

# Are you prepared for an emergency?

A checklist for you and your loved ones.

*Whether you're preparing for yourself, your family, or an elderly friend or relative, having a plan ahead of time will make it much easier to manage a crisis.*

*Keep these documents in hard copy in a zippered bag, and if possible keep digital copies on a zip drive or cloud storage. Keep the hard copies in a small, accessible, easy-to-carry or rolling case.*

## **HEALTH HISTORY**

- If you have any true allergies or serious medical conditions, have obvious medallion, bracelet or tag
- List of all medications: dose, prescribing doctor, condition, pharmacy
- Notable Medical History: implants, allergies, surgeries
- Medical contraindications, major diseases (diabetes, stroke, heart disease, COPD)
- Phone numbers: doctors, attorney, insurance company and/or agent (insurance= medical, residence, car, business), accountant
- Contact Information: Of people living with you, caregivers, local friend/relative, out of state relative, including cell, home, work, email
- Copies of Cards: insurance/Medicare, social security, driver's license, (pacemaker, lens/implant, allergies)
- Copies of other important documents: Medical Power of Attorney, non-medical POA, Living Will, DNR
- End of life plans

## **IMPORTANT ITEMS**

- Valuables, sentimental items & safe deposit key
- A list of computer and phone passwords

## **MEDICATIONS AND IMPORTANT HEALTH CARE ITEMS**

- Supplements, homeopathic Rx, over the counter meds
- Medications: preferably 2 weeks, include prescription information
- Especially important are lifesaving medications such as those for epilepsy, blood pressure, heart, diabetes, asthma, COPD, clotting or allergy even if only used intermittently or in emergent situations

## REMEMBER THESE THINGS (especially if you're helping someone else)

- Reading glasses, eye glasses or contacts
- Dentures and supplies
- Hearing aids
- Cane or walker

## MONEY

- Keep with critical documents & ID in neck bag
- Cash in small bills as ATMs and credit card processing may be inoperable
- A prepaid gift card in case banks are closed
- Change for vending machines

## GOOD IDEAS

Have trusted relative/friend keep a set of the critical documents above plus copies of birth and marriage certificates, safe deposit key, titles/deeds, credit cards, other important documents and copies of photos/memorabilia

Register online with Smart911.com and update information regularly

## Checklist

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| <input type="checkbox"/> Documents (see list above), money, credit card, general purpose "gift" card | <input type="checkbox"/> Batteries for everything  |
| <input type="checkbox"/> Folding cane/walker, hearing aid/ batteries, denture case                   | <input type="checkbox"/> Tracphone or other cell phone/cell phone charger (battery/solar/hand crank)   |
| <input type="checkbox"/> Contacts/case/solution/ glasses/prescription info                           | <input type="checkbox"/> Other chargers, extension cords, adapters   |
| <input type="checkbox"/> Catheters, Glucometer, needles, wound care items                            | <input type="checkbox"/> It may be hard to access foods for special dietary needs (allergies, religious or philosophic concerns) make sure you have a supply of those items. |
| <input type="checkbox"/> Durable medical goods information   | <input type="checkbox"/> Include special items (faith item, family photo, personal focus)  |
| <input type="checkbox"/> Personal Hygiene (sanitary pads, tampons, diapers, incontinence supplies)   |  |