



## Patient Emergency Preparedness Plan

<b>Emergency Contact Information</b>	
<b>Phone</b>	<b>Address</b>
• Police	
• Fire	
• EMS: 911	
• Local Red Cross	
• Local Emergency Management Office	
• Physician	
• Pharmacy	
• Neighbor	
• Relatives	
• Radio or TV stations: Know which station will have emergency broadcast announcements and set a TV or radio to that station	

### **Make a list**

- Medications
- Medical information
- Allergies and sensitivities
- Copies of health insurance cards

### **Have on hand**

- A seven-day supply of essential medications<sup>1</sup>
- Cell phone
- Standard telephone (that does *not* need to be plugged into an electric outlet)
- Flashlights and extra batteries.
- Emergency food
- Assorted sizes of re-closeable plastic bags for storing, food, waste, etc.
- Small battery-operated radio and extra batteries

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<sup>1</sup> Consult with your physician and/or health plan to determine if you are able to obtain additional medication.



### **Evacuation Plans:**

- Know where the shelter is located that can meet your special needs
- Plan for alternate locations
- Plan for transportation to a shelter or other location.
- Have an emergency supply kit or “grab bag” prepared (Appendix A and Appendix B )
- Arrange for assistance if you are unable to evacuate by yourself

### **Shelter-in-Place**

- Maintain a supply of non-perishable foods for 3-5 days
- Maintain of bottled water; one gallon per person
- Be prepared to close, lock and board/seal windows and doors if necessary

### **Pets**

- Have a care plan for your pet
- Locate a shelter for your pet (hotel, local animal shelter etc.) Emergency shelters will not accept animals.
- Extra food and/or medications, leashes, carriers, bowls, ID tags etc.

## **Special Needs Considerations**

### **Speech or communication Issues**

- If you use a laptop computer for communication, consider getting a power converter that plugs into the cigarette lighter

### **Hearing Issues**

- Have a pre-printed copy of key phrase messages handy, such as “I use American Sign Language (ASL),” “I do not write or read English well, “If you make announcements, I will need to have them written simply or signed”
- Consider getting a weather radio, with a visual/text display that warns of weather emergencies

### **Vision Issues**

- Mark your disaster supplies with fluorescent tape, large print, or Braille
- Have high-powered flashlights with wide beams and extra batteries
- Place security lights in each room to light paths of travel.

### **Assistive Device Users**

- Label equipment with simple instruction cards on how to operate it (for example, how to “free wheel” or “disengage the gears” of your power wheelchair) Attach the cards to your equipment.
- If you use a cane, keep extras in strategic, consistent and secured locations at. to help you maneuver around obstacles and hazards.
- Keep a spare cane in your emergency kit.
- Know what your options are if you are not able to evacuate with your assistive device.



## Emergency Preparedness Resources

The National Organization on Disabilities Emergency Preparedness Initiative:  
<http://www.nod.org/emergency/index.cfm>

Emergency Preparedness for People with Disabilities:  
[http://www.ilrcsf.org/Publications/prepared/pdf/Emergency\\_Preparedness.pdf](http://www.ilrcsf.org/Publications/prepared/pdf/Emergency_Preparedness.pdf)

Emergency Evacuation Preparedness: Taking Responsibility for Your Safety--A Guide For People with Disabilities and Other Activity Limitations By June Isaacson Kailes, Disability Policy Consultant:  
<http://www.cdihp.org/evacuationpdf.htm>

FEMA—Federal Emergency Management Agency: Individuals With Special Needs  
<http://www.fema.gov/plan/prepare/specialplans.shtm>

Disability Preparedness Center  
<http://www.disabilitypreparedness.gov/>

Disability Preparedness DHS  
<http://www.disabilitypreparedness.gov/>

The Centers for Disease Control and Prevention: Emergency Preparedness  
<http://emergency.cdc.gov/>

The Red Cross: [http://www.redcross.org/services/0,1103,0\\_313\\_,00.htm](http://www.redcross.org/services/0,1103,0_313_,00.htm)

Food and Drug Administration: State Health Departments <http://www.fda.gov/oca/sthealth.htm>

Ready.gov  
<http://www.ready.gov/>

Local web sites: