

EMERGENCY PREPAREDNESS TIPS FOR PERSONS WITH MEDICAL NEEDS

Medications

- 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.

Medical Supplies

- Have an extra three-day supply of medical supplies you use, such as bandages, ostomy bags or 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.

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 infusion techniques in the case of a power outage.
- Have written operating instructions attached to all equipment.

Emergency Bag

In the event you have to 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 health care 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.
- Keep contact information for those people who can be of help to you.

Use links to **FEMA** and **Prepare Now** for more information: