Here are some simple things that you can do in preparation of, and following a disaster. Please review your emergency plan as soon as possible. This advanced planning will assist you if a disaster were to happen.

- **MEDICAL CARE**
  - Identify the closest emergency room or clinic to your home.
  - If you are able – continue to use your home telehealth device.
  - Make sure you have at least a week’s worth of oxygen.
  - Make sure you have at least a week’s worth of medication.
  - Keep your medication list current.
  - Keep insulin in a small cooler on ice/freezer block.

- **FIRST AID KIT**
  - Your first aid kit should contain: bandages, gauze pads and rolls, antibiotic ointment, tape, scissors, gloves, tweezers, rubbing alcohol, needle, moistened towelettes, antiseptic, soap/hand sanitizer, and a thermometer.
  - Over-the-counter medications and face masks.
  - Sunscreen

- **LOSS OF POWER PREPARATION**
  - Consider purchasing a generator to operate any electrical life-saving devices.
  - Keep your generator outside, preferably well away from buildings.
  - Keep an adequate fuel supply for your generator.
  - Know how to manually operate equipment if possible.
  - Specialty mattresses go flat without power use a foam or air mattress as back up.
  - Do NOT use your gas oven, camp stove, camp heater, or barbecue to heat your home. **This can be deadly.**
  - Have extra blankets on hand. Layer your clothes to stay warm.
  - Keep plenty of firewood available for your fireplace/wood burning stove.
  - Consider purchasing a carbon monoxide detector in addition to smoke/fire alarms for your home.
  - Have battery operated radio, flashlights and extra batteries on hand.
  - Consider buying a type of flashlight that charges battery by plugging into electrical outlet and in event of power failure, a light comes on for easy location.
  - Candles can be helpful, remember they can be a fire hazard!

- **CELL PHONE SERVICE**
  - Consider keeping a land phone line.
  - Keep an extra back-up power source for your cell phone.
FAMILY DISASTER PLAN
- Create a family disaster plan (including caregivers) and practice it.
- Have an emergency number outside your area code to contact that all family knows.
- Identify a location your family will meet if you need to evacuate.

WATER / SEWAGE ISSUES
- Store three-day supply of water (1 gallon per person per day).
- Be aware of "stored" water sources such as water heaters, ice cube trays.
- Consider filling bathtub if the weather is bad and your home’s water supply may be affected.
- If water supplies fail, boil any water used for food preparation or drink.
- Use trash bags in toilets to contain waste products in the event of sewer problems.

FOOD SUPPLY AND STORAGE
- Keep a three-day supply of canned foods on hand (with a manual can opener).
- Keep doors to refrigerators and freezers closed.
- Foods may keep in refrigerator/freezer for 48-72 hours depending on the seal if left unopened.

EVACUATION
- If told to evacuate, leave immediately. Take your pets with you. Keep an adequate fuel supply in your vehicle - at least 1/2 tank.
- Create a kit including a change of clothes, a sleeping bag or bed roll, medications, radio, extra batteries, money and any “special” items (i.e. baby formula, pet food).
- Make sure you have important documentation – saved to a hard drive, the cloud, or in hard copy form (insurance. mortgage, health documents, Will, trust, etc)

SHELTER-IN-PLACE
- “Shelter-in-place” means to remain in your home/office for your protection.
- Tune to local radio for information and specific instructions.
- Use your disaster supply kit to meet your needs.

RESTORATION OF ELECTRICAL AND/OR TELEPHONE SERVICE
- Contact your utility services and let them know if you are on oxygen or have a medical condition that requires your service to be restored quickly.
- You may need to have forms filled out by your physician – do this ASAP.
☐ **PET CARE**
  - Place a sticker on your front door indicating that you have pets.
  - Have a week's worth of pet food and supplies.
  - Take your pets with you if you evacuate.

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**EMERGENCY PHONE NUMBERS:**
- After Hours Nurse Line: 1-866-369-8020
- Oxygen Supplier: ________________________________
- Pharmacy: ________________________________
- Nearest VA Medical Center: ________________________________
- Nearest Shelter: ________________________________
- Emergency Family Contact: ________________________________

In the event of a disaster, your home telehealth care coordinator will NOT be monitoring your device. Depending on services available, you be contacted by another care coordinator from a different location.

If you have a medical emergency - call 911 (keep trying if line busy).

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Fill out and cut along the dotted line – Please put this information on your refrigerator or somewhere easily located in case of an emergency.