

Emergency Preparedness Tips For Persons with Medical Needs

Medications and Medical Supplies

- ✓ Always have at least a three-day supply of all your medications.
- ✓ Store your medications in one location in their original containers.
- ✓ Have a list of all your medications including: name of medication, dose, frequency, and the name of the prescribing doctor. This list will be helpful if the original containers get lost.
- ✓ Have an extra three-day supply of medical supplies you use, such as bandages, ostomy bags, and syringes.

Electrical Powered Medical Equipment

- ✓ Check with your medical supply company and get information regarding a back-up power source such as a battery or generator for electrical power beds, breathing equipment, or infusion pumps.
- ✓ Contact your local utility offices to see what their policies are regarding emergencies for those with medical needs.

Oxygen and Breathing Equipment

- ✓ If you use oxygen, have an emergency supply (enough to last at least three days).
- ✓ Oxygen tanks should be securely braced so they do not fall over. Call your medical supply company regarding bracing instructions.
- ✓ If you use breathing equipment, have a minimum three-day supply of tubing, solutions, medications, etc.

Intravenous (IV) and Feeding Tube Equipment

- ✓ Know if your infusion pump has battery backup and how long it would last in an emergency.
- ✓ Ask your home care provider about manual techniques in the case of a power outage.
- ✓ Have written operating instructions attached to all equipment.

Emergency Bag

- ✓ In the event you must leave your home, have a bag packed at all times. The bag should include:
 - ☐ A medication list.
 - ☐ Medical supplies and medications for at least three days.
 - ☐ Copies of vital medical papers such as insurance cards, power of attorney, etc.

People Who Can Help

- ✓ An important part of being prepared for a disaster is planning with family, friends, and neighbors. Know who could walk to your home to assist you if other means of transportation are unavailable.
- ✓ Discuss your disaster plans with your home healthcare provider.
- ✓ Ask your local fire department if they keep a list of people with special medical needs and what services are provided to those on the list. If they have a list, ask to be included on the list.
- ✓ A propane grill is handy for cooking if the electricity goes out. Get a spare propane tank.
- ✓ Keep contact information for those people who can be of help to you.