

Disaster Preparedness Key Points

Know your risk. Your actions now could make a big difference in your health and safety during a disaster. Life in the Northwest includes risk of ice and windstorms, flooding, power outages, and earthquakes. What do you need to survive during the first week of a disaster?

Know your limits. Good Shepherd Home Medical Equipment is ready for emergencies. We expect to be able to contact you and provide service during disasters. But there are no guarantees. If major roadways are blocked or if telephones fail, there could be delays or interruptions in service. During or after a disaster, if you cannot reach Good Shepherd Home Medical Equipment, please go to the nearest Hospital or other emergency health care center before your medications or supplies run out.

Plan for an emergency. Please read the following guidelines and checklist. Please also read our "Basic Safety Handout". It reviews ways to prevent many personal and household disasters. These include accidents with fire, oxygen, falls, infection, medication, etc.

Key Actions

1. Create a basic plan. Start with this guideline.

- a. Discuss which disasters may happen in your area, such as ice storms or flooding.
- b. Teach family and caregivers what to do during an emergency. Include:
 1. Where to "Drop, Cover and Hold" on during an earthquake.
 2. How to exit the house during a fire.
 3. Where to locate your emergency and evacuation supplies.
 4. How to turn off utilities, if needed.
 5. Do not use outdoor heating or cooking equipment in the house or garage.
- c. If you have a generator, have it installed by a licensed electrician.
- d. Learn more about emergency preparedness. Here are 3 ways:
 1. Call the Red Cross: 503-284-1234 to order "Before Disaster Strikes" booklet.
 2. Visit the Red Cross website at www.redcross.org.
 3. Visit the Federal Emergency Management Agency website at www.fema.org.

2. Gather Supplies

- a. Prepare a disaster supply kit. Start with a checklist on the next page
- b. Keep the gas tank of your car or truck at least half-full, especially in winter.

3. Communication

- a. Discuss amounts of medical supplies needed with your healthcare provider.
- b. Choose an out-of-state family contact in case local lines go down.
- c. If you live alone, arrange for someone to routinely call and check on you.
- d. Make a list of all emergency telephone numbers (see example) and post in a convenient place.
- e. During a disaster, listen to a local radio station for further advice.

 GOOD SHEPHERD <small>HEALTH CARE SYSTEM</small>	HOME MEDICAL EQUIPMENT 435 NW 11 TH ST. HERMISTON, OR 97838 PH. 541-667-3477 FX. 541-667-3476
---	--

Key Emergency Names and Telephone Numbers

Fire, Police or Medical Emergency911

Your Utility Companies:

Electric: _____

Poison Control800-222-1222

Natural Gas: _____

Family Contacts:

Emergency Gas Number: (800) 882-3377

Telephone: _____

Other: _____

Key Supplies

- ☐ **Battery powered radio with extra batteries**
- ☐ **Flashlights with extra batteries. (Avoid candles. Candles can start fires.)**
- ☐ **Water. Plan on 1 gallon per person per day. Don't forget pets.**
- ☐ **Food: store ready-to-eat foods. Add special diets, baby and pet food as needed.**
- ☐ **Can opener (non-electric)**
- ☐ **First Aid Kit.**
- ☐ **Medical Supplies, as advised by your health care provider.**
- ☐ **Eyeglasses, contact lenses, hearing aides, and other equipment, if needed.**
- ☐ **Small bottles of over-the-counter medications, such as pain relievers, antacids, and antibiotic ointments.**
- ☐ **Prescription medications: 7 days or as advised by your health care provider.**
- ☐ **List of medical information. Include name/telephone numbers of physicians, medications, medical equipment (make, model and serial number).**
- ☐ **Hygiene supplies, such as feminine/baby supplies, toilet paper, and soap.**
- ☐ **Proper identification. Important personal papers that cannot be replaced.**
- ☐ **Money, credit cards, checks.**
- ☐ **Sturdy shoes. Warm Clothing.**