



Wounded, Ill, or Injured

If you or someone close to you has a disability or special needs, you should make special preparations in case of an emergency. Wounded, ill, or injured individuals could have increased complications during an evacuation. Those with traumatic brain injury, post-traumatic stress, visual, hearing, or mental disabilities may be especially nervous or reluctant to leave familiar surroundings. They may also be dependent on devices or medications that need to travel with them. To adequately prepare for every possible emergency situation, consider making the following arrangements.

How to Prepare

Stay informed of any hazards.

- ALL Marines (active duty and Reserve), civil service, and contractor personnel with a NIPR computer account—verify and update official contact information populated in the **Marine Corps Enterprise Mass Notification System (eMNS)** by information found in the Global Address List (GAL) and self-register all cell phones, home phone, email addresses, etc. in eMNS. Registration of personal information enhances Marine Corps Installations' ability to rapidly provide emergency information and changes to the base's operating status during non-working hours and wherever you are.
- Make the necessary preparations and know what needs to happen during an emergency.
- Find out about special assistance programs for people with disabilities that may be available in your area in the event of an emergency. Where programs exist:
 - » Register with the local fire/police department or the local emergency management office.
 - » Register with your local utility company, if you are electric-dependent for life support equipment.
 - » Let your personal care attendant know which programs with which you have registered.
 - » Plan for your own safety. Registries are not a substitute for personal preparedness.

- Do not assume that you or your loved one has been factored into an evacuation plan. Let others know of your specific requirements.
 - » If you are physically disabled, study the evacuation plan of any building from which you might evacuate. If necessary, know if and where an Evacuation Chair (EVAC+CHAIR) is located, and make sure someone knows how to operate it.
 - » Prepare any instructions you need to give rescuers or others who may be around you. Use concise verbal directions, or carry written instructions with you at all times. A Wounded, Ill, or Injured Needs Form is provided for your convenience.

Make a written emergency plan.

- Post your written communication plan on your refrigerator or the back of your front door where emergency personnel can locate it quickly and easily.
- Discuss your needs with family members, neighbors, and co-workers.
- Know more than one location of a medical facility that provides the services you need.
- Have a list with the types and models of any equipment or devices you need.
- Make sure those around you know how to operate any necessary equipment.
- If a caregiver, consider completing a caregiver contingency plan to document

all those details of your loved ones' care you know by heart in the event that someone else needs to fill in for you in an emergency. Links for a sample caregiver contingency plan (CCP) can be found on the Ready Marine Corps website at www.ready.marines.mil under the Wounded, Ill, Injured and Exceptional Needs tab.

- Review the Ready Marine Corps fact sheets on *Making a Family Emergency Plan* and *Personal, Financial, and Insurance Records* for more tips.

Build an emergency kit.

- Inventory what you use every day to live independently.
- Identify the essential things, such as food, water, flashlight, and battery-operated radio, that you will need to be able to survive for three to five days or longer, if people cannot get to you.
- Add any necessary supplies such as wheelchair batteries, catheters, oxygen, medication, food for service animals, or other special supplies to your emergency kit.
- Review the Ready Marine Corps *Emergency Kits* fact sheet for tips on building a kit.

If you or your loved one is a seriously wounded, ill, or injured Marine, the Marine Corps Wounded Warrior Regiment may be able to help in coordinating non-medical care. Call before an emergency strikes.

Set your own course through any hazard: stay informed, make a plan, build a kit. Live Ready Marine Corps.



Preparing your Workplace for an Emergency

- Know all emergency exits and ramp locations.
- Ensure that emergency **notification systems** and procedures have been established to accommodate your needs, i.e. sound-based systems for visual impairments, text-based systems for auditory impairments, or simple cues for cognitive impairments.
- If you require help evacuating the building, **create and practice a plan** with a designated support team.
- Have a workplace emergency kit with you at work with essential items you would need if you had to evacuate.

During an Emergency

- If told to evacuate, do so if it is possible with the help of others.
- If you are unable to evacuate, wait where you are for rescuers.
- Take your emergency kit with you.
- Stay as calm as possible to be a help to those around you.
- Once you are in a safe place, muster with your command if you are military or civilian personnel or a member of the selective reserves.

Where to Find Additional Information

- FEMA—http://www.fema.gov/pdf/library/pfd_all.pdf
- Department of Homeland Security (Ready.gov) & FEMA—<http://www.ready.gov/individuals-access-functional-needs>
- Marine Corps Wounded Warrior Regiment—<http://www.woundedwarriorregiment.org/>

Sergeant Merlin German Wounded Warrior Call Center (WWCC) — 1-877-487-6299

» Provides 24/7 assistance to active duty, reserve, and veteran wounded, ill, and injured (WII) Marines and their families. In case of emergency, call 9-1-1.

Battalion-East Contact Center

(AOR – East of the Mississippi River, including Europe)

Mon - Fri, 0800-1600 (Eastern Time)

910-451-1202

910-451-2253

910-449-9573

Battalion West Contact Center

(AOR – West of the Mississippi River, including Japan, Guam and Hawaii)

Mon - Fri, 0800-1600 (Pacific Time)

1-888-738-7044