

City of Moreno Valley Emergency Management Articles:

Assisting the Disabled and the Elderly

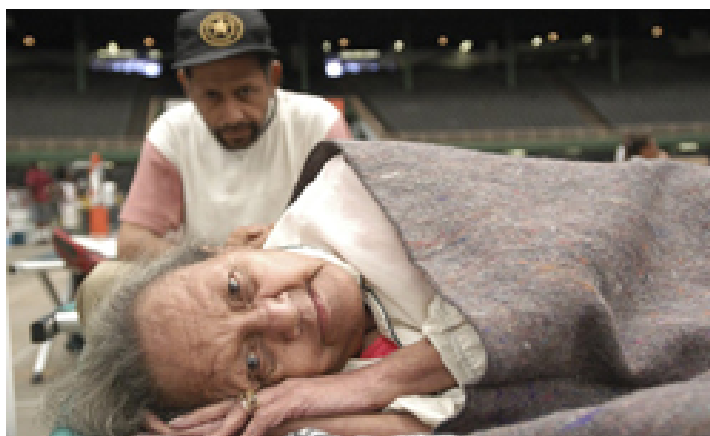
- If you use life-support equipment, such as oxygen, have someone fasten the large tank securely to prevent it from falling over in a disaster.
- If you use a wheelchair, walker, crutches, canes or other types of mechanical walking aids, keep them near to you at all times. If possible, have extra aids, such as canes, available in different locations throughout your home.
- Place a security light in each room. These lights plug into any electrical wall outlet and light up automatically if there is a loss of electricity. They will continue operating automatically for 4 to 6 hours and you can turn them on and off by hand in an emergency.
- Have a whistle. You can use it to call for help in an emergency.
- If you use battery-operated equipment such as a hearing aid or electric wheelchair, have extra batteries available and replace them yearly.
- If your life support-equipment requires electricity, purchasing an emergency generator.
- Have a **smoke detector** and fire alarm system installed. If you have some difficulty hearing, install the system that has flashing strobe lights to get your attention. If you have a battery-operated detector, replace batteries yearly.
- Have a notebook and pencils available in several locations if you have difficulty in communicating. Written messages will be invaluable to anyone assisting you.
- If you have a seeing-eye or hearing dog, remember to have pet food, an extra harness, and back up equipment.

Special Tips During and After an Earthquake

- If you have a seeing-eye or hearing dog, remember to have pet food, an extra harness, and back up equipment.
- If you are able, get under a table or into a doorway. If you are in a wheelchair, lock the wheels of the chair once you are in a safe and protected position.
- If unable to move safely and quickly, stay where you are (even in bed) and cover your head and body with your arms, pillows, blankets, books, etc. to protect yourself from falling objects.
- Call for help if you need it! Use your whistle or flashlight to signal others. Bring attention to yourself in any way possible. Don't give up!
- If you are hearing impaired and electricity is functioning after the quake, turn on the TV; there will be captioned instructions to watch.
- Do whatever you can to help yourself until outside assistance arrives. Try to prepare yourself for possible evacuation by gathering your special things together. A small, lightweight drawstring bag is handy and easy to carry.

Emergency Supplies

- Remember, if you have done your planning in advance, your “buddy” or someone will be coming to help you.
- First aid kit with assorted bandages, antiseptic, gauze rolls, gauze pads, scissors and non-prescription medications.
- 3 gallons of water per person and/or purification tablets or bleach
- 3-day to 1-week supply of canned foods: don’t forget to include soups, juices and dried fruits
- Manual (not electric) can opener
- Blankets
- Portable radio and extra batteries
- Flashlight and spare batteries and bulbs
- 2-weeks’ supply of medication
- List of medications and when they should be taken
- List of doctors and others to notify in case of an emergency (relatives and friends)
- An extra pair of glasses
- Spare batteries for hearing aids
- Pets: food, water, and leash
- Extra set of house and car keys
- Disinfectant, bleach, soap
- Multi-purpose fire extinguisher labeled A-B-C
- Some cash to purchase emergency supplies until banks can reopen.
- Crescent wrench and other tools



Dare to Prepare!

For more Information, please call Office of Emergency Management at 951.413.3800