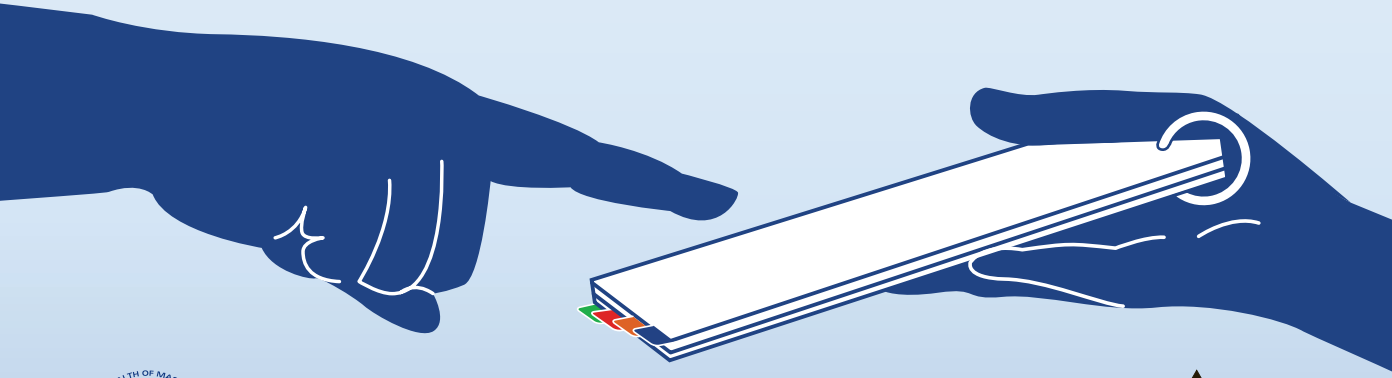
Show Me

A Communication Tool for Emergency Shelters



COMMONWEALTH OF MASSACHUSETTS
DEPARTMENT OF PUBLIC HEALTH

EMERGENCY MANAGEMENT
NORTH CAROLINA

Instructions

This tool has been tested with and co-created by public health professionals and the populations it is designed to help, including:

- People who have cognitive disabilities
- People who are deaf or hard of hearing
- People who have limited English proficiency
- Anyone who may struggle to communicate verbally during an emergency

Tips to help you use this tool:

- ✓ Speak clearly and slowly.
- ✓ Look directly at the person when asking questions or giving instructions.
- ✓ Give directions one step at a time. Check for understanding after each step.
- ✓ Give the person time to respond to questions or instructions.
- ✓ Use hand gestures (movements) to help communicate.

Remember, good communication is key to helping people feel safe and calm during an emergency.

Language

Interpreter

Sign Language

I speak...

Español (Spanish)

Português (Portuguese)

Français (French)

Italiano (Italian)

Deutsch (German)

Polski (Polish)

Русский (Russian)

Ελληνικά (Greek)

Shqip (Albanian)

Kreyòl (Haitian Creole)

Kriolu (Cape Verdean Creole)

I speak...

中文 (Mandarin)

日本語 (Japanese)

한국어(Korean)

Việt (Vietnamese)

ภาษาไทย (Thai)

ខ្មែរ (Khmer)

नेपाली (Nepali)

हिन्दी (Hindi)

العربية (Arabic)

Notes

Arrival

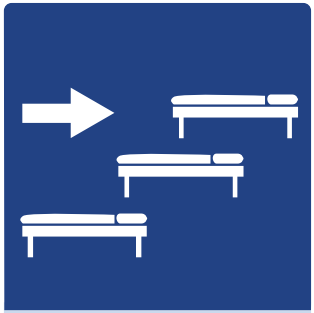
Arrival

Arrival

Arrival

Wait in Line

Sign In



Sleeping Area

Arrival

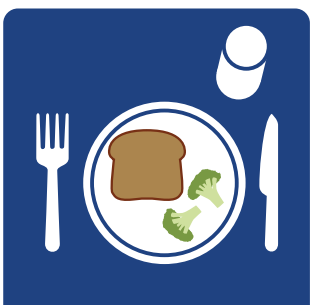
Family

Service Animal

Caregiver

Arrival

Phone

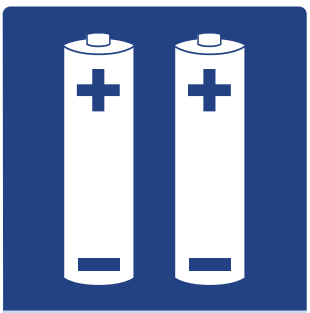


Food

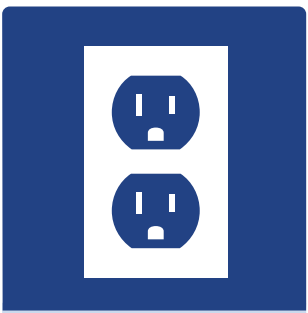
Pets

Arrival

Bedding



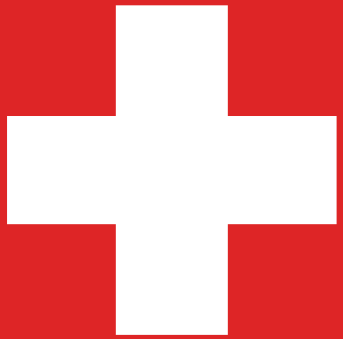
Batteries



Power

Notes

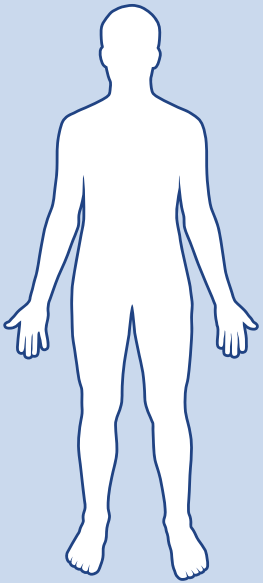
Medical Needs



Medical Needs

Medical Needs

Medical Needs



Where?

First Aid

Medical Staff

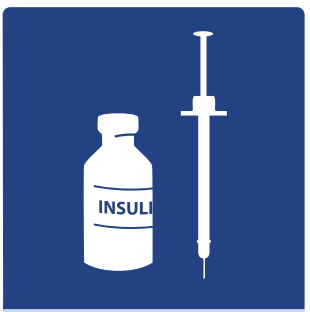
Medicine

Keep Medicine Cold

Medical Needs

Oxygen

Inhaler



Insulin

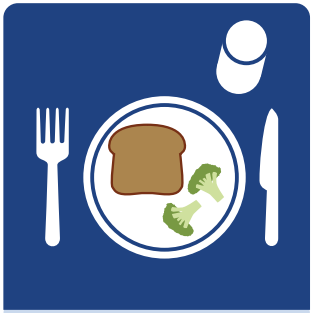
Notes

I need...

I need...

Basic Needs

Water



Food

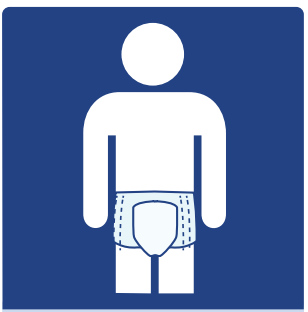
Bathroom

I need...

Help

Bathroom Help

Shower Help



Adult Diaper

Personal Care Items

Personal Care Kit

Clothes

Feminine Products

Baby Needs

Diaper

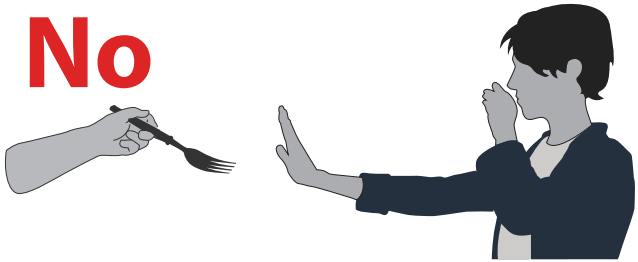
Diaper Changing

Baby Bottle

Notes

Food Allergies

Food Allergies

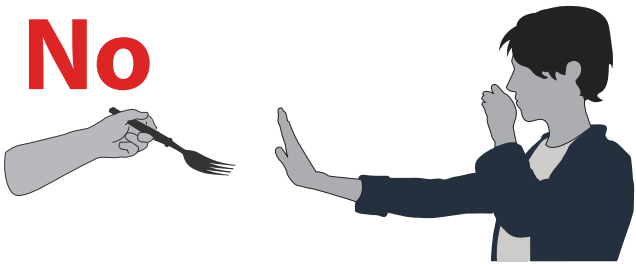


Allergic to Eggs

Allergic to Peanuts

Allergic to Shellfish

Food Allergies



Allergic to Dairy

Allergic to Wheat

Vegetarian

Notes

People and Places

People
& Places

People

People & Places

Family

Police

Medical Staff

My Home

No Power

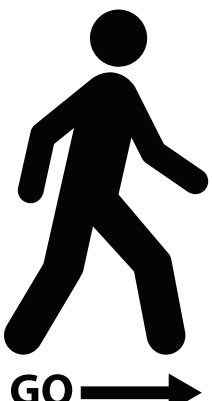
Power On

Damaged House

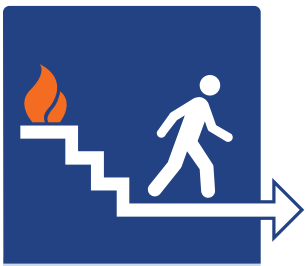
Water Damage

Notes

Places to Go



Home



Get Out

Car

Bus

Notes

Feelings and Support

Feelings

Happy

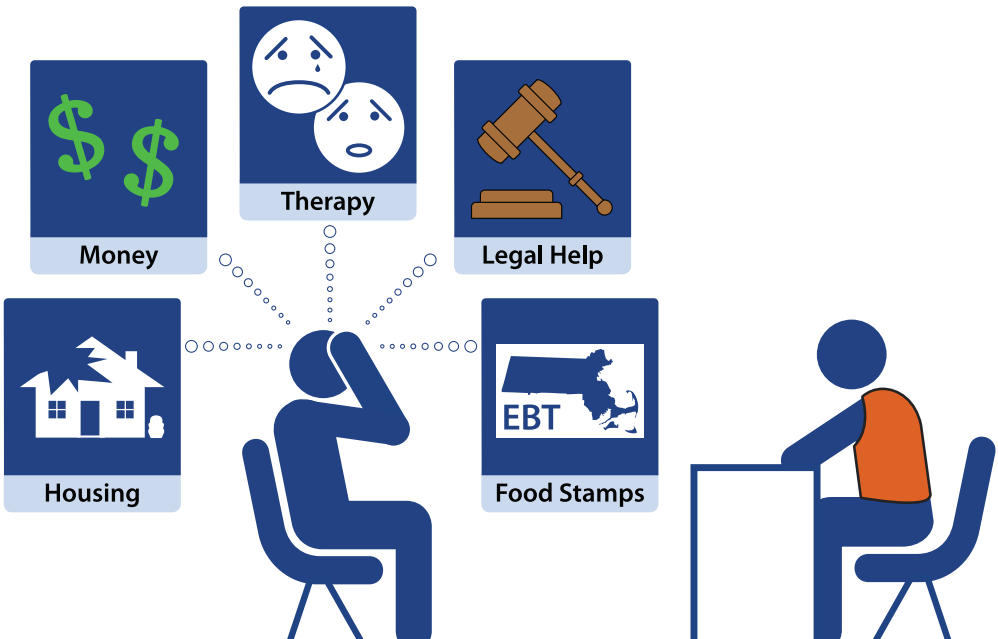
Okay

Sad

Nervous

Angry

Support



Religious Support

Christian

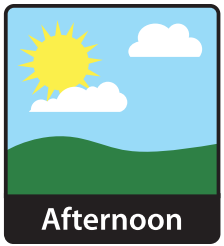
Jewish

Muslim

Time

1:00
Time

Time



Time

Month:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Notes

This project was developed by the Emergency Preparedness Bureau at the Massachusetts Department of Public Health, with funding from the Assistant Secretary for Preparedness and Response (ASPR) Hospital Preparedness Program and Centers for Disease Control and Prevention (CDC) Public Health Emergency Preparedness Program.

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North Carolina Council on Developmental Disabilities

Building Bridges to Community

ReadyNC.org

Plan. Prepare. Stay Informed.

N★C DPS

DEPARTMENT OF PUBLIC SAFETY

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