

# What is emergency preparedness? Why is it important? (Audio Transcript)

Emergencies can happen fast and without any warning.

You may need to take action before first responders or others can reach you.

As a person with a disability, you may experience access barriers that make emergencies more dangerous.

But, there are steps you can take to help you stay safe before, during, and after an emergency.

Being prepared for emergencies starts with making an individual emergency plan and building an individual emergency kit.

How you plan for an emergency and what you decide to put in your kit is based on your specific needs and will be unique to you.

Make a plan and build a kit to meet your needs.

You can always change the information or supplies in your kit as needed.

Emergencies can happen fast and without any warning, but you can prepare for them.

Get started by making your plan, contacting the important people who support you, and building your kit.