



How to Prepare for People with Medical Needs

In a Disaster, people with special medical needs have extra concerns.

Medications

Always have at least a three-day supply of all 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

Have an extra three-day supply of any medical supplies you use, such as bandages, ostomy bags, or syringes.

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.

Emergency bag

In the event that you have to leave your home, have a bag packed at all times that contains:

- 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 health care provider.

Ask your local fire department if they keep a list of people with special medical needs; ask to be included if they do maintain a list.

Keep a list handy of people who can help and their phone numbers.



**WASHINGTON
MILITARY
DEPARTMENT**

Emergency Management Division
Camp Murray, WA 98430-5122

Web site: www.emd.wa.gov
253-512-7000; (800) 562-6108



Washington State Department of
Health
PO Box 47890
Olympia, WA 98504-7890

Web site: www.doh.wa.gov
360-236-4027; (800) 525-0127



Seattle Office of
Emergency Management

2320 4th Ave
Seattle, WA 98121-1718
206-233-5076
206-684-5998 (fax)