



SIRENS OF SILENCE: CARE NEEDS NO WORDS

SAFETY TIPS FOR LOVED ONES WITH SPECIAL NEEDS



Download the **Family Instructions for Rapid Escape (F.I.R.E.)** guide.

- Create and practice plans for all types of emergencies (i.e., earthquakes, house fires, etc.), including how to transport people down stairs (especially when no stair chair is available) and how to safely escape through a door or window.

Smoke Alarms and Carbon Monoxide Detectors

- Working smoke alarms and carbon monoxide detectors should be installed throughout the home. For individuals who are hearing impaired or sensitive to loud noises, consider installing devices with strobe lights or vibration alerts, such as a pillow or bed shaker that are triggered by the sound of a smoke alarm. For those who do not prefer bright lights, alarms and detectors with verbal alerts/instructions are also options.



Home Fire Sprinklers

- Home fire sprinklers can keep fires small and give people more time to escape. As an added safety measure, choose an apartment or home with fire sprinklers or consider installing them.



- Normalize closing doors at bedtime to make it routine; this prevents the spread of flames into a bedroom when there is a fire. Families who want to keep an eye on their loved ones should consider using baby monitors.

**Close Before
You Doze**



Calling 9-1-1

- Teach your loved one with special needs how to dial 9-1-1 if there is an emergency. If they are nonverbal or have limited verbal communication, teach them to stay on the line and not hang up.
- If there is an emergency that involves someone with special needs, inform the 9-1-1 dispatcher. Provide as much information as you can, including the person's name and specific special needs, sensory sensitivities, communication challenges, physical challenges, etc. Alert the dispatcher if there are any hiding places, favored items or activities, or names of loved ones to contact or reference to during a search operation.



- Designate a "Water Watcher" to keep an eye on everyone in and around water (i.e., bathtubs, pools, lakes, etc.).
- To prevent drownings: install multiple safety layers and devices (i.e., gates, pool covers, alarms/alerts, etc.); remove playthings in and around bathtubs and pools; learn CPR; and enroll in swimming lessons.

**Be a
Water Watcher!**



Sirens of Silence Events & Resources

- Attend Sirens of Silence events to build familiarity with first responders, such as firefighters, paramedics, and lifeguards. Frequent interactions and exposure to first responders can build trust and ease comfort levels.
- Place a Sirens of Silence sticker or sign on the window of your home to indicate someone with special needs lives there. A Sirens of Silence sticker is also available for car windows.



Scan the QR code to learn more about the Sirens of Silence autism and special needs awareness, education, and acceptance program as well as the other safety programs, or visit the Los Angeles County Fire Department's website at fire.lacounty.gov.

