



Prepared People Save Lives: Be Informed

Being informed is the first part of dealing with an emergency. Being prepared is a team effort. These help you stay safe and respond when disaster strikes. Below are three things you can do to be informed:

Know Your Community

- ▶ **Connect Locally:** Build relationships with your family, neighbors, and friends. A strong support system can mean a lot in an emergency.
 - Neighbors can be the first to save lives, clear debris, and provide resources.
- ▶ **Engage with the community and local authorities:** Meet first responders. Attend community events, volunteer, or join local clubs.
 - You can tell them that you are autistic or have unique support needs.
- ▶ **Use Organizations:** Know how organizations can help in an emergency, such as the American Red Cross and Salvation Army.

Know Your Risk

- ▶ **Understand local risks:** Know what natural disasters are common in your area. Natural disasters are things like floods, wildfires, tornadoes, droughts, and more.
- ▶ **Stay updated:** Stay up to date with the weather. Watch local news regularly and keep an eye out for county emergency announcements.

Know Your Capabilities

- ▶ **Recognize your own needs:** Be prepared with what you absolutely need. Have medications, equipment, and service animal supplies ready for an emergency. If you need extra support, make sure to ask for help from family, friends, and/or neighbors.

What can you do now?

- ▶ Visit your county's Emergency Management website and sign up for community alerts.
- ▶ Attend local preparedness meetings to get to know your neighbors and first responders.
- ▶ Keep an updated personal checklist with medications, equipment, and other supplies you need. This will help you be ready when an emergency happens.



Remember to always be informed, make a plan, and take action! Prepared people save lives.

Check out AID in PA's emergency preparedness resource collection for more information: <https://aidinpa.org/emergency-preparedness/>