



### PLAN, PREPARE AND BE AWARE:

Hurricanes are powerful and unpredictable storms that can cause significant damage to property and pose a serious threat to personal safety. It's crucial to stay informed about potential storms by monitoring weather forecasts and paying attention to official warnings issued by local authorities. It's also essential to have an emergency plan in place that includes evacuation procedures, necessary supplies, and communication methods. By taking these steps, you can help keep yourself and your loved ones safe during a hurricane.

### CHECKLIST

#### ADDITIONAL ITEMS:

- Several days' supply of prescription medicines
- A list of all medications, dosage, and any allergies
- Extra eyeglasses, contacts, hearing aids, and batteries
- A backup supply of oxygen
- Contact information for doctors, relatives or friends who should be notified if you are hurt

#### FOR SERVICE ANIMALS:

- Include food
- Water
- Identification tags
- Supplies
- Cash or travelers' checks
- If you have a service animal
- Include food
- Water
- Identification tags
- Supplies

#### Access and Functional Needs:

- Create a support network
- Know where emergency supplies are kept
- Give someone a key to your house or apartment
- Plan ahead for accessible transportation
- Evacuate or get to a medical clinic
- Locate a facility for emergency care
- Prepare medical equipment in a power outage

- Wear medical alert tags or bracelets
- Prepare for communications disability
- Plan how to evacuate with assistive devices
- A list of the style and serial number of medical devices
- Note provider information
- Medicaid, Medicare or private insurance.

<https://www.fema.gov/press-release/20210318/hurricane-preparedness-persons-disabilities-and-access-and-functional-needs>

### GUIDE

#### TIPS FOR MEDICATIONS:

- Talk to your doctor or pharmacist about how you can create an emergency supply of medicines.
- Keep a list of your prescription medicines. Include information about your diagnosis, dosage, frequency, medical supply needs and allergies.
- Store extra nonprescription drugs, like pain and fever relievers, antihistamines and antidiarrheal medicines.
- Have a cooler and chemical ice packs available to chill medicines that need to be refrigerated.

#### TIPS FOR PEOPLE WHO ARE DEAF OR HARD OF HEARING

- A weather radio with a text display
- Extra batteries
- Extra hearing-aid batteries
- A TTY device
- Pen and paper for sign language





## **TIPS FOR PEOPLE WHO ARE BLIND OR HAVE LOW VISION:**

- Mark supplies with Braille labels or large print
- Keep emergency supplies list on a flash drive
- Make an audio file
- Keep an accessible safe

## **TIPS FOR PEOPLE WITH SPEECH DISABILITY:**

- If you use an augmentative communications device or other assistive technologies plan how you will evacuate with the devices or how you will replace equipment if it is lost or destroyed. Keep model information and note where the equipment came from (Medicaid, Medicare, private insurance, etc.).
- Plan how you will communicate with others if your equipment is not working, including laminated cards with phrases and/or pictogram.

## **INDIVIDUALS WITH INTELLECTUAL OR DEVELOPMENTAL DISABILITIES:**

- Keep handheld electronic devices charged and loaded with videos and activities.
- Purchase spare chargers for electronic devices and keep them charged.
- Include sheets and twine or a small pop-up tent (to decrease visual stimulation in a busy room or to provide instant privacy).
- Consider a pair of noise-canceling headphones to decrease auditory stimuli.
- Have comfort snacks available.

## **TIPS FOR PEOPLE WITH A MOBILITY DISABILITY:**

- Use a lightweight manual chair
- Show someone how to operate your wheelchair
- Know the size and weight of your wheelchair
- Know if it is collapsible
- Keep an extra cane or walker
- Seat cushion to protect your skin or maintain your balance

## **TIPS FOR INDIVIDUALS WITH ALZHEIMER'S AND RELATED DEMENTIA:**

- Do not leave the person alone. Even those who aren't prone to wandering away may do so in unfamiliar environments or situations.
- If evacuating, help manage the change in environment by bringing a pillow and blanket or other comforting items they can hold onto.
- When at a shelter, try to stay away from exits and choose a quiet corner.
- If there is an episode of agitation, respond to the emotions being expressed. For example, say "You're frightened and want to go home. It's ok. I'm right here with you."

