



Developed by a group of health care professions through a grant from the American Red Cross Northern California Disaster Preparedness Network

Disaster Tips for People With Medical Needs

In preparing for a disaster, such as an earthquake, storm, or power outage, people with special medical needs have extra concerns. This information will help you and your family prepare for a disaster.

Medications

- Always have at least a three-day supply of all of your medications.
- Store your medications in one location in their original containers.
- Have a list of all of your medications: name of medication, dose, frequency, and the name of the prescribing doctor.

Medical Supplies

- If you use medical supplies such as bandages, ostomy bags, or syringes, have an extra three-day supply available at all times.

Electrically Powered Medical Equipment

- For all medical equipment requiring electrical power — beds, breathing equipment, or infusion pumps — check with your medical supply company and get information regarding a back up power source, such as a battery or generator.

Oxygen and Breathing Equipment

- If you use oxygen, have an emergency supply (enough for at least a three day period).
- Oxygen tanks should be securely braced so they do not fall over. Call your medical supply company regarding bracing instructions.
- If you use breathing equipment, have a three-day supply or more of tubing, solutions, medications, etc.

Intravenous (IV) and Feeding Tube Equipment

- Know if your infusion pump has battery back up, and how long it would last in an emergency.
- Ask your home care provider about manual infusion techniques in case of a power outage.
- Have written operating instructions attached to all equipment.

Emergency Bag

- Have a bag packed at all times in the event you need to leave your home.
- A medication list.
- Medical supplies for at least three days.
- Copies of vital medical papers such as insurance cards, Power of Attorney, etc.

People Who Can Help

- An important part of being prepared for a disaster is planning with family, friends, and neighbors. Know who could walk to your home to assist you if other means of transportation are unavailable.
- Discuss your disaster plans with your home healthcare provider.
- Ask your local fire department if they keep a list of people with special medical needs.
- Keep a list handy of people and their phone numbers who can help.

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MILITARY
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