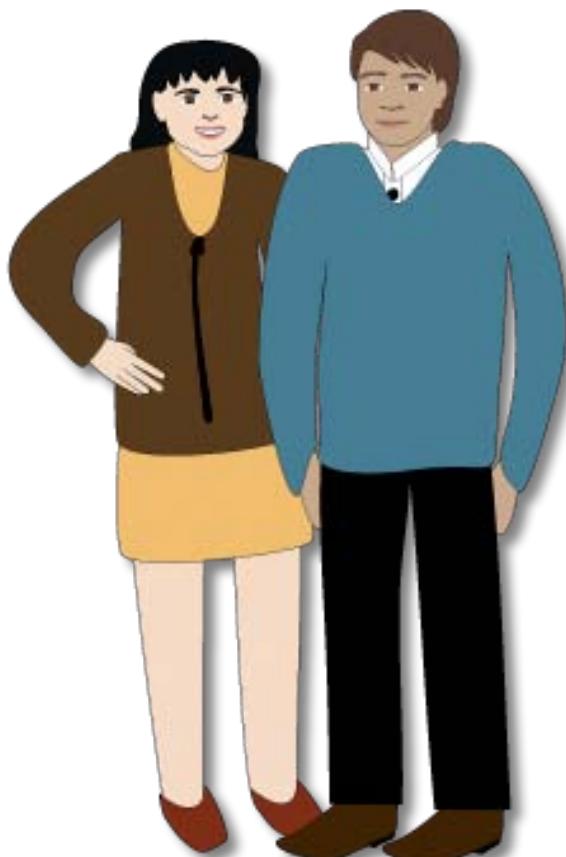


FEELING SAFE, BEING SAFE

Individual Guide



Welcome to **Feeling Safe, Being Safe**, a webcast training that helps all people take charge of their emergency preparation. Most people do not think about how a disaster could affect their lives so they are often unprepared to deal with a community emergency. **Feeling Safe, Being Safe** provides tools and instruction that are used easily to create a personal plan and be better prepared.

Why do I need to be prepared?



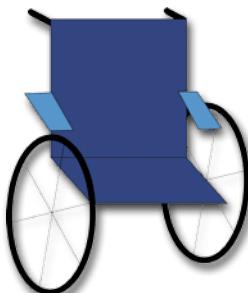
You are the best person to plan for your safety in an emergency or disaster. This means figuring out how to manage on your own for a while — having food, water and other supplies for a few days. First responders and relief workers are on the scene after a disaster, but they cannot reach everyone immediately. It is important to create your own personal support network to help out.

How do I get more information?



Get in touch with your city or county about community response plans and emergency shelters. Many communities provide a registry for people with disabilities to sign up so help can come quickly in an emergency. You can find out more from your fire or police department.

Who can help me if there is an emergency?



Your friends, people who live nearby (neighbors) and service agencies.

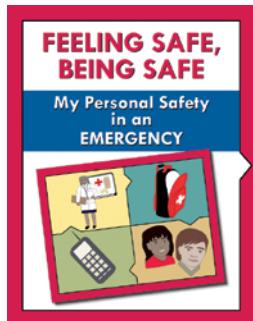
It is important to talk with them about your emergency plans. Share key information about how you would need help. Show them how you use any assistive equipment — like a wheelchair or communication device — and where you keep your personal emergency kit.

How can we help each other in an emergency?



Share your emergency preparation plans with friends and people nearby you trust. Let them know what you can do to help them and what you need help with.

How do I learn more?



This two-hour webcast training was created so more individuals will think about what helps them feel safe, make a plan, and put it into action to be better prepared.

What will I learn in the *Feeling Safe, Being Safe* webcast training?



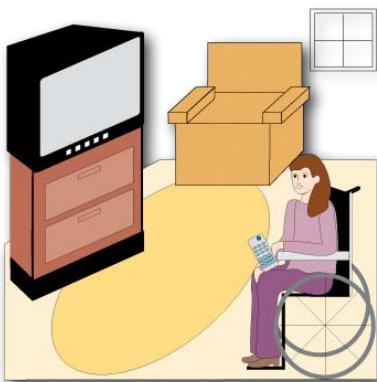
- ◆ Why it is important to create your own emergency plan.
- ◆ How to complete your emergency planning **Feeling Safe Being Safe Worksheet and Magnet**.
- ◆ How to put together a personal emergency kit.
- ◆ How to connect to your neighbors and community members.

BEFORE THE WEBCAST TRAINING

How can I participate in the webcast training?

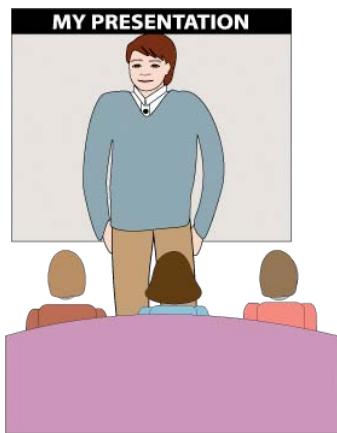
There are two ways:

On your own:



You can take the **Feeling Safe, Being Safe** webcast training in your home or another place using a computer with high speed broadband internet. If you do not have broadband internet, contact a friend or service agency who can help.

With a webcast training group:



This is a training hosted by an organization or community group. Contact someone from a group you know and explain **Feeling Safe, Being Safe** to them.

Tell them to visit the webcast page, watch the preview video, and read the guide to learn what a group webcast host needs to do.

If you join a webcast group, the host will provide you with the **Feeling Safe, Being Safe** packet so you can begin being prepared.

TAKING THE WEBCAST TRAINING ON YOUR OWN:

When Your Packet Arrives:

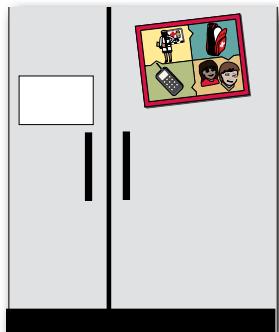


The packet will arrive by mail, look for your webcast password. You need this password and your email address to access the video training.

Once you sign-in click “Webcast” from the top navigation bar. You will now see the videos on your screen. Click “#1 Introduction and Materials” and watch the video.

When you are finished watching the video, click on the next video until you have watched all six. Repeat watching, if needed.

After You Watch the Video:



Go to Webcast Materials section of the website and click “Individual Webcast Training Evaluation.” Please complete and click “Submit.”

This will tell the sponsor you have finished the training.

Complete your Worksheet and Magnet.

Put together your emergency kit and place in an easy-to-find location at home. Include your completed Worksheet.

Post your completed Magnet.

Practice your emergency evacuation.

Tell your friends and neighbors about your emergency plan.