

# Make an Individual Emergency Plan

Making an individual emergency plan is one of the most important things you can do to prepare for an emergency.

## A plan helps you:

Consider the types of emergencies that may happen in your area.

Talk about how you, and the people who support you, will respond if an emergency happens.

Think about your needs and how you will get them met in an emergency.

## Circle some of the items you may need in your emergency plan.

Remember, you may need all of these items, only a few items, or other items not pictured here. Your plan is for **you**, so what you put in it should be based on **your** needs.



a phone that can receive emergency alerts



a list of supplies you need for a week



a list of supplies your service animal, emotional support animal, or pet needs for a week



a map for an evacuation plan



copies of important documents



a list of emergency contacts with phone numbers and email addresses



Once you have your individual emergency plan, **share and practice** your plan with the **people who support you**.

Review and update your plan **at least once a year** or if your needs change.

**Emergencies can happen fast and without any warning, but you don't have to face them unprepared.**

Start preparing for emergencies now by following these tips at <https://bit.ly/make-your-plan-now>.



Scan the QR code

