Steps To Ensure Your Safety during a Disaster or Emergency

- Make a list of family, friends and others who will be part of your plan
- Talk to them before an emergency strikes and ask them to be a part of your support network
- Plan how you will contact each other
- Make sure someone on the list has an extra key to your house
- If you use a wheelchair, oxygen or other medical equipment show your support network how to use them
- If you use home healthcare or undergo treatment at a clinic or hospital, talk to them about their emergency plans and work with them to identify a back-up plan
- Be prepared if there is a power outage
- Have an emergency kit
 - Have the basics like food (that won't spoil) and water that will last for three days
 - o Include medications you will need for at least one week
 - o Keep a list of medications and how many times you take it a day
 - o Copy of you medical insurance Medicare and Medicaid cards
 - o Pet supplies if you have one
 - o Wear medical tags or bracelets if you have a medical condition that
 - Include emergency numbers such as American Red Cross, National Weather Service, your electric services provider as well as healthcare providers