



 **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



What to do to
**Make it
Through**

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.