



EMERGENCY KIT FOR VULNERABLE POPULATIONS

PLAN TO COVER YOUR DAILY NEEDS AND MAKE IT ON YOUR OWN FOR 7 DAYS

It is possible you might not have access to a medical facility or even a drugstore.

RECOMMENDED KITS

- **Home Kit:** Everything you will need to make it on your own at **home** for 7 days. www.ready.gov
- The "Go-Kit" (if you must evacuate), should be a smaller, lightweight version of the home kit.

In addition, consider keeping some basic supplies in your **car** or at **work**. Individuals in need of getting out of bed might want to have also a **bedside kit** <https://adata.org/factsheet/bedside-checklist>

BABIES • Formula, baby food, baby bottles, pacifier • Diapers, wipes, diaper rash cream, medications • Extra change of clothes, stroller, toy, blanket	PEOPLE WHO ARE DEAF OR HARD OF HEARING • Weather radio with text display and flashing alert • Extra hearing batteries, cell charger, extra battery • Pen and paper • Printed cards, cell phone apps
CHILDREN • Complete set of clothing and sturdy shoes • Favorite toy, charger, extra batteries • Favorite snack and drink (low sugar)	PEOPLE WHO ARE BLIND OR HAVE LOW VISION • Braille or deaf blind communication device • Braille label maker • Handheld magnifier, extra pair of glasses • Cell phone, charger, extra battery
PEOPLE WITH MOBILITY DISABILITY AND/OR TRANSPORTATION NEEDS • Lightweight manual wheelchair • Pair of heavy gloves (ride over glass, debris) • Extra cane or walker (if you use one) • Charger or extra battery for a motorized wheelchair, repair kit • Extra cushion for comfort • Cell phone, charger, extra battery	PEOPLE WITH SPEECH OR LANGUAGE DISABILITY AND/OR LIMITED ENGLISH PROFICIENCY • Printed cards with images and phrases • Cell phone, cell phone apps • Chargers, batteries for speech devices • Noise-cancelling headphones and sunglasses <u>Individuals with limited English proficiency:</u> • Translator phone apps
PEOPLE WITH POWERED MEDICAL DEVICES • Fully charged backup batteries for devices • Car adapter, charger • Power surge protector power strip • Medical device model, serial number, vendor information • Instructions manual for medical equipment • Cel phone, charger, extra battery • Alternate manual equipment - if the powered medical device is not available or damaged	PEOPLE WITH DIABETES OR IN DIALYSIS • Diabetic patients – a week's worth of supplies • People who rely on <u>automated peritoneal dialysis (APD) machine</u>, they can perform manual exchanges until power is restored. • If home dialysis machine – following your provider instructions, you might be able to do manual exchange. Home dialysis supplies. • Patients with <u>in-center hemodialysis</u>, <u>home hemodialysis (HHD)</u> consult with your physician about an emergency diet. • Food supplies for emergency diet

CHRONICALLY UNHOUSED INDIVIDUALS • Cell phone fully charged, charger, extra battery • Local emergency guide with information on open shelters & Coalition for the Homeless resources • Battery-powered or hand crank radio • Flashlight with batteries • Whistle (to signal for help)	PEOPLE DEPENDING ON VENTILATORS • Resuscitation bag as a manual backup • External batteries – properly charged & maintained • Advanced directives: DNR, power of attorney • <i>Emergency health information card</i> EXERCISE CAUTION: Portable power stations and generators used safely can be great alternative solutions. <i>For more preparedness tips, visit www.lung.org</i>
PEOPLE WITH ALZHEIMER’S OR DEMENTIA • Blanket, pillow, comfort item, favorite item • Incontinence undergarments, diapers, wipes, lotions, trash bags • Easy on/off sets of clothes and Velcro shoes • Extra pair of glasses (if needed) • Recent picture of the person • ID bracelet, clothing tags, medications • Legal documents – power of attorney • Cup with straw or sippy cup <u>Heart conditions:</u> • Advanced directives (DNR) • Medications	PEOPLE DEPENDING ON SUPPLEMENTAL OXYGEN AND PEOPLE WITH ASTHMA • Extra battery for oxygen concentrator • Manually operated stand-alone oxygen (O2) tank • Back-up oxygen tank regulator • O2 cylinder system cart • Pliers or wrench, working gloves • Extra nasal oxygen canula and mask • Portable oximeter and extra batteries <u>People with Asthma</u> • Medications – a back-up inhaler • Smaller machines such as nebulizers, CPAC or BiPAP • Car adapter or backup batteries • Cell phone and charger, battery • Distilled water if you need to use a humidifier too.

EMERGENCY HEALTH INFORMATION CARD

This card tells rescuers what they need to know if they find you unconscious or incoherent. **Update the card every six months and keep copies in your emergency supply kits, purse, wallet, or your cell phone.** Give copies to a trusted out-of-state contact or trusted emergency contacts.

- Information on your medical provider, pharmacy and dose of medications.
- Allergies and sensitivities
- Relevant Medical history
- Communication preferences
- Advanced directives (DNR) “Do not resuscitate”
- Emergency contacts. Properly updated
- **If you have a medical device:** Medical device model and serial number, vendor contact.
- *Also keep handy your Medicaid, Medicare, insurance card information. Benefits card.*