



Emergency Preparedness for People with Disabilities: Heat waves, Wildfires & Power Outages

University Center for Excellence in Developmental Disabilities
Institute on Development and Disability

DATE/TIME: June 8, 2022 from 4-5:30pm PDT

PRESENTERS: Adrianna Richardson, Donna Harris, Michael Steen, Ross Ryan

MODERATED BY: Angie Stapleton

This webinar is brought to you by:

- The University Center for Excellence in Developmental Disabilities (UCEDD) at OHSU
- The Institute on Development and Disability at OHSU

Webinar Moderator



Angie Stapleton

Education and Outreach Coordinator
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Developmental Disabilities, Institute on
Development and Disability,
OHSU

Webinar Details

- Today's webinar is also streaming on Facebook live
- Webinar will be recorded
- Recorded webinar will be on OHSU UCEDD webpage
- Live ASL interpretation is available

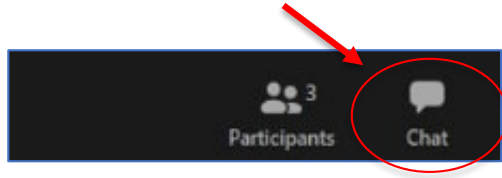
Zoom: Closed Captioning

- Live transcription available during webinar
- Click the Closed Caption icon to see live transcription



Zoom: Chat

- Click the chat icon to open chat box

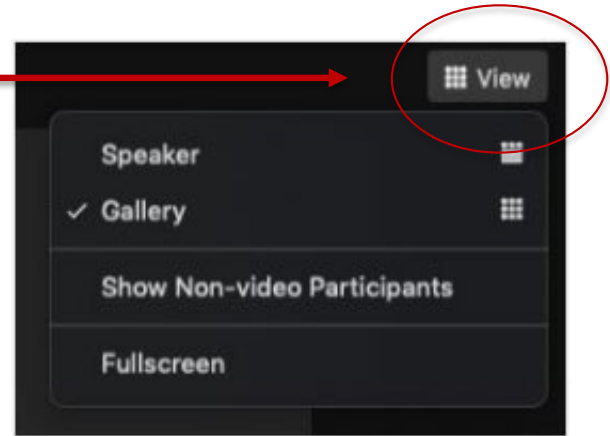


- Type questions in the chat box



Zoom: View

- Click the view button in the top right corner of your screen
- Speaker view only shows the person talking
- We will pin the ASL interpreter so you can see them and the speaker



Webinar Details

- In Zoom, please keep your audio and video off during presentation and panel
- We will have time for questions at the end

Emergency Preparedness for People with Disabilities: Preparing for Heat Waves, Wildfires, and Power Outages

June 8, 2022

HEAT WAVES

Preparing For A Heat Wave

- ❖ Learn how to stay hydrated.
- ❖ Plan to go to a cool place.
- ❖ Take action to keep your home cool.
- ❖ Gather water, food, and emergency supplies.

LEARN HOW TO STAY HYDRATED

- ❖ Drink enough water. An average person drinks three-quarters to a gallon of fluid each day.
- ❖ Stay away from sugary, caffeinated and alcoholic drinks.
- ❖ Eat meals and snacks throughout the day along with adequate water intake.
- ❖ Certain medical conditions and medications may mean you need to drink more or less water.
- ❖ Talk to your healthcare provider for medical advice.

PLAN TO GO TO A COOL PLACE BEFORE A HEAT WAVE

- ❖ If you don't have air conditioning or you lose power, you need to identify a place where you can go during the warmest part of the day.
- ❖ Contact a neighbor, friend, or relative who has air conditioning or back up power.
- ❖ Check to see if shopping malls, public libraries, restaurants, or movie theaters are open.
- ❖ Find out if your community plans to open public cooling centers.
- ❖ Plan for transportation to go to a cool place if needed.

TAKE ACTION TO KEEP YOUR HOME COOL

- ❖ Cover windows with drapes or shades.
- ❖ Weather-strip doors and windows.
- ❖ Use window reflectors, such as aluminum foil-covered cardboard to reflect heat back outside.
- ❖ Add insulation to keep the heat out.
- ❖ Use a powered attic fan to regulate the heat level in your attic.
- ❖ Install window air conditioners and insulate around them.
- ❖ Limit the use of rooms in your home to improve cooling.

GATHER WATER, FOOD, AND EMERGENCY SUPPLIES

- ❖ Gather food, water, and any medication you might need in advance in case stores and pharmacies might be closed.
- ❖ Create a Go-Kit with 3 days of supplies that you can carry with you.
- ❖ Create a Stay-at-Home Kit with 2 weeks of supplies if it is safe to stay at home.
- ❖ Have a 1-month supply of medication.
- ❖ Keep personal, financial, and medical records available to take with you or access if needed.



DURING A HEAT WAVE

What Should You Do?

The Most
Important
Thing You
Can Do Is
Stay
Connected

❖ Have a plan to check in
with someone at least
twice a day.

Safety During a Heat Wave

- ❖ Never leave anyone in a car especially children or pets.
- ❖ Be on the lookout for signs of heat related illnesses and get help right away if you or someone you know has symptoms.

Stay Hydrated

- ❖ Drink plenty of fluids.
- ❖ Don't wait until you are thirsty to drink.
- ❖ Avoid icy beverages because they can cause stomach cramps.
- ❖ Replace salt and minerals you may lose through sweating with a sports drink or a salty snack.
- ❖ Check with your doctor if you are on a low salt diet, have diabetes, high blood pressure or other chronic conditions before drinking a sports beverage.
- ❖ Keep your pets hydrated. Make sure they have plenty of fresh water and a shady area.
- ❖ Warning: check with your doctor if you are limited on the amount of water you drink or you are on water pills.

Staying Cool

- ❖ Stay cool indoors in an air-conditioned place as much as possible.
- ❖ Wear appropriate clothing that is lightweight, light-colored, and loose-fitting.
- ❖ Don't use an electric fan when the indoor air temperature is over 95 degrees.
- ❖ Focus on staying hydrated.
- ❖ Take a cool shower or bath to cool your body.
- ❖ Shut out the sun and heat with curtains.
- ❖ Use your stove and oven less.
- ❖ Schedule outdoor work and activities carefully.
- ❖ Cut down on exercise during the heat.
- ❖ Protect yourself from the sun by wearing a hat, sunglasses, or sunscreen that is "broad spectrum" or "UVA/UVB protection" when outdoors.

Wildfires

Preparing for Wildfires

- ❖ Gather your emergency supplies.
- ❖ Keep personal, financial, and medical records safe.
- ❖ Plan to stay connected.
- ❖ Learn emergency skills like first aid or CPR.
- ❖ Be prepared to live without power.

Understand Health Impacts

- ❖ Wildfire smoke can be harmful to your health.
- ❖ It is a mixture of air pollutants.
- ❖ Learn how to reduce your exposure by talking with your health provider.

What To Do During a Wildfire

- ❖ Pay attention to your surroundings.
- ❖ Keep track of the weather, fires near you, and listen to instructions from local authorities.
- ❖ Be ready to leave quickly with your Go-Kit.
- ❖ You might not get an official notice to evacuate.
- ❖ Be ready to leave if local authorities advise, or if you feel you are in danger.

Evacuation Levels

There are three levels of evacuation.

Level 1

- ❖ Get Ready

- ❖ Pack your valuables.
- ❖ Include important documents like birth certificates, insurance information, and animal vaccination records.
- ❖ Medications and medical equipment.

Level 2

- ❖ Be set.
- ❖ Monitor the news.
- ❖ Follow local emergency management social media pages, local tv and radio news.

Level 3

- ❖ Evacuate.
- ❖ Information will be provided regarding where you can go to get information, resources, and support.

Do You Need More Time to Evacuate

- ❖ People who need more time need to evacuate at level 1 or 2.

After A Wildfire

- ❖ Wait for officials to say it is safe before going back home.
- ❖ Avoid hot ash, charred trees, smoldering debris, and live embers.
- ❖ Avoid damaged or fallen power lines, poles, and downed wires.
- ❖ Cleanup safely. Wear protective clothes, goggles to protect your eyes, and wear an N95 respirator.
- ❖ Check with your local health department about drinking water safety.
- ❖ When in doubt, throw out food that was exposed to heat, smoke, fumes, or chemicals.
- ❖ Ask your healthcare provider about using refrigerated medicines.

POWER OUTAGES

Preparing For A Power Outage

- ❖ Create a support network.
- ❖ Stay connected and alert.
- ❖ Stock food and water.
- ❖ Plan for heating or cooling your home.
- ❖ Install smoke alarms and carbon monoxide alarms.
- ❖ Know and plan for your personal and medical electrical needs.
- ❖ Plan for surge protection.
- ❖ Plan how to decide to stay or go.

During A Power Outage

- ❖ Monitor alerts.
- ❖ Contact your support network.
- ❖ Keep food cold and when in doubt, throw it out.
- ❖ Prevent power overloads and fire hazards by unplugging appliances and electronics.
- ❖ Prevent carbon monoxide poisoning. Do not use outdoor stoves indoors for heating or cooking.
- ❖ Decide if you need to stay or go.

Staying Safe After A Power Outage

- ❖ If the power is out, use flashlights or battery-powered lanterns instead of candles to reduce the risk of fires.
- ❖ Prevent carbon monoxide poisoning. Do not use gasoline, propane, natural gas, or charcoal-burning devices inside a home, basement, garage, tent, or camper or outside near an open window.
- ❖ Carbon monoxide can't be seen or smelled, but it can kill you fast. **If you start to feel sick, dizzy or weak, get to fresh air right away – do not delay.**
- ❖ When in doubt, throw it out!
- ❖ Throw out food that got wet or warm.
- ❖ Ask you healthcare provider or doctor about using refrigerated medicines that got warm.

After A Power Outage

- ❖ Keep away from power lines.
- ❖ Avoid electrical shock in flood areas.
- ❖ When in doubt, throw it out.
- ❖ Prevent carbon monoxide poisoning.

Take Care of Yourself

After an emergency or disaster.

- ❖ It is normal to have a lot of feelings.
- ❖ Eat healthy food and get enough sleep to help you deal with stress.
- ❖ Contact the Red Cross Disaster Distress Helpline for free if you need to talk to someone at 1-800-985-5990 or text "TalkWithUs" to 66746.

Thank You For
Attending!

- ❖ The information provided today was from the American Red Cross <https://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/heat-wave-safety.html?msclkid=cb00011cd07011ec9467218348372580>
- ❖ Wildfire Checklist https://www.redcross.org/content/dam/redcross/get-help/pdfs/wildfire/EN_Wildfire-Safety-Checklist.pdf
- ❖ The City of Portland <https://www.portlandoregon.gov/fire/article/765900?msclkid=04ab95e8d07b11eca18bdfboc4730d75>
- ❖ Power Outages <https://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/power-outage.html>

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Thank You!