



# My Emergency Preparedness Guide



*A guide for home care patients and their families*

## EVERYONE SHOULD HAVE A PLAN

As a home care patient – or a family member caring for a loved one at home – planning is important because you have to make sure you and your family members have the supplies you need to stay healthy and safe in times of emergency.

You must have the supplies, tools and plans in place to make it on your own, at least for a period of time, no matter where you are when disaster strikes.

### Who to Call

Keep your home care agency's number close by the phone in case you need assistance. And if you are having a true emergency, call 9-1-1.

## GENERAL PREPAREDNESS CHECKLIST

### Create an emergency kit for your home and vehicle

- Have enough food, water, medicine and medical supplies to last 3 to 5 days without aid from others. Store your supplies in a waterproof container that is easy for you to open. Include things like can opener and eating utensils.
- Have extra incontinence briefs for adults (if needed).
- Label all your equipment and supplies with your name and phone number.
- For those on oxygen, have backup oxygen cylinders in case of power outage. Call your home care agency when you lose power and start using backup oxygen, to allow time for the DME company to provide more when needed.
- Have a charged cell phone, battery powered radio, and flashlight with fresh batteries.
- Have a list of important contacts and numbers (i.e., your physician, your family members, your neighbors, etc.) to take with you wherever you go.
- Keep a current list of the medications you are taking, pharmacy number, physician name and phone numbers and phone number of emergency contact.
- Keep important documents, both personal and financial, in a waterproof portable container. This should include your MOLST (Medical Orders for Life-Sustaining Treatment) form and/or advance directives.
- Make a communication plan with family and friends in case you are separated. Have a family contact who lives outside of your area.
- Keep food, water and medicines on hand for pets and make plans to ensure their safe shelter and care.

### Prepare ahead of time

- During storms and outages, stay aware of alerts, warnings and local emergency services. Know the emergency plan for your area including evacuation routes, shelters and emergency numbers.
- If you require electric powered medical equipment and/or oxygen notify your power company before an emergency and let them know you are at high risk during power outages.
- Keep your car full of fuel with directions to the nearest shelter or evacuation route.
- If you need to evacuate – call your home care provider/agency right away. Inform the agency of your evacuation plan/shelter site. Bring your Medicare, Medicaid, and/or insurance card.

## Emergency Supply Kit

Keep these items on hand in your Emergency Supply Kit:



**Water** – one gallon of water per person per day for at least three days



**Food** – at least a three-day supply of nonperishable food



**Battery Powered Radio** – and extra batteries



**Flashlight** – and extra batteries



**First Aid Kit** – be sure to check expiration dates of the contents and keep them up to date



**Whistle** – to signal for help



**Dust Mask** – or cotton T-shirt, to help filter contaminated air



**Plastic Sheeting and Duct Tape** – to shelter-in-place



**Wrench or Pliers** – to turn off utilities when necessary



**Can Opener** – to open canned food



**Infant Formula and Diapers** – if you have an infant



**Local Maps**– including a map of your area and a map for where you plan to go if you are evacuated

## Special Needs

Many people with special needs and disabilities have additional challenges preparing for and coping with emergencies. Meet with family, friends and neighbors to discuss your needs during an emergency, and make sure to plan ahead for the support you will need.

If you are living at home and have special needs, be sure to register with your county emergency management agency, local fire department and utility company.

## For More Information & Resources

For more information and resources, you can visit these websites.

<http://preparedness.dhmh.maryland.gov> and [www.facebook.com/MarylandOPR](http://www.facebook.com/MarylandOPR)

[www.mema.maryland.gov](http://www.mema.maryland.gov)

[www.mncha.org/emergency-preparedness](http://www.mncha.org/emergency-preparedness)



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WRITE THE NAME AND PHONE NUMBER OF YOUR HOME CARE COMPANY IN THIS BOX.