

ARE YOU READY?

Be Prepared with CEPIN!

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Action

Grab 'n' Go!

By Christine Seymour

When I worked at the Avon Walk for Breast Cancer in Seattle in 2001, I was on a crew called "Grab 'n' Go!" At our stop, we had water and Gatorade bottles in large garbage cans filled with ice. The women and men who were walking in the event had a goal to reach and no time to waste. Our crew was responsible to make sure that they were all properly hydrating and safe during the walk. We had those bottles in our hands ready for them to grab 'n' go!

When I think about emergency preparedness I am reminded of the importance of being able to grab 'n' go when time is of the essence and my life depends on it. That's why I have an emergency kit containing the supplies I need to survive at home or away from home for a minimum of three days, stashed in a plastic bin in my hallway closet – easy to grab and ready to go!

When an earthquake threatens the safety of my home and forces evacuation or a gas spill on the highway near my home requires me to shelter in place and not leave until it is safe, I need to be ready to grab 'n' go, or stay put without worrying about where my next meal will come from, how I will get to my medicines, or how I will be able to communicate.

A typical emergency kit consists of the following:

- ✓ Water: amounts for portable kits will vary. Individuals should determine what amount they are able to both store comfortably outside the home and be able to transport to other locations
- ✓ Food: at least a three-day supply of non-perishable food
- ✓ Battery-powered radio and extra batteries
- ✓ Flashlight and extra batteries
- ✓ First Aid kit
- ✓ Whistle to signal for help
- ✓ Dust mask or cotton t-shirt to help filter air
- ✓ Moist towelettes for sanitation
- ✓ Wrench or pliers to turn off utilities
- ✓ Can opener for food (if kit contains canned food)
- ✓ Plastic sheeting and duct tape: to shelter-in-place
- ✓ Unique family needs: prescription medications, glasses or contact lenses, infant formula or diapers, pet food/supplies,



Photo courtesy of www.tucsonccc.org/72hrkit.htm

and important family documents

- ✓ Garbage bags and plastic ties: for personal sanitation

Items Specifically for Deaf/Hard of Hearing People:

- ✓ Hearing aid or cochlear implant batteries
- ✓ Batteries and charger for pagers
- ✓ Car charger for pager
- ✓ Notepad and pen for communication
- ✓ Portable TTYs and batteries

The time to prepare is now! Get your kit together and be ready to Grab 'n' Go!



Seymour is the regional specialist for the West and Hawaii region. She works with the Deafness Counseling Advocacy and Referral Agency (DCARA) in San Leandro, Calif., and may be reached at christine.seymour@dcara.org.

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What is the CEPIN Project?

By Jim House

With the recent devastation caused by Hurricane Katrina in the southeast region, the first issue of this newsletter couldn't have come out at a more appropriate time.

The Community Emergency Preparedness Information Network (CEPIN) Project is a network that shares information about emergency preparedness for different types of emergencies, from flat tires to house fires to terrorist-related attacks. CEPIN is coordinated by Telecommunications for the Deaf, Inc. (TDI), which received a \$1.5 million grant from the U.S. Department of Homeland Security. The CEPIN Project will reduce American's vulnerability to terrorism by providing coordination and oversight of accessibility resources and services in emergency preparedness, homeland security and public safety. The project's goal is to empower individuals nationwide, who are deaf or hard of hearing, to work alongside their neighbors before, during and after a crisis in order to prevent and minimize damage and promote faster recovery.

Who is CEPIN?

The CEPIN Project team members are deaf or hard of hearing just like you. In addition to a national coordinator and public relations specialist, four regional specialists at four centers across the nation are busy planning, meeting people like you and working with professional first responders on how we can work together to make sure we are able to survive the next emergency, whether it is weather-related or a natural disaster, or if it was accidentally or intentionally caused by someone.

Each of us has experienced barriers to communication in our daily lives, and know that those same barriers would be difficult to overcome without the proper knowledge and resources. For example, if one person has a flat tire, it may not be an emergency to that person because he or she may know

how to change a tire or is a member of an auto service club. Yet, for someone else who does not have the resources or skills, a flat tire can be an unpleasant and scary experience.

What can CEPIN do for you?

The team, working with many different groups and organizations, is developing resources to make sure deaf and hard of hearing people be prepared. The CEPIN team is developing two courses. One course will be taught to first responders (police, fire, paramedics, etc.) on how to recognize hearing loss, and identify resources and strategies for efficient communications before, during or after an emergency. The other course will be taught to consumers who are deaf, hard of hearing, late-deafened or deaf-blind about the different types of emergencies and gives practical advice on how to cope and minimize an emergency.

The regional specialists will begin to give workshops early next year within their regions. If there is a workshop happening near your home, be sure to check it out and learn new strategies and ideas. Upcoming workshop dates will be announced both on our website and in this newsletter. If you are unable to attend any of our workshops, don't worry - the materials will be available online as well!

CEPIN has also posted fact sheets on different types of disasters and preparation at our temporary website located at www.tdi-online.org/tdi/emergencypreparedness/nationalresources.htm. More fact sheets are being added continuously, so be sure to check back regularly.

Are you ready? Be prepared with CEPIN!



House is the national coordinator for the CEPIN Project at TDI. He may be reached at jimhouse@tdi-online.org.

Emergency Kits & Power Outages

By Stephanie Clark

You're at home and all of sudden the power goes out. The neighborhood is dark and you wonder what type of emergency it is.

You decide to contact the police and turn on your videophone but the TV has no power. You scramble to find your TTY and remember that it was donated to someone as you have not used your TTY in years. Your friends, family, and colleagues all have email and pagers.

You navigate your way through the dark and find your pager unplugged. You can't recharge it without power. You cannot use Internet relay or get an AOL buddy to call the police for you.

It's raining hard outside. You look at your car, and think maybe you can use your car charger for your pager – oh no, you loaned the charger to a friend. You sigh and drive to the police station.

You're told by the police that the power outage is temporary and the problem would be fixed within the hour. You go home exhausted. The following tips will help you avoid a trip to the police station.

Tip #1: Do **NOT** throw away your TTY.

Leave it plugged in at all times and when the power goes out, it will have battery power for a few hours. This will allow you to call 9-1-1 directly and make any phone calls through relay, since your phone lines usually will work during power outages.

Tip #2: Keep your pager fully charged at all times. Buy a car charger and keep an extra charger in your emergency kit.

Tip #3: Write down all IP addresses and phone numbers stored in your videophone.

Include this information in your PDA and/or pager and leave a printed copy in your emergency kit.

Tip #4: VRS emergency calls may take longer than dialing 9-1-1.

If you call 9-1-1 through a VRS provider, you must have your address, city, state, and phone number ready before you call and have the ten-digit number ready for your local police station. VRS providers cannot automatically route emergency calls to the nearest Public Safety Answering Point (PSAP). Program ten-digit numbers for all emergency contacts in your area into your VP address list (such as the poison control center, animal control, emergency management agency, etc.) Also keep this emergency contact list in your emergency kit.



Clark is the regional specialist for the New England and Great Lakes region. She is with DEAF, Inc., in Boston, Mass, and may be reached at sclark@deafinonline.org.

ATIP of the Month

In each issue, we will provide you a tip of the month that focuses on one of four areas: Action, Technology, Information, Policy, or ATIP. This month's tip is:

Always include paper and pen in your emergency kit. Even if you can speak well, you may be forced to remove your hearing aids or cochlear implants, or it may be too difficult for you to understand the person speaking to you.



Different Types of Emergency Kits



Photo courtesy of www.clallam.net/EmergencyMgmt/html/emergency_disasterprep.htm

By Kristina Hakey

After a disaster, you and your family may have to survive on your own. You will need your own food, water and other supplies to survive for up to three days. Local officials and relief workers will be on the scene of a disaster immediately, but they may not be able to reach everyone right away. You may need to shelter at home for a couple of days. The roads and stores may be closed. Your electric, gas, water, sewage, and telephone may be cut off for days or maybe a week or longer.

In addition to the supplies listed in Christine's article (*on front page*) about emergency kits, below are some differences that may be found in kits for various settings.

For home:

Your disaster supplies kit should have food, water, and supplies good for three days. Keep the kit in a place where you can grab it quickly in case you have to leave your home right away, preferably near your escape route or the door. Make sure all family members know where the kit is.

For work:

The kit should be in a water-proof container and ready to "grab 'n' go" in case you are evacuated from your workplace. Make sure you have food and water in the kit. Also be sure to have comfortable walking shoes at workplace in case of an evacuation requires walking long distance.

For the car:

In case you are trapped, you need have an emergency kit in your car. This kit should include food, water, first aid supplies, flares, jumper cables and seasonal supplies.

Maintaining the Kit:

It is important that you and your family put the supplies together and be ready when needed. Here are some tips to keep your supplies ready and in good condition.

- Keep canned foods in dry place where the temperature is cool.
- Store boxed food in a plastic or metal container.
- Throw out any canned food that becomes swollen, dented or corroded.
- Use up food before they go bad and replace them with fresh food regularly.
- Replace stored food and water supplies every six months. Be sure to write the date on all the containers.

Visit www.ready.gov for more information on developing an emergency supply kit. You can also call 1-800-BE-READY (800-237-3239) to order a free brochure: *Preparing Makes Sense: GET READY NOW.*



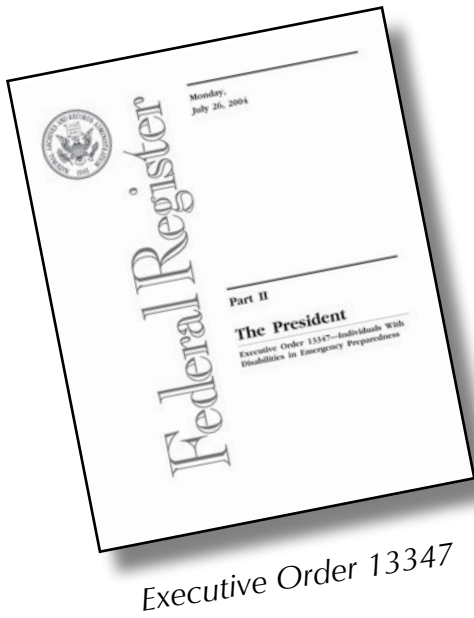
Hakey is the regional specialist for the Midwest and Southwest region. She works with CSD of Oklahoma in Tulsa, and may be reached at khakey@c-s-d.org.

To learn more about making your own emergency kit,

check this website out:

www.ready.gov/make_a_kit.html

Emergency Kits and Public Policy



Executive Order 13347

By Lise Hamlin

When it's time to put your own emergency preparedness kit together, where do you go for information? Have you looked at your state or local emergency management office's website to see what they suggest? There's a good chance the sample kit you'll find on that website will include a radio or portable television.

We know most people who are deaf, deaf-blind or hard of hearing will not find a radio terribly useful. And

finding a portable captioned television is not an easy proposition. People with a hearing loss know that, but often emergency planners don't know that providing text messaging or pagers would be a far better solution for us, and that ensuring local television stations provide captioning or graphics is the only way we will get the information we need. Someone needs to alert those managers that they need a shift in policy that will provide for access before anything will change. That "someone" could be you!

Changing public policy might seem daunting, but it can be as simple finding the right people to talk to. If you let planners know the problems and give them some possible solutions, you're half way there. With the 3 Ps - patience and persistence (and politeness!) - you can be the force that makes change happen.

For emergency preparedness issues, now is a good time to push for change. In July 2004, President Bush signed Executive Order 13347, which is intended to "strengthen emergency preparedness with respect to individuals with disabilities." Since the Executive Order went out, we have found that emergency managers have been receptive to finding ways to include all people with disabilities in emergency

planning.

What can you do?

The next time your local government creates a fact sheet for emergency kits that does not include the needs of people who are deaf, deaf-blind or hard of hearing, take action:

- Write, phone or email state emergency management offices, Citizen Corps and CERT teams in your community know they are not being inclusive;
- Show them the CEPIN sample Emergency Kit to let them know there are alternatives;
- Work with other people in your community who are deaf, deaf-blind or hard of hearing to make your case stronger.

Remember the 3 Ps: be patient, persistent and polite. You *can* make meaningful change in public policy happen in your community.



Hamlin is the regional specialist for the Mid-Atlantic and Southeast region. She works with the Northern Virginia Resource Center for

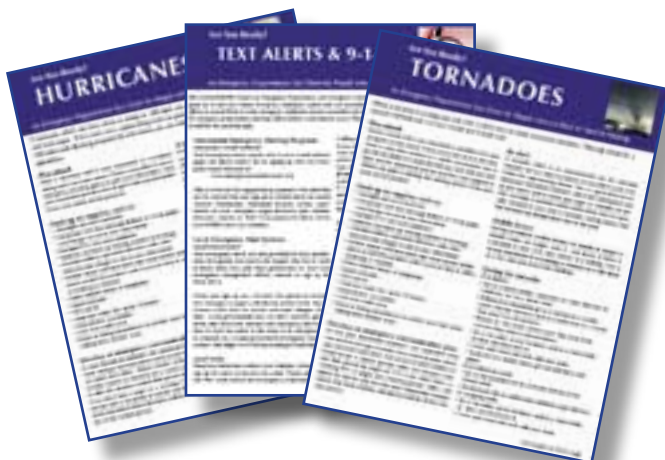
Deaf and Hard of Hearing Persons, and may be reached at lhamlin@nvrc.org.

Fact Sheets Available for You

The CEPIN Project team has developed fact sheets for you. They focus on how deaf or hard of hearing people can be prepared for a variety of emergencies or disasters, and other emergency-related resources.

To download the fact sheets, go to:

www.tdi-online.org/tdi/emergencypreparedness/nationalresources



Emergency Financial First Aid Kit

During times of emergency, it's easy to become so focused on survival and forget about your finances. HOPE Coalition of America has partnered with the Department of Homeland Security's Citizen Corps and Federal Emergency Management Agency (FEMA) to create an Emergency Financial First Aid Kit (EFFAK) to assist you in gaining control of your finances during emergencies. EFFAK helps you to identify and organize key financial records and provides a quick reference file for your most important financial documents.



To download a copy of the EFFAK:
www.ready.gov/eefak.pdf