

# Patient Emergency Preparedness Plan

| Emergency Contact Information  |         |
|--|---------|
| Phone  | Address |
| • Police   |         |
| • Fire   |         |
| • EMS  |         |
| • Local Red Cross  |         |
| • Local Emergency Management Office  |         |
| • Physician  |         |
| • Pharmacy   |         |
| • Neighbor   |         |
| • Relatives  |         |
| • Radio or TV stations: Know which stations 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
- Cell phone
- Standard telephone (that does *not* need to be plugged into an electrical 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
- Assemble a first aid kit (Appendix A)

## 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 a “grab bag” prepared (Appendix B)
- Arrange for assistance if you are unable to evacuate by yourself

If you have any questions or concerns, please call Cook Children’s Home Health at (800) 747-8242.  
A nurse is available 24 hours a day.

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## Shelter-in-Place

- Maintain a supply of non-perishable foods for seven days
- Maintain a supply of bottled water; one gallon per person
- Be prepared to close, lock and board/seal windows and doors if necessary
- Have an emergency supply kit prepared (Appendix C)

## 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 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

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