

Planning & Preparing for Emergencies

Emergencies can happen at a moment's notice. Protecting yourself and your family when disaster strikes requires planning ahead. TPN and Tube Feeding consumers may require special planning in advance of an emergency to ensure unique needs are met in the event of disaster.

Emergency Checklist:

- Make a plan for your home, your vehicle, and your business
- Create an emergency contact list
- Contact your utility companies with a letter from your doctor that informs them that power is life supporting
- Create a plan that includes what to prepare, how to contact loved ones, what to do during different types of disasters and how to manage for your special medical needs.
- Make an emergency supply kit

Additionally, a family plan should address the following:

- Escape routes
- Evacuation plans
- Family communications
- Utility shut-off and safety
- Insurance and vital records
- Special needs
- Medication and supply inventory, storage and refrigeration (if needed)
- Care for pets: Information for pet owners

Create a health information card that includes:

- Address and phone number
- Emergency contact's address and phone number
- Doctor's name and phone number
- Blood type
- Allergies
- Special equipment needs
- Difficulties with movement, communication, hearing, eyesight or thinking
- Disabilities or conditions you have
- Pharmacy names and phone numbers
- Medications, including the dose, reason for taking, and the name and phone number of the doctor who gave you the medicine.

Resources:

- www.fema.gov/plan
- www.redcross.org > Preparing and Getting Trained
- www.ready.gov

