

EMERGENCY PREPAREDNESS



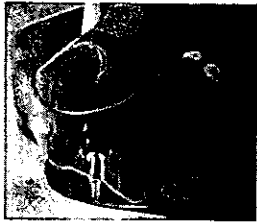
ALLSTAR HEALTHCARE, INC EMERGENCY SURVIVAL TIPS



KnowWhat2Do
Think.Prepare.Act.

Think, Prepare, Act

What to Do



Make a List

- Medications
- Medical information
- Allergies and sensitivities
- Copies of health insurance
- Emergency Contact Information (see attached)




Have on hand

- A seven-day supply of essential medications.
- Cell phone.
- Standard telephone (that does **not** need to be plugged into an electric outlet).
- Flashlights and extra batteries.
- Emergency food.
- Assorted sizes or re-closeable plastic bags for storing, food, waste, etc.
- Small battery-operated radio and extra batteries.
- Consult with your physician and/or health plan to determine if you are able to obtain additional medication.

Think.
Prepare.
Act. 

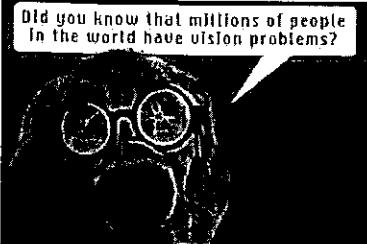


Evacuation Plans:

- Know where the shelter is located that can meet your special needs.
- Plan for alternate locations.
- Plan for transportation to a shelter or other location.
- Have an emergency supply kit or "grab bag" prepared (Appendix A and B.) Arrange for assistance if you are unable to evacuate by yourself.
- Keep full tank if gas if evacuation is a possibility.
- Listen to Radio/TV for evacuation instructions.
- Leave early enough not to be trapped by severe weather-Gather disaster supplies, if time permits.
- Don't take short-cuts; stay away from downed power lines.

Think, Prepare, Act	What to Do
	<p>Shelter-in-Place</p> <ul style="list-style-type: none"> • Maintain a supply of non-perishable foods for 3-5 days • Don't forget a can-opener • Maintain a bottled water; one gallon per person • Be prepared to close, lock, and board/seal windows and doors if necessary
<p>Pets</p> 	<ul style="list-style-type: none"> • Have a care plan for your pet • Locate a shelter for your pet (hotel, local animal shelter etc.) Emergency shelters may not accept animals (that are not service animals). • Extra food and/or medications, leashes, carriers, bowls, • ID tags
<p>Speech or communication Issues</p>	<ul style="list-style-type: none"> • If you use a laptop computer for communication, consider getting a power converter that plugs to the cigarette lighter
<p>Hearing Issues</p> 	<ul style="list-style-type: none"> • Have a pre-printed copy of key phrase messages handy, such as "I use American Sign Language (ASL)," "I do not write or read English well, "If you make announcements, I will need to have them written simply or signed" • Consider getting a weather radio, with a visual/text display that warns of weather emergencies

Adapted from:

www.knowwhat2do.com/ The KnoWhat2Do Web site, developed through the collaboration of our North Central Texas regional governments, will teach you how to *Think, Prepare* and *Act*

Think, Prepare, Act	What to Do
<p>Vision Issues</p>  <p>Did you know that millions of people in the world have vision problems?</p>	<ul style="list-style-type: none">• Mark your disaster supplies with fluorescent tape, large print, or Braille• Have high-powered flashlights with wide beams and extra batteries Place security lights in each room to light paths of travel.
<p>Assistive Device Users</p> 	<ul style="list-style-type: none">• Label equipment with simple instruction card on how to operate it (for example, how to “free wheel” or “disengage the gears” of your power wheelchair) Attach the card to your equipment• If you use a cane, keep extras in strategic, consistent and secured locations to help you maneuver around obstacles and hazards.• Keep a spare cane in your emergency kit• Know what your options are if you are not able to evacuate with your assistive device
<p>Utilities</p> 	<ul style="list-style-type: none">• Know how to shut off water at the main house water valve.• Know how to shut off electricity and natural gas (Gas can only be turned on by a qualified professional)

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