

Emergency Checklist

The more you plan ahead, the better you'll feel. This checklist will help you prepare so you can feel safe and in control should an actual emergency occur.

Medical Emergencies

Clear home of tripping hazards

- | | |
|---|--|
| <input type="checkbox"/> Brighten dimly lit areas | <input type="checkbox"/> Fix uneven floor surfaces |
| <input type="checkbox"/> Cover exposed electrical cords | <input type="checkbox"/> Secure loose rugs |
| <input type="checkbox"/> Declutter walkways | <input type="checkbox"/> Secure unstable furniture |

Make medical information accessible

- | | |
|---|--|
| <input type="checkbox"/> Allergies | <input type="checkbox"/> Physician information |
| <input type="checkbox"/> Insurance | <input type="checkbox"/> Post important contact information near telephone |
| <input type="checkbox"/> Medical history | <input type="checkbox"/> Prescription and pharmacy information |
| <input type="checkbox"/> Medical ID bracelet or card | <input type="checkbox"/> Save important contact information in your cell phone |
| <input type="checkbox"/> Mobile app/online patient portal login information | <input type="checkbox"/> Other: _____ |

Discuss the following with your spouse, family members and/or caregivers

- | |
|--|
| <input type="checkbox"/> EMS protocol (signs of serious medical emergency vs. non-emergency situation) |
| <input type="checkbox"/> Fall safety and prevention |
| <input type="checkbox"/> Signs of heart attack and stroke |
| <input type="checkbox"/> Other: _____ |

Notes: _____

Disaster Emergencies

Research which natural disasters could occur in your area and how to prepare for each. Check reputable sources like FEMA.gov, RedCross.org and local government websites.

- Check disaster assistance for elderly/disabled persons, if applicable, on local government website
- Assemble and discuss preparedness plans with family and friends
- Learn community evacuation routes
- Learn the types and locations of community shelters

Create an emergency kit

- Assistive devices (cane, rollator, etc.)
- First aid kit
- Battery-powered radio, flashlight and plenty of extra batteries
- Hearing aids and extra batteries
- Blankets or sleeping bags
- Medical device information (model number, vendor, etc.)
- Cell phone with charger
- Medical supplies (syringes, oxygen tank, extra batteries, etc.)
- Change of clothing, rain gear and sturdy shoes
- Minimum of a week's supply of medication(s)
- Cooler and ice packs if medications require refrigeration
- Non-electric can opener
- Copy of important phone numbers
- Non-perishable food
- Copy of up-to-date medical information
- Water (one gallon per person, per day; replace every six months)
- Extra pair of glasses
- Whistle

Inclement weather safety precautions

- Create and practice fire evacuation route
- Service HVAC unit
- De-ice walkways
- Install smoke detectors on every level of home; test them regularly
- Install fire extinguisher in kitchen
- Keep a whistle in each bedroom to awaken household in case of fire
- Install hurricane shutters
- Learn how to operate power generator safely
- Install power generator
- Learn how to turn off water, gas and electricity at main switches when necessary