

MAKE A PLAN

- Pack an emergency bag including 3-5 days of food, water, and supplies. Store in a safe, easily accessible area in your home.
- Plan your evacuation route in advance and fill your gas tank up ahead of time. Not everywhere is wheelchair accessible - Keep a portable ramp in your car. Know the dimensions of your power chair in case you need emergency transport.
- Register with your local special needs registry. The special needs registry helps your city know who might need extra help during an emergency.
- Follow your local emergency preparedness channel. Sign up for your local emergency alerts through text or email to stay connected.
- Determine if you should shelter in place or evacuate. Identify a deadline to make this decision to avoid last-minute evacuation traffic. Choose a place to evacuate in advance and make note of what supplies will be available to you.

CONTACT

Talk to Your Doctor

Contact your medical team and make an emergency plan. Make sure your medications are up to date and fill your prescriptions in advance.

Get on the Power Priority List

Ask your power provider to put you on a list for priority power restoration.

DOCUMENTS

Medical Records

Back up medical records, insurance cards, and medicine dosages on a computer or phone. Print out a copy to have on hand as well.

Emergency Numbers

Save numbers for your medical team and local emergency services on your phone.



HURRICANE PREPAREDNESS GUIDE

TIPS FOR SHELTERING IN PLACE

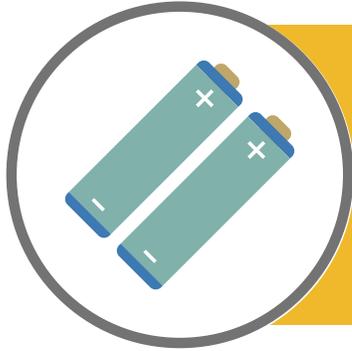


- Let your local fire department know if you are dependent on life-support devices and speak to them about using the station for any battery charging, if needed. Be aware of the battery-life of each device and charge extra batteries if needed.
- Know the location of emergency shelters & shelter requirements.
- Set your refrigerator on the lowest setting. Freeze water bottles for later use. Store enough water to use for cleaning equipment in case a boil water advisory is issued.
- Place flashlights & extra batteries in strategic areas throughout your house for easy access.
- Establish an emergency low-tech form of communication. Practice non-verbal signals beforehand such as blinks or eyebrow raises. Print and laminate a letter board to use in emergency situations.
- Have an emergency charging option for your phone and other mobile devices.
- Have cooling and heating methods readily available if you have impaired thermoregulation (battery powered fan/ blankets).
- If you are dependent upon a ventilator, ensure you have a generator in place.
- Ensure that you are able to manage or direct your own care. This includes being able to direct an untrained caregiver in the event of an emergency. Prepare written instructions in advance.
- Create specific care protocols & create multiple copies. Keep paper copies in a water safe container (zip lock bags) in your emergency go kit & digital copies on your phone / computer.



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EMERGENCY SUPPLY CHECKLIST



Batteries

Keep different sized batteries on hand. Charge an external battery for your cell phone.

Flashlight

Keep flashlights in main rooms of the house that are easy to access in case of a power outage.



Nutrition

Keep nutrition on hand that has long shelf lives. Store 3-5 days of food.

Water

Staying hydrated is important. Keep enough water to last for 3-5 days.

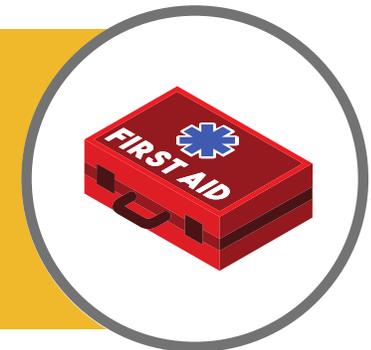


Medicine

Fill your prescriptions in advance and keep records of your dosage.

First Aid

Pack a first aid kit with extra medical supplies, bandages, and don't forget mosquito spray!



Cleaning

Pack disinfectant wipes, masks, gloves, sanitizer, and jugs of distilled water.

Documents

Keep important documents such as IDs and medical records stored in a secure area.





HURRICANE PREPAREDNESS GUIDE

PREPARE YOUR VEHICLE

During an emergency you may need to relocate fast! It's important to always make sure your car is ready should you need to evacuate.



VEHICLE CHECKLIST

- FULL TANK OF GAS
- JUMPER CABLES
- FLAT TIRE REPAIR KIT
- FLARES / REFLECTIVE TRIANGLE
- CAR ADAPTER AND CHARGING WIRES
- BLANKETS



Keep Your Car Maintained

Frequently check your tires for any leaks or flats. Keep maintenance up to date including oil changes and alignments.



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EMERGENCY TRACH BAG SUPPLY KIT

- Extra Trach Kits
- Trach Care Kits
- Sterile Gloves
- KY Gel
- Saline solution
- Distilled water
- Hand Sanitizer
- Suction Ballard
- _____
- Filter
- Vent Hose
- HME
- Swivel (if used)
- Extra Cannula
- Ambu Bag
- Syringe for cuff (optional)
- _____
- _____



Label Your Equipment

- Label all equipment with your name, address, and phone number.
- Attach simple and clear instruction cards to equipment and cover them with clear packing or mailing tape.
- Keep copies of instructions for each piece of equipment, along with serial and model numbers, in a waterproof container or in your emergency supply kits.