

Your Emergency Plan

- ⇒ Before traveling, get tips from the Foreign Affairs and International Trade website at www.voyage.gc.ca where you can register and order a free copy of the booklet containing contact information for your destination's Canadian Office and Emergency Operations Centre
- ⇒ Discuss your particular accommodation needs with your travel agent
- ⇒ Discuss your trip with your doctor to prepare contingency plans in case of illness
- ⇒ Obtain necessary travel medical insurance
- ⇒ Divide medications and medical supplies between your carry-on and check-in baggage, keeping them in their original labeled containers, and bring copies of your prescriptions with you
- ⇒ Always wear your MedicAlert bracelet
- ⇒ Inform your travel companions on how to assist you in an emergency
- ⇒ If traveling alone, establish a network (e.g. hotel staff) that can assist you during an emergency
- ⇒ If you have difficulty using stairs, request a room on a lower floor
- ⇒ Review the hotel emergency exit plan
- ⇒ If needing to evacuate, bring your emergency "ready-to-go-bag" and any assistive devices you may need

Be Prepared, Not Scared

Information drawn from the
Emergency Preparedness
Guide for People with
Disabilities/Special Needs,
prepared by
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Travel Considerations For Individuals with Special Needs or Disabilities



and



Considerations When Traveling

When traveling locally or internationally, people with disabilities and seniors with special needs should take extra time to research and plan their trip to make their travel experience safe and enjoyable. This includes preparing in advance an emergency plan and “ready-to-go-bag” with emergency survival items.

Emergencies can occur at any time and your best defence is to be prepared. The Township of Huron-Kinloss’ pamphlet series on emergency preparedness for people with disabilities/special needs includes:

- ⇒ Non-Visible Disabilities
- ⇒ Seniors with Special Needs
- ⇒ Service Animals & Support Persons
- ⇒ Travel Considerations
- ⇒ Hearing
- ⇒ Mobility
- ⇒ Vision



Additional Items for Your Emergency Survival Kit

- ⇒ Supply of food items appropriate to your dietary restrictions
- ⇒ Supply of medications/assistive devices appropriate to your disability (e.g. Glucagen Injection if you manage your diabetes with insulin and you are traveling to a remote location that does not have ambulance service)
- ⇒ Laminated personal information card identifying your special needs, medications, contact information, next of kin, etc. that you keep on your person at all times when traveling
- ⇒ Copy of your travel medical insurance and other important travel documents
- ⇒ A personal alarm that emits a loud noise to draw attention to your whereabouts
- ⇒ Small container that can store or disintegrate syringes or needles safely (if applicable)
- ⇒ Anti-nausea and anti-diarrhea pills and pain medication
- ⇒ Sun block and insect repellent
- ⇒ Dictionary to help you communicate in a foreign language
- ⇒ Any other contingency supplies unique to your disability or special needs

Dos and Don'ts When Planning Travel Considerations

- ✓ check on fellow travelers with visible disabilities or special needs to find out if they need your help during an emergency or evacuation
- ✓ listen actively to what the individual with special needs is saying and how they might need your help
- ✓ if they speak in a foreign language that you do not understand, try to communicate using gestures
- ✓ during an emergency evacuation, if time permits, offer to carry the person's emergency survival kit along with any special assistive devices they will need
- ✓ review previous categories in this series of pamphlets on how to assist people with specific disabilities or special needs
- ✗ Do NOT let the person become separated from their wheelchair or mobility aids

