

## EMERGENCY PREPAREDNESS KIT FOR TEXANS WITH DISABILITIES AND SPECIAL HEALTH CARE NEEDS

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If you have special health care needs and you live in a hurricane evacuation zone, it is essential to plan well in advance for the supplies you will need during evacuation from your home and for sheltering in another area. Hurricane season begins on June 1 and lasts through November 30.

**If you will need help with transportation during a hurricane evacuation, dial 2-1-1 to register in advance for a ride. This service is for people who cannot drive themselves or make transportation arrangements.**

Whether you need to register with 2-1-1 for transportation, or whether you will be evacuating with family or friends, here is a checklist for what you will need in your emergency kit for special health care needs, as well as a checklist for supplies any evacuee will need:

- ✓ Medical equipment and assistive devices (glasses, hearing aid, catheters, augmentative communication devices, cane, wheelchair, scooter, walker, dressing aids, oxygen, tubing, feeding supplies, drinking straws, etc.) Label each with your name and contact information. Be sure to have extra batteries and chargers.
- ✓ List of model numbers or serial numbers of medical devices and equipment.
- ✓ Medical alert tags or bracelets and written description of your disability-related or health care conditions.
- ✓ Medications and copies of all prescriptions, including a list of the prescription name, dosage, frequency, doctor and pharmacist. Also consider if medications need to be refrigerated and if so, bring a cooler with an ice pack or other coolant system.
- ✓ Hygiene supplies including absorbent pads and urinal as needed and personal grooming items such as toothbrush, toothpaste, deodorant, soap, towel, washcloth, comb, brush.
- ✓ Phone numbers and names of your physicians or other health care providers, health insurance information, emergency contact information including your support network members.

- ✓ Supplies for a service animal including food, identification tags, proof of up-to-date vaccinations and veterinarian contact.

Having emergency supplies in easy-to-carry containers will serve you well, no matter what kind of emergency you face. Here is a checklist ALL evacuees can use in preparing their emergency kits:

- ✓ 3-day supply of non-perishable food, one gallon of bottled water per person per day.
- ✓ First-aid kit.
- ✓ Important documents and records, photo IDs, proof of residence, information you may need to process insurance claims.
- ✓ Extra keys.
- ✓ Cash (power outages mean banks and ATMs may be unavailable).
- ✓ Battery-operated radio, flashlight with extra batteries.
- ✓ Phone numbers of family and friends.
- ✓ Road maps, a travel plan, hotel reservations, list of places between your town and your destination where you can stop if the highways are clogged.
- ✓ Coolers for food and ice storage, paper plates, plastic utensils.
- ✓ Manual can opener, knife, tools, booster cables, fire extinguisher, duct tape, tarp, rope.
- ✓ Blankets, pillows, sleeping bags and extra clothing.

*For more information on how the public can prepare for hurricane season, visit the GDEM website at [www.txdps.state.tx.us/dem/hurrweek06index.htm](http://www.txdps.state.tx.us/dem/hurrweek06index.htm). Other resources can be found at [www.Ready.gov](http://www.Ready.gov) and [www.redcross.org](http://www.redcross.org).*

**For more information, contact Mary Lenz or William Ayres at (512) 424-2138 or visit GDEM's Web site: [www.txdps.state.tx.us/dem](http://www.txdps.state.tx.us/dem).**