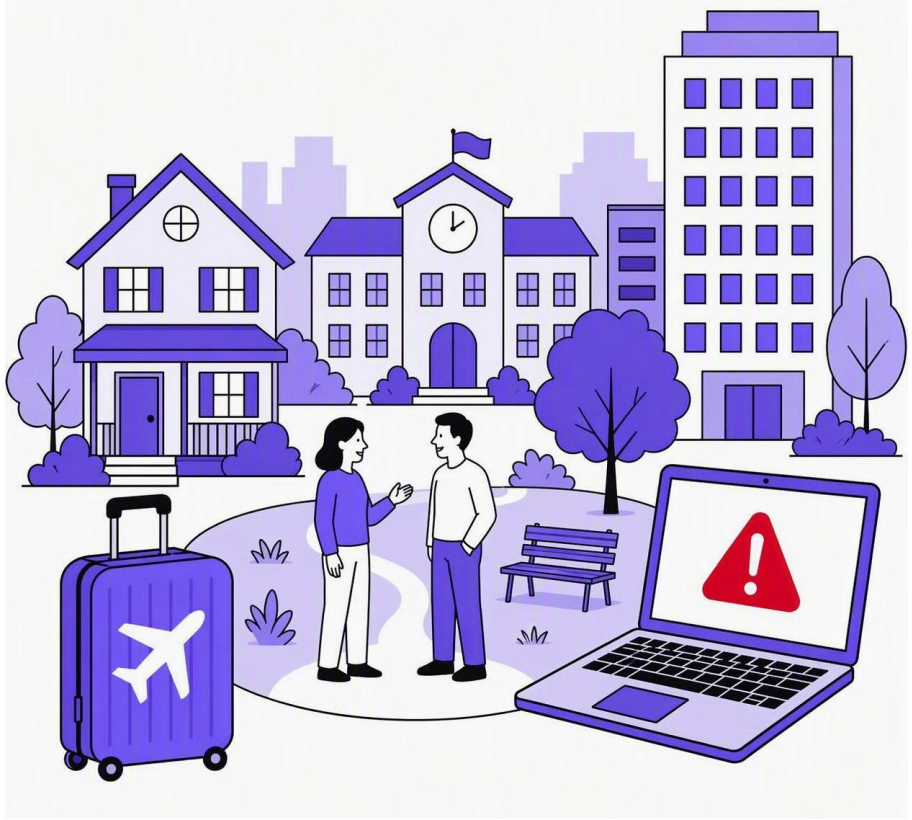
Where emergencies happen

- Home
- School
- Work
- Community
- Out of town
- Online



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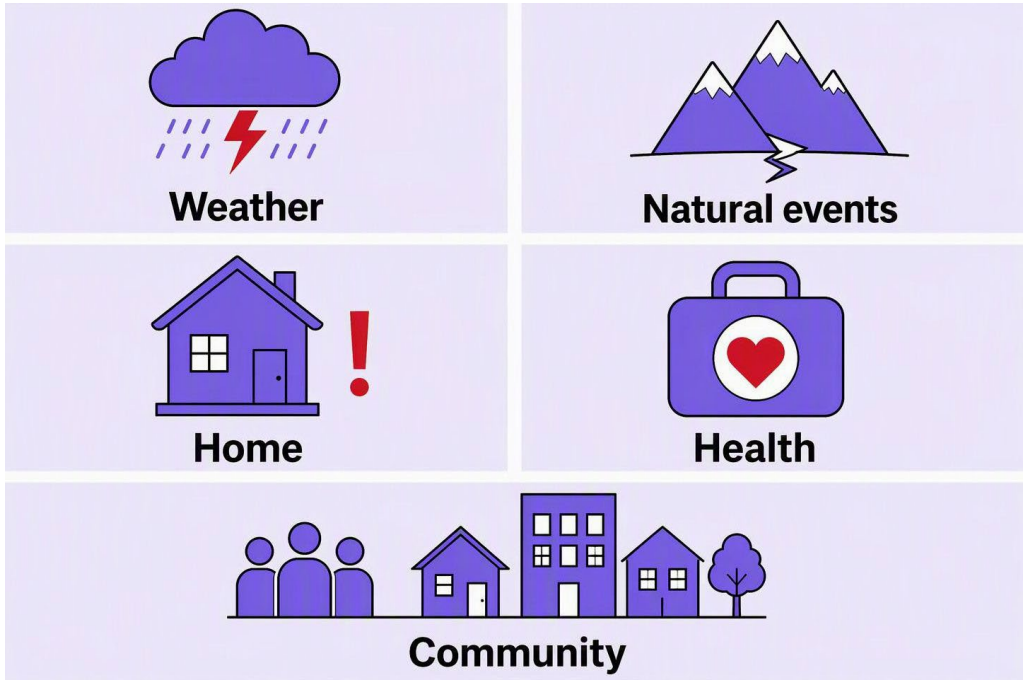
Kinds of emergencies

Different emergencies need different actions

- Weather
- Natural events
- Home
- Health
- Community



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What number do we call for help when there is an emergency? *(Put it in chat)*

9-1-1



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Knowing what is happening is important in ALL emergencies

- Watch local television station for instructions and information.
- Have emergency alerts set up on your phone to let you know when there is a weather or other emergency.
- Keep your phone charged and have a power supply to charge it if the power goes out to get news updates.



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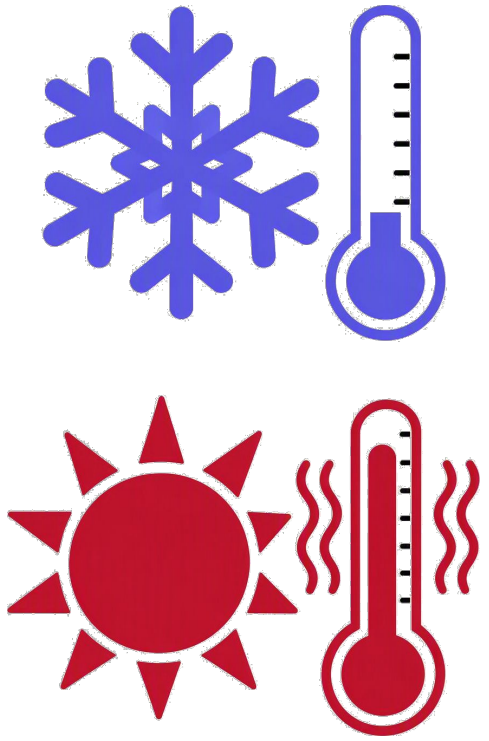
Weather-Related Emergencies



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Storms

Thunder, lightning, wind, tornadoes

- Can be very loud and very bright.
- Can make us afraid and scared.
- May be harder to think at that time.
- Get a trusted adult when you can.



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Lightning



- If you can hear thunder, lightning is close enough that it can strike near you!
- Lightning can be very dangerous if you are outside during a storm.
- Move indoors or to a car if you are outside in a storm with lightning.

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Weather Do's and Don'ts

Do:

- Listen to online or news updates
- Go into a building if possible or go to the basement in your home
- Go to a middle room away from windows if there is no basement
- If outside, get into a car or truck and roll the windows up
- Stay away from mud puddles

Don'ts:

- Do not use electric appliances
- Hang out on porches, balconies, open garages
- Take a bath or shower until the storm has passed
- Hide under a tall object or tree that is standing alone

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Your turn!

If there is a storm with lightning, wind, and possible tornadoes, you should:

A. Get inside your house or building and go to the basement if you have one.

B. Stand on your porch to watch the lightning show.

C. Take a quick shower.



Respond in chat!

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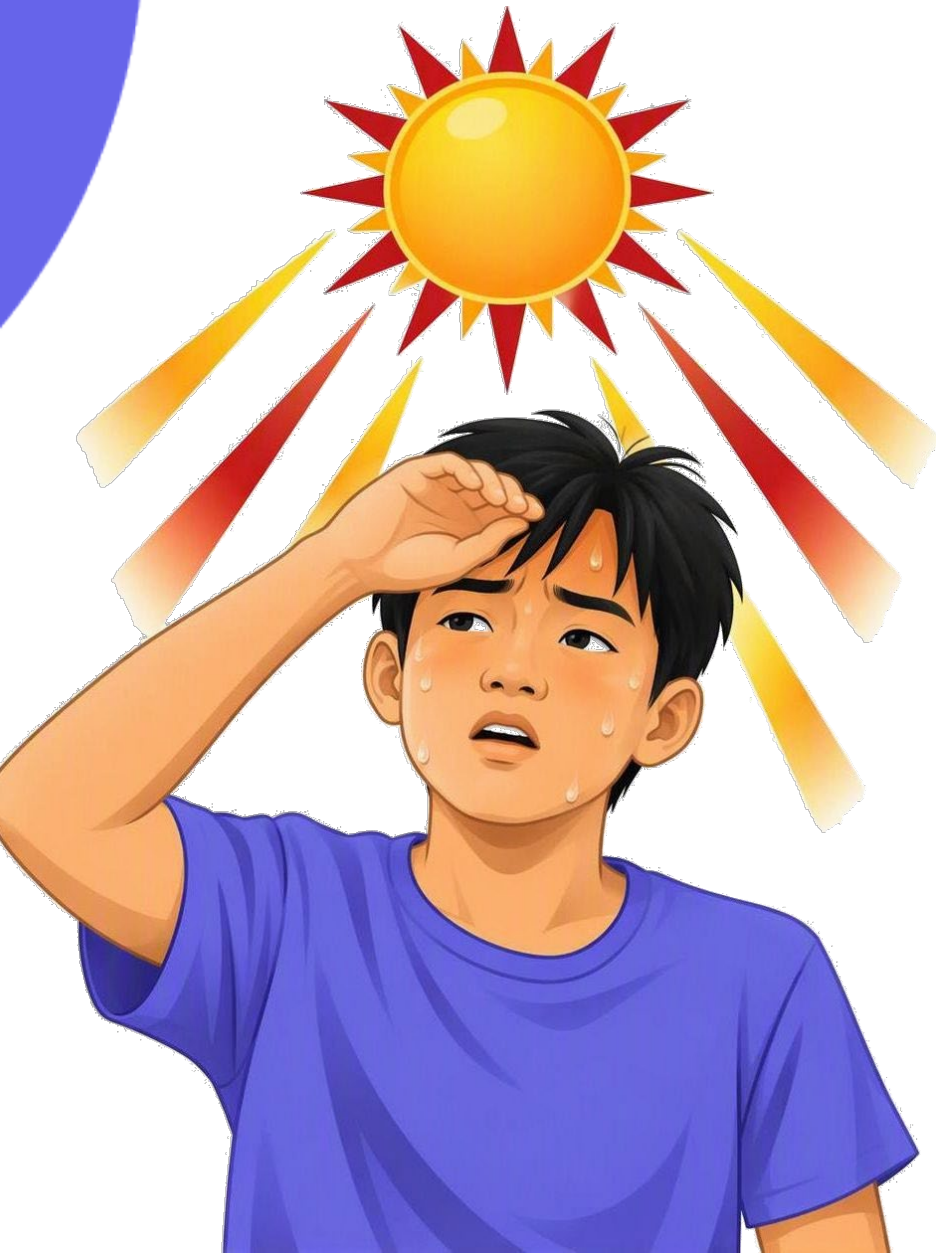
Extreme hot weather



- Can cause our body to overheat.
- If you don’t have air, keep a fan close-by.
- Drink plenty of water.
- Put wet towels on your head and body.
- Take a cool shower or go to a pool.
- Go someplace air conditioned to cool off-even for a short time.

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Extreme cold weather

- Go to a heated building if possible.
- Use hand and foot warmer packets.
- Put on warmer cloths, gloves, hats, scarves-even inside.
- Use a sleeping bag or blanket.
- Drink warm fluids like water, milk, tea, broth, or others.



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Floods

- Unplug electrical appliances.
- If your car stalls during a flood, get out of the car immediately and go to higher, dry ground.
- Stay away from:
  - Water in your basement or garage
  - Moving water that is flowing
  - Touching power lines that have fallen
  - Storm drains



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Your turn!

If you are in very, very hot temperatures and start feeling nauseous (have an upset stomach):

A. Wait it out and hope it cools off.

B. Put on a sweatshirt to make you cooler.

C. Put cool washcloths on your face.



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Home and Building Problems

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Home and Building Problems

- Fire
- Power outage
- Gas leaks (carbon monoxide)



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What you SHOULD do in a home fire

- Call 911 from a safe place.
- Stay calm.
- Get OUT of the house or building you are in.
- If you see smoke under the door, or the door is hot, find another way out.
- Get on the floor and crawl or roll out to stay away from smoke.
- Stay near a window on the floor if you can’t get out and yell for help.



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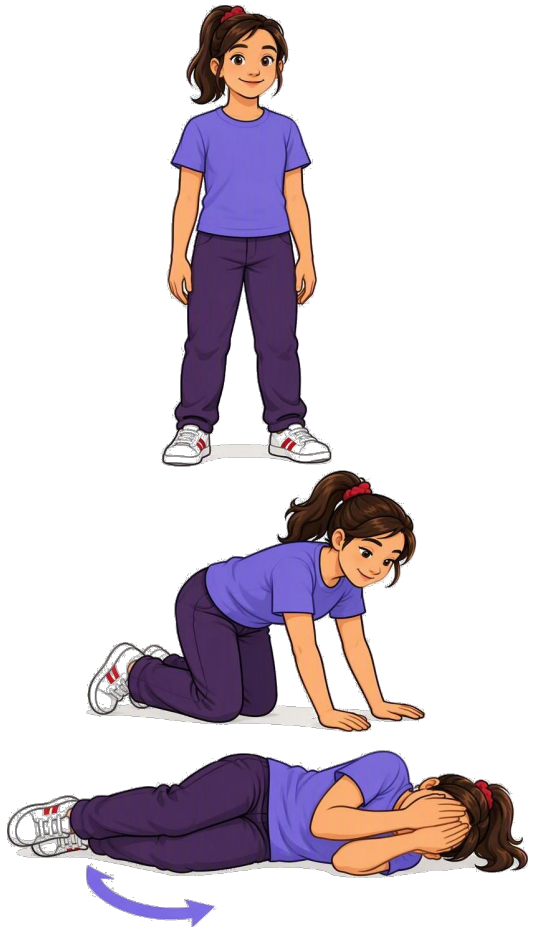
Remember-if your clothes catch on fire

STOP where you are

DROP to the ground

ROLL over and over until the flame goes out



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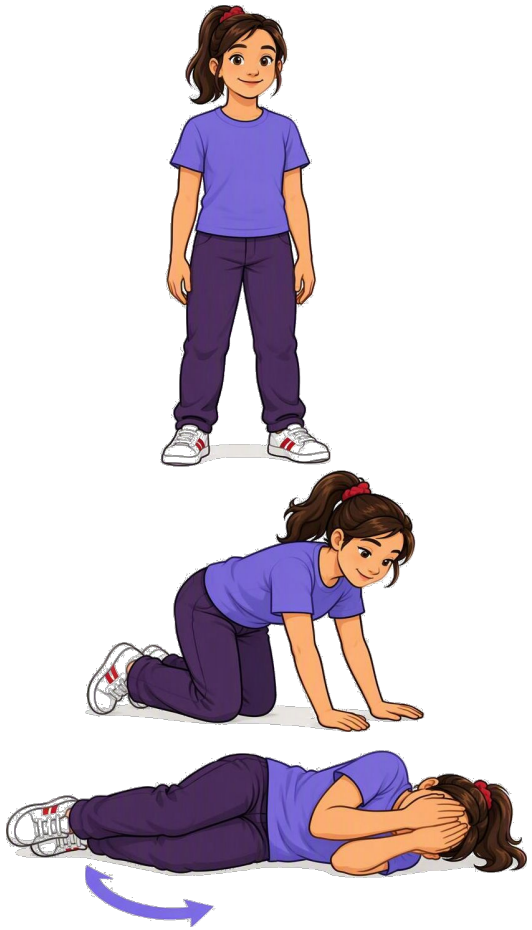
What do we do if our clothes catch on fire?

Put your response in chat!

Stop where you are

Drop to the ground

Roll over and over until the flame goes out



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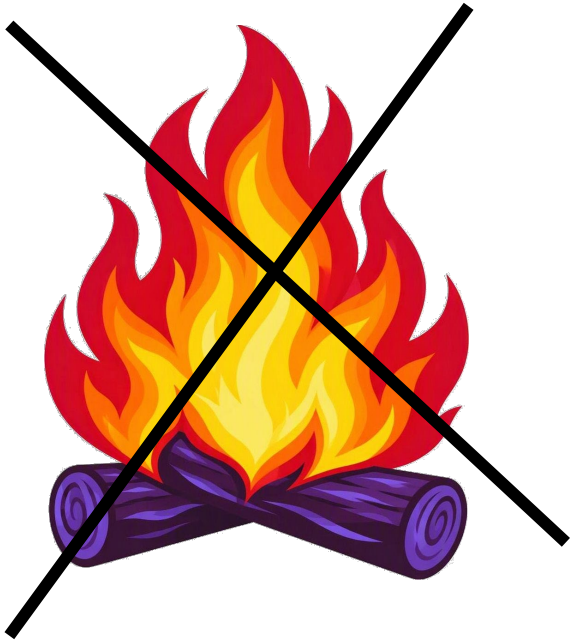
What you SHOULD NOT do in a home fire

- Open doors that feel hot when you touch them.
- Open doors if you see smoke coming under them.
- Hide under your bed.
- Go back into your house or building until the emergency responders say it’s okay.



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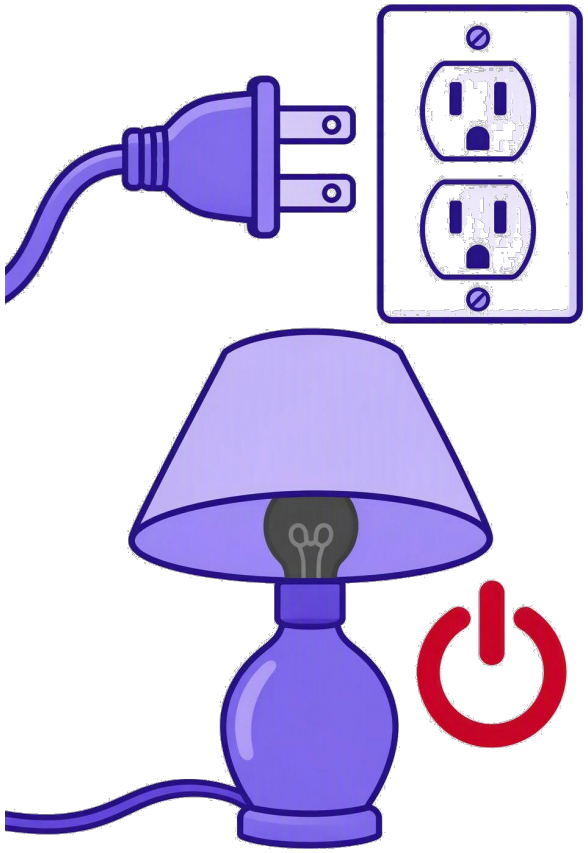
Power Outage

- Turn off or unplug appliances.
- If traffic signals aren't working, STOP at the intersections, like it is a stop sign.
- Throw food away that is in the refrigerator and got warm-it can make you sick.
- Only use gas generators OUTSIDE, never in your house or garage.
- Do NOT use a gas stove to cook inside.



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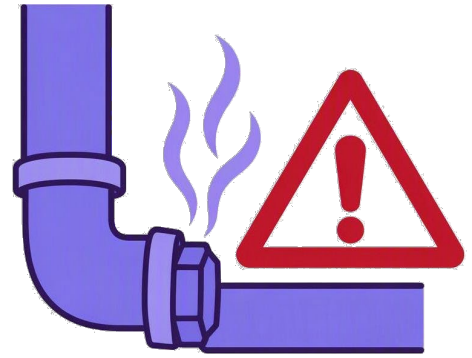
Gas Leaks

If you smell rotten eggs or hear a hissing noise, see a broken pipeline, or think you have a leak...



- Open all windows and doors.
- Get out of the house and call 911.
- Keep appliances and electrical switches off.
- Do not light a match, use a lighter, or light a candle.



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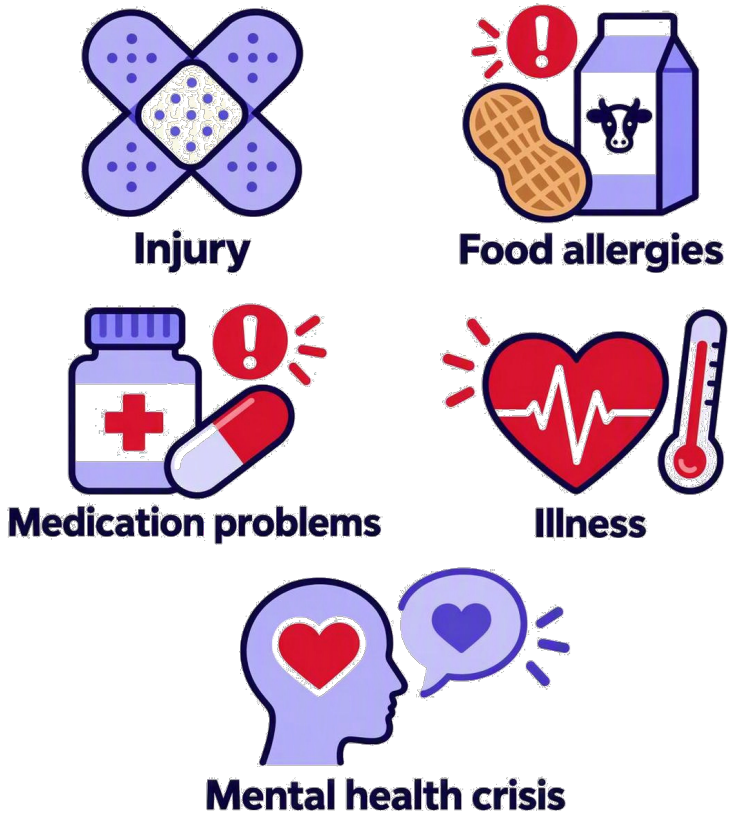
Health Emergencies



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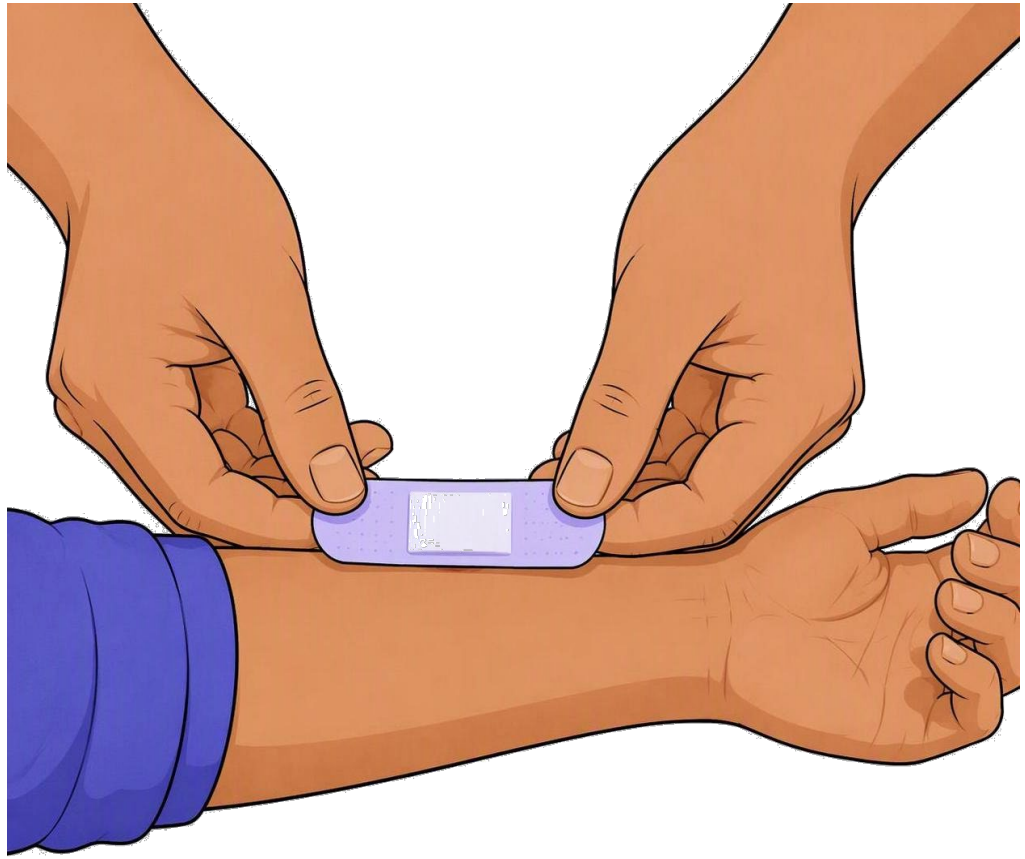
Types of Health Emergencies



- Injury
- Food allergies
- Medication problems
- Illness
- Mental health crisis

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Small injuries

Scrapes, small cuts, minor burns

- Wash your hands with soap and water before touching the hurt area.
- Run cool (not COLD) water over a minor burn-don’t use ice, butter, or grease.
- Put a clean bandage over a cut to protect it.
- Do not pick scabs or peel skin off that is healing.



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Bigger injuries

- Deep cuts, more bleeding, head hits, broken bones.
- Press down enough to stop bleeding using a clean cloth, towel, or shirt-keep it there.
- Call 911 if you are alone, dizzy, or cannot move a body part.
- Keep completely still if you have a broken arm or leg until help comes.
- Sit or lie down flat if you feel dizzy or scared after getting hurt.



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Your Turn!

When you have a deep cut and need to stop the bleeding, you should:

A. Put your fingers on the cut

B. Let it bleed until it's done bleeding

C. Press down hard enough to stop the bleeding



Respond in chat!

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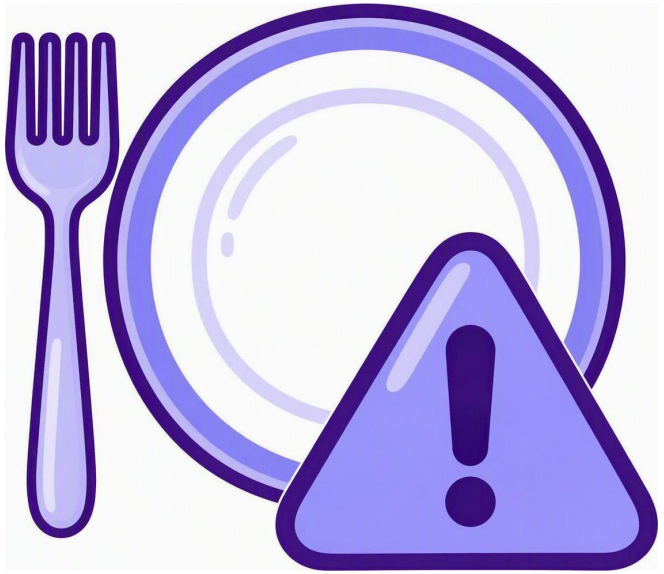
Food Allergies

If you eat something, and then you feel…

- Itchy (skin, mouth, or throat),
- Like your face, tongue, or lips are swelling (or puffy),
- Stomach pain or you throw up,
- Like you cannot breathe,
- Dizzy,



Call 911 right away.

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Allergic Reaction Injectables



- Often called EpiPen (brand name).
- Used when you are having an allergic reaction to something and have a hard time breathing.
- Life saving medical device you usually inject into leg and helps you breathe.

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Medication Problems – Missing a dose

If you forget to take a prescribed medication...

- Take a deep breath! Mistakes happen.
- Do NOT take it until you tell a trusted person.
- Check with your trusted person, doctor, or pharmacist FIRST before taking the missed dose.
- Do not take extra the next time you need to take your medication (do not "double dose").



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Medication Problems – Double Dose

If you accidently take 2 doses ("double dose")...

- Tell a trusted person.
- Call poison control (1-800-222-1222).
- Tell them what you took too much of. They can help you decide if you need to go to the ER or if it is safe not to go to the hospital.
- Follow their advice, even if you don't agree.
- At any point, call 911 if you start to feel sick or dizzy.



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Illness

If you are...

- Breathing heavy or feeling like you cannot breathe,
- Coughing or throwing up blood, or "coffee ground" colored mucus/vomit,
- Vomiting a lot in a short time,
- Getting dizzy, or unable to stand up,
- Feel like your brain is slower, foggy, or you cannot think clearly,

Tell a trusted person or call 911 if you are alone!!!

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Your Turn!

If you are dizzy and not able to stand up, you should:

A. Give it an hour and see what happens

B. Call 911 if you are home alone

C. Drink some pop and try to ignore it



Respond in chat!

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Do I Stay or Go?

STAY: at home or where you are if...

- There is a storm (thunder, lightning, tornadoes).
- You have a small injury (scrape, small cut, minor burn).
- It is too hot or too cold outside.
    - A weather channel or app will say there is a heat or cold "advisory" if it is unsafe to be outside.



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Do I Stay or Go?

Stay: where you are and call 911 if...

- You have a big injury (deep cuts, more bleeding, head hits, broken bones).
- You are dangerously sick.
- You have an allergic reaction to food.
- You "double dose" your prescription medication and feel sick or dizzy.



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Do I Stay or Go?



Go: Get out of the house or building if there is...

- A fire.
- A gas leak.

Then call 911 to alert them of the emergency.

Always get out FIRST before calling 911.

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Planning for Emergencies

- Should be specific to YOU—everyone’s needs are different.
- Know what could happen where you live or work.
- Know who can help before, during, and after emergency.
- Make a plan (The "Ready Now! Emergency Preparedness Tool Kit" has a checklist and plans you can fill out and print).
- Practice what you would do in an emergency.
- Update your plan.

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Preparedness: Emergency Planning for People with Disabilities



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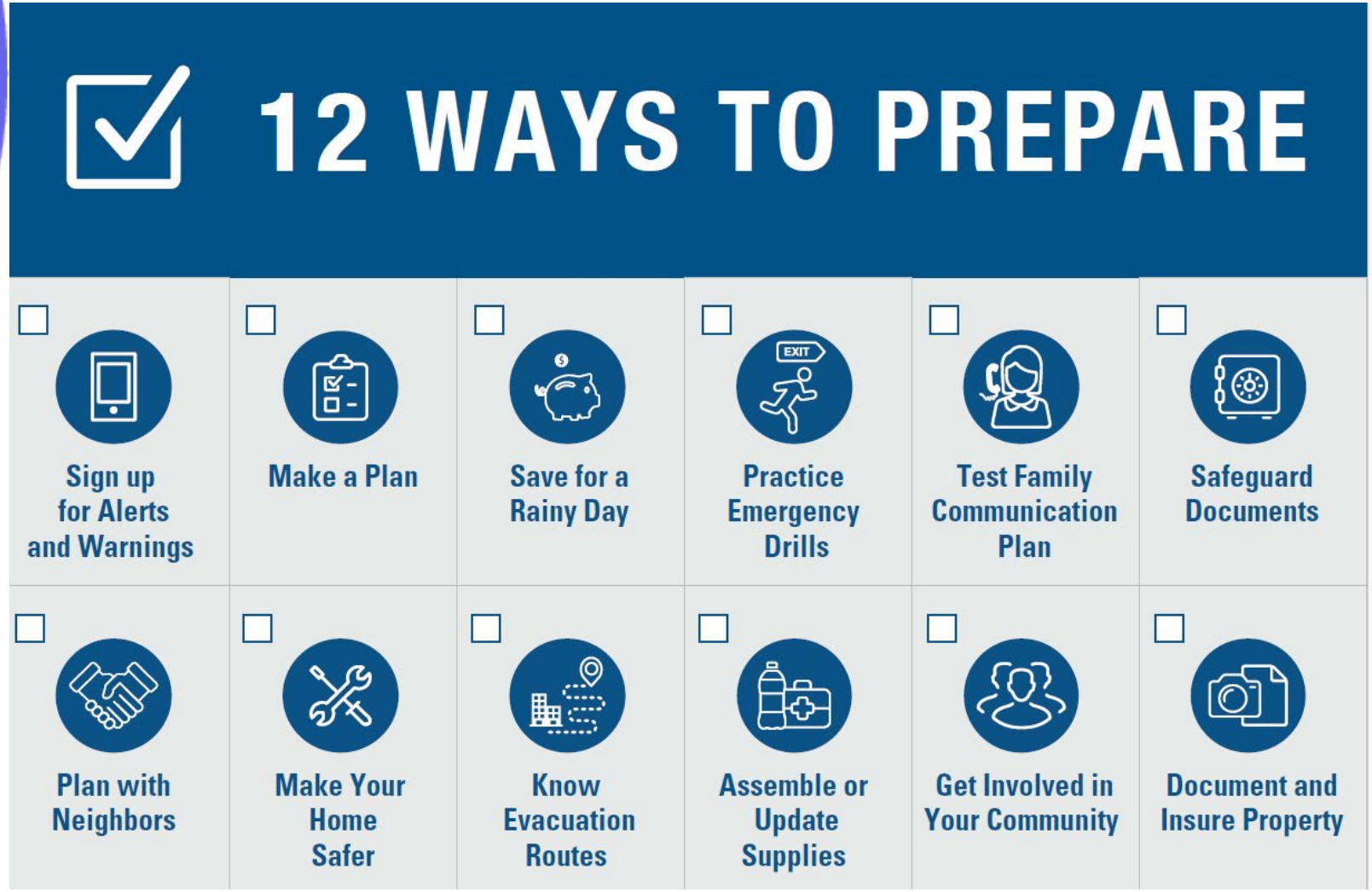

Preparing for Emergencies Quick Checklist

Resources provided for this presentation include sample checklists, forms to prepare (including text and visual), videos, and additional helpful guides and information!

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Preparing for emergencies plan checklist (1)

Your plan should be individualized for YOU!

1. Make a contact list of family, friends, doctors, and others who can help you and where you can get information.
2. Keep a first aid kit with bandages, gauze, medical tape, and antiseptic wipes.
3. Have copies of medical paperwork including your ID, insurance information, list of your medicines in a plastic bag.
4. Keep extra batteries for communication devices, phones, hearing aids, etc.
5. Have a power bank that is fully charged and portable and charging cords for your phone, equipment, and devices.



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Preparing for emergencies checklist (2)

6. Keep a flashlight with working batteries if the lights go out.
7. Have a 7-day medication supply in a secure case.
8. Have the names of 2 emergency helpers (parents, siblings, neighbors, friends) and make sure they know you have them as emergency helpers-practice texting them.
9. Make sure your phone alerts are turned on for weather and community emergencies.
10. Comfort/sensory items-noise cancelling headphones if it gets too loud.

Resources provided for this presentation include sample checklists, forms to prepare (including text and visual), videos, and additional helpful guides and information!

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- There are many kinds of emergencies.
- They can happen anywhere.
- For some kinds of emergencies, you should stay where you are.
- For other kinds of emergencies, you need to leave the house or building you are in.
- Plan with a trusted person what you should do for each kind of emergency.

Remember!



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