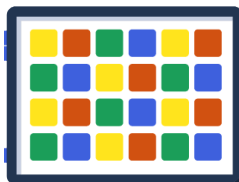


# Persons with disabilities: don't go through an emergency alone



- Build a personal support team. Ask your family, friends and neighbours to be part of this team.
- Look for other support resources in your community.
- Make sure they know how you communicate and what assistive devices you use.
- Make sure they also have the names and phone numbers of your communication assistants, doctor(s) and your building superintendent.
- In an emergency, ask them to check on you.



For more information, check our [Accessible communication during COVID-19 and other emergencies: A guideline for persons with disabilities.](#)