**Sins Invalid Preparedness Training**

**Priya Penner**

To see folks, and be with you all. Think we're waiting on one or two more. People. So.

**Shaylin & Germán**

Most folks here and most of us have seen each other in one space or another. We can start maybe with check ins.

**Priya Penner**

I think that makes sense. I do want to get us started here with the title slide. First and foremost. Hello everybody. recording in progress. So good to be here with you all. I see a lot of familiar faces of course, but I'm excited to finally be able to connect with folks that we haven't met yet. My name is Priya Penner. I use she her pronouns. I'm a young, brown disabled woman. With long curly black hair. Today I'm wearing a dark blue dress that has sunflowers and daisies on it and my backgrounds, my apartment and with the exposed brick. On the screen you have a title slide with text that reads personal disaster preparedness for disabled people. Above this text is the partnership's header logo, which is our son with four images or icons within it and then the text The Partnership for Inclusive Disaster Strategies to the right within the sun. The four icons are our hurricane, a thunderstorm cloud, a house with a split down the middle and or a tornado. Below the logo and the text is our website www dot disaster strategies.org. So we're gonna get started with a check in as Herman mentioned. If you want to come off of mute or put in chat, the answers to these questions the questions are your name your pronouns, a brief self description or image description and access needs that you have for today. And then we do have a brief question for you, which is how prepared Do you feel for disasters, and that's on a scale of one to three, with one being very prepared to being kind of prepared and three being not much at all. Again, you can come off mute if that's comfortable for you or you can put the answers in chat for us to read them

I can get us started. Hello, everyone. This is Kadena. Um, I use Shira a pronouns. For my visual description I'm a light skinned Latina I have short brown hair that has blue in it, which is fading away. I'm wearing sunglasses that are black framed dark with gold design on the side and a white t shirt. Men predominantly be off cameras. So in my stead will be a beautiful picture of my cat who is Gray was black stripes posing for his pretty moment with some nature. For accidents today I will be off camera I will be going in and out of rooms. I'm providing some ads for at some time. So sometimes I may need a second to catch up with we're at if we and I will be keeping up with the transcript and terms of preparedness. I feel like I'm a middle ground and I we've done some work in our pod and just did some work with it growing up so I kind of have some preparedness but I'm sure that I'm still lacking a good amount especially as times change. So that is where I'm at today. Is anyone else ready or should I pick on someone? Yeah, I see no me smiling, so I'm going to just pass it over to me. Check. Okay, hello.

I'm Nomi Nice to meet you all. Um, I you see and they pronouns. I'm fat way Jewish, non binary from person with purple hair that's kind of dark brown. At the roots and purple at the ends and I'm wearing like a gray sundress with a have like a blanket with a mountain and a little mirror behind me. If this if this little sun shaped thing is like too bright for people. Let me know I can move it. My access needs are currently met. Oh my question. Like, should I be taking notes or will there be notes that someone else's taking so it'd be able to read them later. So

**Priya Penner**

yeah, great question. Um, we are recording this and there will be an accessible archive available in the coming weeks. And we will be providing the transcript from the AI captioning purposes. So yeah, no worries, no need to take notes. Okay.

And then for disaster preparedness, I I want to say kinda, but I actually think it's not much at all. There's been some preliminary work but it's been hard for me to like keep the ball rolling with the people in my network. I have. Yeah, I'll go into it more later. But yeah, so I think it's a three and I will choose, um, I will choose, Maria.

Oh my god, I swear I'm psychic. I knew you're gonna say Maria. I'm serious. I know I say that all the time. Hello, everybody. I am so excited to be here with you all today because I love our partnership with The Partnership and it's so necessary. So thank you for the space. My name is Maria Palacios, my pronouns are she her? So description I'm a goddess. I mean, what else is there? Long hair kinda like graying? Because I haven't done roots in a while. up in a ponytail Brown. Nice. Yeah, total goddess. access needs are for today. Um, might be you might see the camera on and off because I am so proud of myself. I'm using my laptop. Yay. So I don't really know what the fuck I'm doing with a laptop. So it took me like forever to get it kind of like set up in a way that's familiar to me. On zoom. But yay I'm getting a little bit less afraid of technology. Let's see how preparedness prepared my for disasters are definitely number three. Not at all. Yeah. So and then I'll pass it to, to to to to up because I don't know I'm not able to see who's there. But I assume everybody is can I call to let the

**Shaylin & Germán**

we see your lips moving with being you

**Priya Penner**

as it gets their audio Oh,

**Shaylin & Germán**

just in case. They do this. explained how people could see the whole gallery Yes. This is Shaylin at the top hand, right hand corner of your screen on Zoom. There should be a little button that says View. If you click on that should have some different options standard or side by side speaker so that would have just the folks that are speaking next to the slide. And you can also click on Side by Side Gallery. You could click on that gallery that will let you see everyone that's in the Zoom Room cool and also just for everyone as awareness I think we mentioned already but just as I know we're getting settled in the live otter AI at the top of our screen is just for our AI captions. It's not being live streamed anywhere we are recording so that we can provide a recording archive following but we want everyone to feel welcome and open space to express yourself and and how we're all feeling in disaster preparedness. So don't hold back

thank you for those reminders. I figured out my audio I'm sorry I always Hi, this is Larry I use the he a year l pronouns. And I am calling in from with chin which is Berkeley California. Self description a light skinned person of indigenous and European mixed descent from western Mexico. I have an overgrown mullet blue glasses and I'm wearing a black cotton shirt that says transsexual minutes with an aware wearing beaded jewelry. From the ritual indigenous people of my region in my background is wooden framed window with plants and overalls hanging from their drying. So that's why they're there. And how prepared Oh access needs. I may go on and off camera and I may go get something to drink in the moment. How prepared do I feel about disasters? Maybe 1.5 I've given it some thought but there's been like that mental block of implementation and actual like concrete steps like I know what I should be doing. But there's still that kind of executive dysfunction in not kind of implementing. So that's kind of where I'm at. Check in I'll pass it to generally Anna who just got here. If you're ready, check.

Hi everyone. My apologies for being late. I'm searching for my other glasses. I'm going to start with the access native being able to actually see a little bit better. I have had many tech branch misses in the last few days. So my name is Jenna Nana. You can use either name or both or je i use they them pronouns in English or a get in Spanish. Myself description I am a white like the next queer person. I have overgrown short hair cut curly hair with streaks of gray mostly brown. I am wearing large lavender sparkly glasses and silver earrings and I am wearing you cannot see the bottom of me but I am wearing a human suit, the top of which is like a jeans shirt. And my living room is in my background because you could probably see a bunch of books and various paraphernalia on the wall. My access needs are to settle down because I've had many tech strangeness in my life including my phone going completely haywire and not functioning in any way shape or form. no bars, no Wi Fi turns itself on and off. It's basically almost parking here on my desk. And so I could not text our shared thread because I can't text anything and whatever. It's just a whole mess. And then earlier in the day zoom would not let me open zoom at all like nothing. So that's how things have been for me so I'm excited really excited to be in this space. Very much apologize for being late. My other access needs are to go off camera for a bit and then come back on camera. I just have some stretching to do and I prefer not to do that on camera. I feel I will talk more about this later if there's an opportunity. I feel like I've given disasters quite a bit of thought, but my unpreparedness comes from the way that I have made queer alternative family and the level of radical difference in perspective about disaster strategies that I'm having trouble integrating. So that impacts my preparedness. And I don't know how many people have gone before me so I'm gonna let someone else pick the next person. And also thank you very much partnership, folks. I'm really excited to be here with you check.

**Priya Penner**

Thank you all so much. I'm gonna read a couple of responses. Folks put in chat, and I believe we have not heard from Paddy Mordecai. And I believe so Ray Lorenzo says Lorenzo, they them a balding, bearded, light skinned Latin queer with large glasses, Lorenzo's wearing a black shirt and their background is in a blue room with a window that has red curtain and a purple and gold Frida scarf. My access needs are met. I feel like I'm between kind of prepared and very prepared. Sherry says I'm Shari Myers, disaster Operations Coordinator with The Partnership. My pronouns are she and her. I'm an older white woman with short ish mostly silver gray hair wearing a blue t shirt. That says there is no plan B. I access needs are met and I'm very prepared. Thank you both. can go next. Please.

I am sorry a pronoun spray question. I'm not answering it. I'm self description. I am a light skinned black trans person. I have about shoulder length blocks. I'm wearing a pink slip up sweater.

My access needs. I'll probably go on and off camera. I'm like really hungry. I'm also wearing glasses. I have a purple background that's on braid and it has a little butterflies in the winners.

**Shaylin & Germán**

Um, yeah, I'm very hungry. How prepared in my for disasters. At the beginning of the pandemic. I bought some disaster stuff but it's in like a duffel bag. So I'm too because I have the stuff but I don't know that I can like run with this duffel bag at all. So yeah, to

**Priya Penner**

tech Thank you. Sorry, welcome. How are you? Good. You wanna check in?

**Shaylin & Germán**

Sure. It's great to see folks on camera. And by that I mean it looks The Partnership because we're usually all avatars in her Friday meetings. And so it's great to see you. And as Patty i Is she pronouns I am super excited about this training with an agnostic for the world, but I am pretty sure tastic in my own little corner of the universe and access needs to be the avatar that you've all will not really buy it's because I always have to ask and yeah, that's what that chart looks like some background and a little ahead with buttons. And a purple ish. The next skirt. You know, I thought I was prepared until I met people at The Partnership. And specifically, one like, just rail on ramp that everyone had. And I was like, Okay, nevermind got to do a training because yeah, not I got the stuff. I got a bunch of stuff. But you know, I walked up like apocalyptic disaster movies like on the daily, like, it's one of my favorite brain foods. But yeah, I think it's very different from actually knowing like, you know, what is going to be the the nail that's going to make the shoe fall off. It's gonna make the horse not run it's gonna make you know, whatever. A bomb explode. Make sure I know. Yeah, so everyone's here. Thank you for being here. Okay

thanks, Patti. Hi, everyone. This is Mordecai coin at ninja. My pronouns are they then and I am a white skin. First thing of Eastern European descent with gray and brown hair that's kind of with being kind of curly and I have an ample nose and forehead and my access needs are that I need to and at six o'clock Pacific or end time and I also I'm in the midst of a really serious family health emergency. And there's just going to be some times in the in the training when I'm going to be texting with my family. So I'm going to do my best and I appreciate everybody understanding my situation. In terms of my disaster preparedness, I think I'm like probably at about a 2.5 I have a lot of foundational things in place, but in practice, like the reality of like my access needs kind of clash with disaster. Survivorship like one of the ways that I manage my disability is through the being around a very small amount of people to zero people. And I think in a disaster, we all need each other to survive. So I think just negotiating how I can safely be with others is a pretty significant challenge. And then if I and then if just like negotiating assessable ways to access backup generators, emergency food supplies, all of those things are like as for many of us tricky for me because of the way that my disability really kind of limits what I can eat or what I can be exposed to those types of things. So yeah, yeah, so a little bit but long way to go. Check and I think I might be the last person from the sins team. Is that true?

**Shaylin & Germán**

Okay. Thank you all so much. It is great to be in great company with you all. My name is Shaylin Sluzalis. I use she her pronouns. Self description, I'm a younger woman with invisible disabilities. Light skin wearing a black dress with a white cover on tafa little sweater and I have long brown curly hair. Probably just heard our dog Bella in the background. And behind us is a desk that hopefully is not too messy, and a floral tapestry behind us. Normally so my name is Germán Parodi. I'm a brown skinned man with long black hair. Wearing glasses, black button up shirt. And Bella is a German black man with a white underground Shepherd mix. Yeah. With us we heard Sherry Melissa we are feeling very prepared. Oh, yes, we can we can give

**Melissa Marshall**

me a second to get off mute. Sorry about that. Hi, I'm Melissa Marshall. I'm just turning my camera on briefly. I am the I'm the Director of Policy and Programs for The Partnership and I'm thrilled to be here I think since is amazing. And I've heard so much about you. So I'm just thrilled to be here. My pronouns are she her? I have long gray hair and glasses. I'm an older white woman and I'm wearing a black shirt. I'm sitting on a recliner because that's how I can sit and type at the same time and my access needs are being met. Thank you. So fun being here

**Shaylin & Germán**

Thanks, Melissa. I think that's all of us. Is that right? Prayer? is prayer. That does look like everybody. So we're gonna this is Shaylin Again, it is great to be with you all and we're going to just get started with a brief introduction of us at The Partnership for Inclusive Disaster Strategies, which we know is quite a mouthful, which is why we go by the name The Partnership also please want to note that some of us are quick speakers. So if we're ever going to quickly please don't hesitate to let us know just slow down in the chat come off mute. This is we're all in good company and family together. So for those that may not be as familiar with us at The Partnership we are the only US disability led organization with a very focused mission of equity for people with disabilities and people with access and functional needs throughout all planning programs, services and procedures before during and after disasters. And emergencies. Essentially were the US and globally in a lot of respects, a disability led disaster hub by and for disabled people throughout disasters, boots and wheels on the ground responders, building community resilience and capacity builders and disability rights experts before during and after disasters.

**Priya Penner**

Today we have a good list of things, goals, if you will, that we're hoping to cover and this is just the first train out of two. So there's more coming in the future as well. But today we're going to be focusing on five main areas. And those are you know, what are disasters when to sheltering in place versus when to evacuate, and what to include in your shelter in place versus evacuation emergency kits. Because those do look a little different, of course depending on your needs, and then of course how to apply all this information in your day to day lives. What does it look like to create this kit? How can it be useful to you productive and and we'll also be giving you a checklist with some of these goals in mind as well. We want to start off with ground rules and rules are is a very strong word these this is more just a no guidelines or suggestions if you will the first one we want to make sure this is a safe place. Shaylin did mention that we are recording but that's only for the post production archive for your records. This is absolutely a safe space. We want you guys to feel comfortable when sharing your levels of preparedness sharing your needs when we're talking about your preparedness and everything that that is said here will stay here. We certainly here at The Partnership aren't sharing any information and you guys will have the like I said the post production archive for your purposes. Secondly, ask questions. We have a number of spots throughout the training where we encourage you guys to, you know, reflect or ask questions. If you have any questions at any time. Please do feel free to either put those in chat if chats accessible to you or you can feel free to come off of mute and simply ask question. We may you know I mean we absolutely love all the questions. We may, you know hold some questions to the question spots. But if we can't get to the questions during the question spots or otherwise, we will make sure to answer those in the in any sort of materials that we send out after the fact. You know, maybe this q&a if needed. And then finally have fun. We know that conversations around personal preparedness are a lot. We know that they often aren't fun. We here at The Partnership do what we can to make these conversations engaging. But we also do what we can to make them fun. We want you to enjoy this time with us. But also remember that personal preparedness doesn't need to be this Tao or conversation. It can definitely be engaging and fun while we talked about serious conversations and topics. So we're gonna get started with a conversation on the state of disasters and what does that mean? Right?

**Shaylin & Germán**

So

**Priya Penner**

there's this conversation of, you know, climate change and the fact that mankind humankind is influencing overall impacts on the climate on weather and larger patterns, right. And I want to read this quote from the World Meteorological Organization who shared a report or who shared a story of a report I should clarify, that was shared by the Intergovernmental Panel on Climate Change, which is a body by the United Nations. The quote on screen says there's a 66% likelihood that the annual average of near surface global temperatures between 2023 and 2027, which is the next four years, will be more than 1.5 degrees Celsius above pre industrial levels for at least one year. There's a 99% likelihood that at least one of the next five years in the next five year period as a whole will be the warmest on record. What does this mean? It means that one, the world is warming right? We know that climate change is being impacted by humankind's existence efforts, etc. Right? But this 1.5 degrees Celsius above pre industrial levels talks about you know, an increase in temperature is a warming of temperatures above the 1880 to 1900 baseline average years 1880 to 1900. This means that we're not only warming, but we're warming to such a degree that there are catastrophic impacts on the climate and we're rapidly approaching those. The again, 1.5 degrees Celsius above pre industrial levels. It's an important target when we're talking about the mitigation of climate impacts and the impacts of climate change. Important to remember that we wouldn't be within this. We wouldn't be in this warming period. If it weren't for the effects of industrialization of humankind on the climate. We are the cause of this. If we continue on this path if humans do nothing to change our impact on climate on climate change specifically, we will have caused irreversible damage to the earth. Specifically, when we're talking about climate change. There are what we call climate tipping tipping points, which are a handful of main areas that if we continue on this path we will not be able to recover from these areas include the disintegration of the Greenland ice sheet, which is simply quote unquote, simply a one of the major ice masses covering most of Greenland. If it melts, which is again if the climate continues to warm if it melts, it will increase the global sea level rise about seven meters or 23 feet which leads to flooding and extreme loss of life. Similarly, there's the collapse of the West Antarctic Ice Sheet again, another massive ice sheet another massive i that my shoe that melt if melted, could again contribute to the rise of sea level gain huge loss of life and we can't come back from that we're not going to be able to refreeze these ice sheets. And then another tipping point. This is one of many, again, is the Atlantic meridional overturning circulation or the a mock? It's the a mock is a large scale ocean current system that circulates warm waters from the tropics. Up to the North Atlantic. This helps regulate regional climate patterns. This effect if of climate change, causes a concern that increased freshwater input of the melting ice will impact the climate of an around this circulation. ocean current system and this impacts temperatures which can lead to significant changes in regional climates, including increased rainfall, intensity of storms. etc. These are just some of the tipping points there's 17 total. And if we don't talk about the effects of climate change, people with disabilities will be continued to be left behind as disasters are increasing. On the screen are a couple of quotes. Talking about disasters increasing here in the United States, wildfires on the western side of United States are not only becoming more frequent but larger in size and increasing in deaths. This is coming from states with the highest rate of National Natural disasters Excuse me. And then similarly and This next quote is from the National Weather Service. Extreme heat kills more people per year than any other weather event. Again, because of the increases within climate change. Disasters are increasing in frequency and intensity and increasing in the number of people that are affected and the number of people are affected. You know, people with disabilities and other multiple marginalized folks are receiving a disproportionate impact of those affected right. We know that people with disabilities are two to four times more likely to die or be injured. In a disaster during or excuse me during a disaster than our non disabled counterparts. This is a quote from the United Nations specifically talking about the effect of after the 2011 tsunami that hit Japan. But we know that people with disabilities are primarily affected, disproportionately affected during during disasters. And we know that governments that non disabled people aren't talking about this disproportionate impact write a report for which is the status report on disability inclusion and national climate commitments and policies. This is from a professor at McGill University says overall analysis of the national NDCs demonstrates that states are neglecting their obligations to respect protect and fulfill the rights of persons with disabilities in their responses to the climate crisis. People with disabilities need to be part of the conversation but we're consistently being being left out of the conversation. We're consistently being forgotten about. We're not even a thought within the conversation. And of course NDCs our nationally determined contributions these are the these are the plans that states that governments specifically will say that they're going to agree to within the Paris agreement to see these RMB commitments that the governments are going to they say they're going to do a tracking of it. The commitment to these commitments is obviously a lot to be desired. And then finally, but certainly not least, certainly not the end. of the conversation. This is how we, this is just the beginning. Of course. We know that people of color specifically black folks are of course one of the disproportionately affected within disasters. The conversation around you know, this disparity within disaster response that conversation around the disproportionate impact on communities of color, specifically communities of color with disabilities. Is not being had the data is not there but we do you know, that. During hurricane Katrina, black people were 1.7 to four times more likely to die than white people. We know that people of color are have less resources to be prepared for disasters. There's less education for communities of color, and we need to have that conversation now instead of instead of ignoring this disproportionate impact.

**Shaylin & Germán**

It already sounds like our lives are disasters. So it's hard not to think that way. And ableism makes it that way. But these big aspects as Priya has presented is to ground us on the world. Is not going in the right direction and people with disabilities are most left behind. In when we use the word disaster. FEMA, right, the Federal emergency management Agency, is a response to these events that can be a result in large number of deaths and injuries caused extensive damage or destruction of facilities that provide and sustain human needs. produce an overwhelming demand on state and local response resources and mechanisms also costs a severe long term effect on general economic activity and severely affects state local private sector capabilities to begin and sustain response activities. So we have our personal lives. Next slide. And already it's hard but in this matters of emergencies and disasters is when local government, state government and the federal government are responding to minor emergencies, incidents that occur frequently. Things like minor flooding, small fires localized power outages, things that can be responded to locally. limited potential emergencies, incidents that can escalate to an external assistance from the local government, a neighboring county if a neighbor state or the federal government in minor situations like larger wildfires, severe storms, and potential outbreaks, disease outbreaks, and then major disasters disasters where FEMA begins to come into the state at the petition of it to respond to these large scale emergencies that disrupt and damage large areas and populations. You know, think like hurricanes, some of the continuous flooding from the atmospheric rivers, earthquakes and the widespread pandemic that we still are living in. Throughout even though we have folks throughout the country now what Disasters are happening now that we have a similar language and the way we're using the word disaster, we are all going through in different seasons, severe storms, from from rainstorms to winter storms, which cause flooding in different ways. And flooding right when when large rivers are banking over their banking over not localized. Flooding from pipes bursting, for example, extreme heat a sprayer shared kills more people than any other disaster added together. Wildfires and drought, earthquakes, landslides and tsunamis and hurricanes and tornadoes. That data a few months ago there was a EF two tornado in Los Angeles. There we have to prepare for them across the country. And many of the different types of disasters or they may be and we hear there's a uniqueness to different types of disasters and having these conversations but there are overall preparedness tips that we can all follow. Go down to slides. Get it starting with knowing the risks where you are, what type of events could happen where I meet we live nearby and having those thoughts and conversations that we just went over some of this staying informed and making a plan is something we're gonna go over next. And the next training will go over understanding what are the rights that we are entitled to by law and you will also receive a one sheet to go over that between now and then in case something happens just to be prepared. Things like knowing that you can go to a shelter and they cannot deny you and they have to meet your access and functional needs and adhere to disability law. There'll be more of that at the next training. Next slide. So be staying informed knowing the news broadcasts like your radio stations, following a few of your local emergency management social media pages and the National Weather Service. Wireless Emergency Alerts making sure that on your phone are turned on for you. Again, visit your local emergency management website which will give all of that to you at the end of this so you don't even have to google that. Downloading the FEMA and the Red Cross app can be helpful in receiving emergency local announcements whenever sometimes the local emergency as a redundancy cannot do it themselves. And in your house, having a fire alarm and a carbon monoxide detector. There are the Red Cross has a sound the alarm program where they do provide free fire alarm and carbon monoxide detectors and we'll schedule an appointment to come into your house and prepare and prepare that and set it up for you. Next slide. Being prepared right, staying informed knowing your risks making a plan starts with conversations. Thinking about family members, friends, support networks, potentially places of worship and co workers to think about the places where you'll be at frequently. Having these types of you know sometimes we say how's the weather doing? Well just let's talk for a few minutes about what we would do if the weather goes bad here. But what are we going to do? If nobody knows that's a place to start? And you need to set up more time to talk about and in those conversations, not only about where are we going but how are we going to shelter in place for six hours 24 hours if something happens, and certainly when talking about evacuations. What are the routes? How are people in multiple storey buildings going to get out and where are we going to meet? Next slide. And in considering necessities to shelter in place, chemical spills, dirty bombs. Think about small explosive with radioactive material that don't only a habit the blast but we'll have lingering effects for numerous hours up to 36 hours after and snow storms that sometimes will make us have to shelter in place for days on end three, seven days until potential needs to go outside. Being prepared not to have to do and evacuate potential reasons that are studying can be wildfires, earthquakes and building fires. And having having to think about this at the moment is very difficult and often does not lead to success. This is why doing these plans ahead of time thinking about how are we going to do them and in those steps as you think about them, have conversations with those around you. Make the plans to what to do when these things happen. Just they're just getting you ready for in case it happens and if nothing else, it can beat because of COVID day out in the for picnics I would say I know that was a bad joke, but I've been practicing sheltering in place. Oh, thanks. Now we're seeing a thumbs up. I never liked piglet because I'm up on my wheelchair I can get down on the ground. All right.

**Priya Penner**

He does not need any of you heard right.

**Shaylin & Germán**

Something people don't think about often are biohazard tips. Certainly staying informed is critical. But going into the inner most place covering air vents and fireplaces openings. Keeping the fans and air conditioners off is critical. So we find that to be one piece of tip that often gets just not added to many of these types of presentations. And like I said go into the innermost center room fears windows and ceiling those windows as much as you can and be events with plastic sheeting and duct tapes. Now, after prayer spoke for a bit, I've spoken for a little bit my mouth a little dry. Any places since we've been talking about where you visit it often that these conversations are not happening that you may be there now thinking about it. How would some I do something if there is a sudden disaster and have you had How would you be there for a few days just in case? Come off mute. You can type in the chat you can think about it and start doing that because that's a good step.

Hi everyone, this is Lorenzo one place that I go often is my partner's house or my brother's house and they have a little pantry so they got lots of food and so we would shelter in place there.

**Priya Penner**

Yeah Patty

**Shaylin & Germán**

think I would shelter in place here at my house? Because I don't need that much. But it does make me wonder and didn't know when the best time to answer to ask this question. Again. I raise it again is like like I really can't move very much independently, like just weak muscles. So my access is really dependent upon someone else being here. And similar check mark I I guess like I always expect that my sweetie is just gonna, like work it out. Like you said before, like, I can walk from San Jose which is a town near here. But it's it's a track. It's like I don't know how many miles but it takes an hour and a half to drive. And that's where he works. So, but he has a runner. Anyway I don't know how realistic that is. And like yeah, it's just hard to think through like, you know, what if maybe I should make have conversations with each of my attendants like if this were the end of the, you know, the Bay Area, like do you plan to like go to the airport, or would you stay with me? Or would you try to get me the airport like, what do we do? I'm a little because I've had it with my pawn but they're not necessarily in my pod. And also like how much do we compromise? Our comfort and safety is like some overarching thing for me like you see people you know, like it was a trip to watch people in Afghanistan, like they're willing to compromise a lot of their safety and out you know, like dangling kinds of levels of compromise and my Yeah, I'm just wondering if you all thought about that for yourselves if you put pins or other people very important points, adding to the first half of having conversations with is the can be much more important than having a backpack and having these topics bringing it up as I say standard of lifestyle. You know, people that do like diet lifestyles, and often many of us like APRIL in lifestyles and calling up, you know, talking about preparedness, just for a few minutes with people around you with neighbors, like you own you know, as a sample. You'll see friends and people coming over but hey, like what if something happens? Can I have your number just in case to call you? I have a quadriplegic, I need help to get out of bed, get dressed. I've spent a few minutes out to make sure that I speak to my next door neighbors I live in what it's like row homes and talking to them like you know, I sometimes need this kind of help. And I'm always good. Oh yes. You know having that. A ballistic kind of conversation breaking that ice and trying that always will be like, if I ever need, you know, just in case can I have your number? And what are you going to do when this happens? That's like a start. For that immediate moment in case there's need you could take it to a next step. And you know why Google Earth your neighborhood and look for who has a Tesla battery, because those those go for a week sometimes depending on how much battery because we're going to need right for our power chairs. And other equipment. And have you seen your neighborhood someone with one of those? A few solar panels Tesla battery, hey, going over Hey, I use a lot of electricity. I've been thinking about this making it a conversation and say if I ever need something Can I call you on you? We know folks in California that do this and it has worked. So it is about making emergency preparedness part of the conversation and we will give you a at the end of this a checklist that for you to like kind of begin to annotate. What would you do? And part of what we help with? It's like okay, where are you at next? Let's take you to the next preparedness level that you want to be and the checklist is not meant to see you know how many of the things that you may or may not have but to have starting that conversation with yourself with the people in your network on what do you have already in your house not adding to at that point and maybe not adding that additional level of pressure or stress and also financial means that are sometimes included in preparedness items, but just really writing down what you do have and then also as Herman said writing down and really mapping out sort of what some of those steps and items and your plans would be and so danced around you're partially your second point, you know, the equipment that we need and keeping a charge one topic that hands on support. I've had similar neighbors at least once or twice like hey, this can you help me one day just so we do this once? helped me out of bed helped me get dressed? Yeah, well you know go sometimes there is a bit of awkwardness but I've made it a practice to at least have one of the neighbors as a key to the to the house. My pot is one thing but who is going to be near me when something happens when nobody else might be a neighbor's are right there. Having one of them keep a key to the house. Having someone take help me come in about time so you know how I have to move if something happens and you're nearby. And there is a potential that if you stay there alone for a period of time, you might not make it. So try doing as much as possible to keep your equipment with you. And fires it's a hard one because they sometimes come and pick you up and go so trying to remind people about your equipment need for that short period of compromise with safety for having a longer life. It is a that is a personal decision. I want to live a little bit longer and that's why I just quit smoking. Right? Yeah, you're next. Well, any feedback Patty or any other thoughts? That's really helpful and a little challenging, because I live in a really white neighborhood and I don't like to people, they're like super rich and not and like we're like the freak sort of block with like, brown, queer, disabled people, you know, and I can see one of them being like No, no, I won't help like super easily. But you know, but my rent neighbor, because it's a duplex. My friend neighbor is my nephew and he's in a pod and he's six foot four and can straight up lift me. So he's done it before getting off planes and stuff. So I feel good that he's close. But the idea of like, talking to people. Yeah, that's, I can know that for that. I mean, I do it in my organizing work all the time in personal life. I'm like, a little shy. And I did want to ask, I don't know when exactly is on the climate to ask this question. Do you think it's likely that in like in the next 20 years, we'll have like viruses from the glaciers melting? Because I don't know how much. I shouldn't be paranoid about that. There is a level of hyper vigilance that we have in especially living through a pandemic that like people haven't lived in 100 years and this has been a topic for over a decade at least, if not, slightly longer. Maybe we haven't we don't have an empirical data point to say well if melted and this virus escaped that cost a display. That hasn't happened. So who but because we are living in this new world, it could happen but but more likely are so illogical diseases right? Diseases I got from an animal to a human and then from human to human, that is still weak. We could have another one of the studies more deadly than then COVID has been so that has a higher likelihood. And there is but so much we can do on a day to day. I wouldn't worry. There's nothing that we can do about that. It might take a bit more energy. Just Just going back to the first part to certainly not opening up to your neighbor and saying, come get me out of bed one day, but just trying to make just for a brief amount of time and conversation with people that just don't are not are not similar in mind to say the least. That will be more for thought that the potential outbreak from you know, it's it could happen tomorrow but hopefully not.

**Priya Penner**

Anything is possible in these unprecedented times unfortunately. I'm sure that's not what you were looking to hear Paddy, but I think that's what we got. Um, I do want us to talk about, you know, we talked about sheltering in place and we talked about some of these biohazard tips, but what should you have with you and sheltering in place? Right. And, you know, one of the first things people think about, rightfully so you know, food and water, and these suggestions are from FEMA as emergency kit, suggestions, directions etc. recommendations on items to consider when building your kit at home. A lot of it is you know, dependent on how much resources, how much money etc, that you have access to. So keeping that in mind, one of the things that we like to talk about here at The Partnership when we're talking about this emergency kit, is you know, really building it one piece at a time when you have some you know, maybe $5 here $2 There, you know, just maybe some extra, you know, a can of food or, you know, maybe a couple of individual water bottles or something. I'm not trying to build this all together at once but building it piece by piece. And that's something I take into account every day. I'm not the most prepared person. I certainly can acknowledge that but I am able to build this emergency kit piece by piece. So food and water. FEMA suggests having one gallon of water per person per day and they suggest having at least enough water for three days. And this water is going to be used for drinking it's going to be used for sanitation to cleaning yourself. Cleaning anything that you know maybe plates if you have that whatnot, things that you have to use every day type of thing. And you obviously don't want to get sick. So again, one gallon per person per day for at least three days. Food again a three day supply of non perishable foods. So thinking cans of food is a great resource. Pretty cheap, but they last a long time. If you do get cans of food, remember to have a can opener on screen we're talking about a manual can opener but I know for me that's not feasible. I have a manual can opener I can use it if I really try. But there is also a battery powered can opener that isn't reliant on electricity you know plugging it into a wall so I have that as well as well as batteries available for that. And your emergency kit. You also want to aim for a first aid kit as well as masks, trying to keep yourself as safe as possible. And then a battery powered or hand crank radio, as well as a NOAA National Oceanic and Atmospheric Administration's weather radio with a toner alert. This radio is super important. One of the biggest things that we're talking about today is making sure that you are staying informed. So we suggested you, you know have access to the FEMA app as well as the Red Cross app. But this radio is is super important to staying connected to you know emergency situations as they're happening in real time. I see Patti adding in chat water purification tablets, absolutely. You know if you can stock up on those, making sure to do so that's a great great resource. continuing the conversation around the roofs of emergency kits, excuse me. You want to make sure you have flashlights with extra batteries. If a flashlight if you don't have if you can't operate a flashlight. Your phone does work but you want to make sure that your phone is charged at all times which is why it's good to have as well. chargers and extra batteries and those are charged and ready to go in case of an emergency. And then plastic sheeting and duct tape going back to the Biohazard tips and such. Oh, six sheets for sorry setting.

**Shaylin & Germán**

What do you use plastic sheets for and biohazard? Cover the windows and doors in case seal the inside of the house. So towels are not sufficient. Not for a long period of time. If you can, the best advice is to use the plastic sheeting with the darkness.

**Priya Penner**

Thank you for your question, Patti. We talked about chargers but charges for phones but also as people with disabilities with many mobility devices, durable medical equipment, assistive devices etc. chargers for all of those pieces as well. Your your these this emergencies kid is you know when you're hunkering down to making sure you have the things you need to do so in addition, moist helots garbage bags and plastic ties. You may not have access to water probably wouldn't have access to water. So having a way to keep yourself clean or as clean as possible. And those times rent or pliers to turn off utilities. And then a any local maps of the area in case you do need to evacuate and then finally a whistle or anything that makes a loud noises in case you are stuck in your home and need emergency services to help you evacuate. This will let them know that that where you are if if such an emergency were

**Shaylin & Germán**

to occur

**Priya Penner**

additionally in your emergency kit or somewhere nearby where you know where they are. You want to make sure that you have your important documents in one area and kept in a waterproof bag as well as safety electronically. You want to make sure that you have access to them. If you just you know if you needed to grab something go and you know where they are at all times. In the this you know pile of important documents you want to consider including a list of emergency contacts, who to call when you can call how to call them how to contact them. Your house or apartment lease or mortgage or deed. Making sure that's all in the same area and health insurance or primary doctor information. I know I rely on my phone heavily for you know information about my doctors and such but making sure you have access to that information. If you don't have access to your phone. That's going to be super important. And then copies of ID birth certificate and social security card or green card. Whatever applies to you and then additionally, as continuing the conversation around important documents, any information around prescription medications, so how much you're taking, what's the name of the prescription pours, how much you're taking when you need to take, et cetera. This is really useful if you have to communicate about your prescription meds. And I know that you know the list of medications is can be super super long. So having it written out is super helpful. Any dietary requirements that you have, and any information on your customized equipment. These last pieces or all of these really are useful for emergency responders or you know shelter staff perhaps obviously this is for your shelter in place. kit but it is good to have these documents available if you need to communicate with any officials or such during the disaster and you don't have access to your any sort of devices. When talking about preparedness as people with disabilities one of the first things I know I think about is my equipment. So I use a motorized wheelchair can't do anything without it really I'm not going anywhere without it. So really thinking about you know what I need to be able to continue to use my wheelchair and that the fact that it needs power. One of the things that I tried to do is make sure that it charged at all times in case I do lose power. But thinking through what equipment etc needs power to function is super, super important. And then think about what other supplies you may need to maintain your independence. That can include urinary or bowel supplies. It can include wound care supplies, gloves, wipes, masks, etc. And then of course thinking about you know, communication needs thinking about how you communicate with others. Do you need access to ASL interpreters? Do you use a communication device? Do you need materials or information in plain language? Or in large print or Braille cetera? What do you need to communicate? And then what is your communication plan? If you're unable to communicate during disaster, you have access to a communication board. Can your support network How about is a paper and pen sufficient for short term? Write thinking about if you can't communicate using your typical daily methods? What are some backup plans and then how are you going to communicate with your circle of support? Part of that conversation of course is who's part of your support network and talking about how you're going to, you know, choose who's part of your support network or your pod and ensuring again that you have their contact information you know, phone numbers, maybe their address if needed. When you're building your kid, there's it can be very overwhelming again, you know, when people talk about emergency kits, you know people think that you have to do it all at once and it becomes very overwhelming. Remember that, you know we we've gave a whole list of things. Maybe all of those items, you know, don't apply to you. Maybe, you know, it's just really clear that you know you're not going to need you know, paper ties or you know, or maybe you don't need a flashlight because you have access to candles, whatever. Both your kit to meet your needs, right. This is at the end of the day for you. And don't think about what you know, just because FEMA says you should have it does not mean that you need to have it you know it's your needs so the kit needs to meet your needs. When you're talking about an emergency kit, it's good to also be preparing a go bag that last few for at least three days. Go bag is you know we talked about a sheltering kit but a go bag would be something to take with you that you can just pick up and go in case of an emergency or disaster and that you want to make sure the equipment in your go bag last year for three days. And then you want to make sure that you have a two weeks shelter in Place kit. Finally, some important reminders you want to check on and update your supplies every six months as needed. A good you know way to think about this is you know every summer and every winter, check in on the the shelter in Place kit. Check on the food best by dates, check on any clothing. Maybe you want to wash that. Just do a quick run through of it. And then you want to make sure your kid is in a cool dry place that is out of direct sunlight. This keeps it fresher longer. Heat moisture and UV rays can all reduce shelf life and of perishable items in your kit.

**Shaylin & Germán**

This has been a lot and it is a lot to prepare and say keep talking a long period jumpers to slide 37 And we make the one over a little bit but we want to show you make sure we show you some crucial parts. We've gone over a few of these things that we just went over as we got to slide 37. Things to think about and if you want to express some of these thoughts, how have you thought about how will you know about the disasters and the emergencies? A bit of about how you're sheltering in place and evacuation plans will look like what will be the your plan if power goes out for extended period of time and who is part of your support networks and not not their hubs, your direct hubs but over Iraq for the plan who would be the support networks a to plan a b and c your communication plan and what else would you need personally individually. Lord, as I mentioned in the check in the need for your individual diet, think about how you could plan for that for a few days. If you're in a place that doesn't provide us specifically you need a generator and depending on what part of California specifically. There are different programs to have power batteries, so I'll be in between emailing you all about some of these resources. Know me

I have a couple of questions. I guess. Well, one question is with the water purification tablets like are there I'm curious what circumstances they work or won't work in like I actually live next to some like a wetland area and I've been curious if that water could be drinkable in an emergency. Would water purification tablets work for that?

**Shaylin & Germán**

It depends. First different the tablets themselves will come with a series of instructions. Most most most likely would following the instructions because there's just not pouring it in but each one's happy. How long you should leave it let it sit after mixing it and how much to stare it depending on the chemical so you know that we'll be doing a little bit of homework ahead of time on the water supply if there's any if there's a latex based product in that canal that no no because that's plastic, right? If it's if it gets mixed with salt, it may not because that's a different thing that could interact differently with some of the tablets. So it's about reading the instruction and do a little bit of the homework on your local water supplies. And, you know, Google your cipco Water Department and there will be links to to guide you.

Okay. My other question is just how do you choose like, this is a lot of stuff to carry if we have to evacuate like I can imagine putting stuff in the barn here for shelter in place but in terms of I'm how do you prioritize what to actually bring in how do you carry it?

**Shaylin & Germán**

I completely understand now me and most of the things do may may work if you're like sheltering in place for a while. Just if you have to. It's the safest, unless there's like a major disaster that it's like evacuate or die otherwise, right? How big could the backpack be? So that you know that answer? You know two bottles of eight liter waters is crucial because it may be some hours a change of clothes. A set of medications that you will need for a few days if you have them. A small flashlight, practice just in case it's dark. Were already packing that bag, your essential documents, a copy of them what you know what you would need perhaps your favorite book or you know, you know what is it tidbit? fidget spinner fidget spinner something to entertain you for a little bit but you would need to be for a couple of days.

**Priya Penner**

I think also remembering you know any consumer or medical supplies, catheters, it's such a super important you know, we do talk about the importance of fidget devices or things to keep you occupied. And that is super important but I think water change of clothes, any charges that you might need CME I think that would be a priority Addy

**Shaylin & Germán**

Hey, show so I can send everyone like a list of what we got. And our kids and one of the things I did was get backpacks for everyone that like and I wouldn't have tripped off this until I looked. But because I'm carrying backpacks but like there are some that go close your shoulders, super close your shoulders, and then kind of wrap around your hips so that it's really kind of ergonomic. And I think you can carry a lot more weight in that context or with that with that fitting, form fitting kind of back then. And then also just to remind folks like the shins is like covering whatever people are wanting to put in their kids. You just have to like say this is what I want. Or yeah, but I have the I think we should update it kind of probably like what things we want to add Yeah, but it's all available on like I put our kids together through Rei, and Amazon and a couple of wacko kinds of websites. Like it's hard to like, yeah, it's for price they're like survivors kind of websites are a better price for like the the handheld radios. Also, the lantern. Like there are some things that don't didn't mention but like you know, they can just imagine like lanterns and we got beeswax because it smells good. Something to do and apparently is like good in any circumstance we need to like was out of this situation. Like you can have it on doors. Yeah. Oh, and the question I have for you. Was, do you think it's better to get a gas or in like, I'm really stuck on the generator. I still haven't bought it because I don't know especially if we should get gas or electric. His gas is funky. Like it's gas. But Electric is a lot louder and less. amperage or something. I don't know where you guys recommend. The gas. It's clunky. It's loud, much louder. And it takes maintenance. The amount of time that it can be running and fixing it weekly sometimes. And everyone is going to be needing gas. So there will be gas shortage. Like, you know So solar solar power are more expensive. So we have a couple of ones that the Yeti it's a good battery, but these are, you know, batteries $1,000 And then that's on top of the solar panels. Some of the wirings So for now, it's a bit more expensive, but it is if you know if you can plan for that. It is the best approach for longevity use especially not as much maintenance, much more independent to use. And you can use it for longer. And while I haven't seen the Jackery Nami, so we'll definitely take a look and if we and we'll accelerate to see what people think about it. Gentlemen

thanks. I know we're at time to serve. Feel free to hold on to this question for next time. One of the things that is challenging for me is storage of items. My house is really small and the rooms in my house are really small. And I'm wondering what and I used to store my things outside but then in a shed but then that has the problem of if somehow I can't get outside or it's not safe to be outside. Like there's ways that that's not practical, but it's also feels challenging to take up a proportion of the small space I have with stuff that I'm not using in my daily life. And so I'm wondering how y'all have dealt with that.

**Shaylin & Germán**

One idea that it's like let's fit it in one space that can be used for something else and this does take some space is those blue, like two and a half feet water drones called our La Grande and you can use that to store it you know you set a storage where to put your you know film your gallons of water to your clothes and what you would need to use it to put something on top of it so you could put it in a corner and then it can double function. Once you're in a situation for water storage. It's one example you know, there are more modern containers the containers but the you know like the wooden blocks that you can just put on top of the the higher on like tire shelf but you know more expensive kind of looking at those, you know, Japanese Korean looking housing where it's very small that that type of equipment it's a lot but it's about finding how much do you feel? How much can you feel prepared when you feel like okay, I could be here for three days without having someone or having someone very much nearby. shaylen is always here whether she's three hours away at her dad's as she was this weekend and something happens. So making sure like Hey neighbor, I hope I hopefully I will meet you but just in case we are on time. We can spend a few more minutes. Any folks have other questions you will see in the now check the chat. You will see in the slide deck a few other ideas for regulation and sheltering in place. You will we were going to try to run through a quick exercise but we might leave that for our next time or another meeting but you will see what a short tabletop exercise looks like if you can go to slide 46 We, as we are gathered here tonight, right? We have folks from across the country. And you all know where you are and we have like hey, here's a visual representation of folks from New York to Texas, different parts in California and Washington state. And then what if all of a sudden after but what we're meeting right now. A unexpected massive coronal mass ejection or CME would cause widespread geomagnetic storm that disrupts all our communications and our power systems. And that's a an image of a of a son from NASA with an immense cloud of magnetic particles hurling towards her. And this type of situation would disrupt our cell phone communications or not to our landlines, it will turn the power off and we would see our auras down to California and Texas. And as I say this and you saw that image, we were going to actually you know what do you how do you feel? What are you gonna do now? Yep. What would you do? Think about that for a few for a moment. What would you do now? Your phone goes out even to the landlines everywhere like this happened across the nation. There would be no communication from emergency like we told you the beginning you know, stay informed there will be nothing coming out unless there are like local sirens for example. And if you don't know what you will do for the first couple of hours, maybe you know just almost every disaster will cut the power and will disrupt communications to get anything from from a very bad storm. So Hanford what you do for first few hours. And if something like this would happen, it could take up to 24 hours for emergency communications, because the satellites that were in the area of the CME would disrupt them or destroy them. But once the satellites that were on the other side of the planet come around, we would have some level of communication. Parts of the earth communicators would have been as they slowly start bumping up. So we would have be, you know, Blackout of communication for up to 24 hours or something like this would happen. That's a long time, you know, thinking about anxiety. What, how would I know how long do I need to be but at least following this plan? You would have a field days to okay, at least I know what to do next. We will also share with you as I mentioned a series of resources. You can go to slide 55. You will see emergency management websites for each of your areas. So you could sign up to local emergency alerts and in 56, as well, hopefully that is accurate. And if you cannot find the right piece, don't hesitate to reach out to us. And thank you so much for joining us tonight. We can't wait to be with you again. In planning spaces. Any last thoughts questions? Just a big thank you for opening this conversation. And continuing it. I guess we've done some of this. It feels like there's another level of accountability. I think we might even have had accountability buddies originally assigned, but yeah, yes, we need to do this because something dramatic could happen at anytime. Thank you very much for partnering with us. It is our pleasure in our delight and you know helping our community survive. It's why we do this because they're the government's plans are to let us die if we cannot save ourselves. And so we must, we must survive. They're not going to it's never not going to make it that easy for them. We've made it this far. Yes. Well,

**Priya Penner**

thank you all so much. We are here as always. If you have any questions, concerns we did share with Karina and Karina shared with you all some resources, the slide deck as well as the one pager we mentioned earlier. There's also a checklist. It's 10 pages with plenty of room for you all to put your own comments in there and notes. So please do look that over that might also influence and help sort of round out your emergency kits that you're talking about Patti, for the sins team and we're always here. We're always working so please don't hesitate to reach out. Thanks so much. Thank you Thanks Thank you I know night everybody recording stopped

**Shaylin & Germán**

Yeah, any any last thoughts were here or enjoy the rest of your night and finally please feel better.