

## **Emergency Plan and Instructions**

This is not a comprehensive plan, merely a guideline. You, your family/caregiver case manager and/or doctor should develop a specific plan. Should any change in condition or circumstances occur, contact them as soon as possible.

### **Call 911 for:**

- Unconsciousness
- Severe breathing difficulty
- Chest pain that does not stop
- Severe fall with suspected injuries
- Excessive bleeding

### **Call your Physician for:**

- Prescription refills
- If there is a significant change in the patient's condition or for new symptoms.

### **Call DMR for:**

- Change's in patient's needs
- Problems with our equipment
- Changes in Physician or Insurance
- Problems or Concerns related to our employees, equipment or service

## **DISASTER PREPARATION FOR THE MEDICALLY COMPROMISED PATIENT:**

Even though the hurricane season begins June 1<sup>st</sup> and ends November 30<sup>th</sup>, we may be threatened by heavy storms at any time. Our staff may not be able to make visits during or after a hurricane or disaster, so get someone who can care for you. **Your safety is important to us** and we will contact you before a storm if time permits. Please take these steps before a storm or hurricane watch or warning catches you off guard:

**PLAN AHEAD!!** Sit down and plan what you will do in the event of a hurricane or other natural disaster. Now you are calm and in no immediate danger, so you can think it out5 and write it down.

### **ASK:**

- Where to go in the event of a disaster: Hospital? Shelter? Family? (Shelter space is limited.) If you have special needs, the shelter may not be able to meet them. Consider family and friends out of the path of the storm. For information about special needs shelters or to call and request application to register, call one of the following numbers:

**Dade** 305-273-6790    **Broward** 954-357-6402    **Monroe** 305-852-1469

- What equipment to take with you? You will need your own equipment and oxygen in a shelter, **if you are going to a special needs shelter and you may need to be registered.** Bring all instructions on the equipment with you.
- Keep at least a two week supply of your medication available if there is a chance that there will be a hurricane or a disaster.
- We will call our oxygen patients and arrange for additional tanks when a storm is approaching. Remember, you will use more oxygen if you are stressed.
- Assess your needs according to your medical condition.
- If you are diabetic, try to store your insulin in a cool dry place; monitor your blood sugar more often due to the stress or irregular eating during a disaster. Keep glucose tablets or get candy to reverse insulin reactions.
- Phone your Doctor and discuss what he or she recommends that you do in the event of a natural disaster, such as a hurricane.
- Ask for a summary of your medical history in the event that you are unable to contact your doctor for a long period of time or if you are planning on leaving the area.
- Contact your local Office of Emergency Management or the Red Cross in your area if needed. **Keep yourself informed and prepared.**
- **Most Important----- Stay Calm -----**

## EMERGENCY PLANNING FOR PEOPLE WITH SPECIAL NEEDS

**All countries are in some way making emergency plans to assist people with special needs during a hurricane or other emergencies. People with special needs are those who, due to disability or severe illness, will need advice or help in evacuating their homes during an emergency. DMR will make every effort to assist you in getting registered with your county's emergency management organization.**

**Q. Who has to evacuate?**

- R. People who live in an area defined as high risk by the government emergency management office.  
 People who live in mobile homes.  
 People who feel insecure in their homes.  
 People with special needs that might be endangered by loss of electricity or lack of assistance.

**Q. How will I know when to evacuate?**

- R. Listen to local TV or Radio. Orders to evacuate and special instructions on what to do are broadcasted regularly.

**Q. Where can I go?**

- R. All choices require advance planning. You may:
- Leave the region.
  - Stay with family or friends in a safe location.
  - Go to a public shelter.
  - *If you decide to leave the region or stay with family or friends, be sure to be on your way early while travel is still possible and*

- *Call DMR, so we can get extra oxygen to you or make arrangements in another town to have a supplier furnish your oxygen while you are there.*

**Q. I'm going to a public shelter. What do I need to do?**

- R. First, call now, see if a shelter can take you, if you have special needs. **Some will not!**  
Eat a meal before leaving home.  
Pack a bag – tote or drawstring – with the following:

Special foods, if needed. (At least a 2 day supply.)

Medications for at least a week.

Personal hygiene items.

Identification and valuable papers. (Insurance, etc.)

Battery operated radio with extra batteries.

Flashlight with extra batteries.

Hearing aids batteries, if required.

Change of clothing

Sleeping items, such as a pillow, blanket, folding chair, sleeping bag.

Special need items, cane, walker, crutches, etc.

Remember...space is limited. All items must be easily carried.

**Q. Can I take my pet to the shelter?**

- R. Pets can not be taken into a public shelter. Place your pet in an interior room of your house. If in a hall or bedroom, leave the closet door tied open. Leave plenty of food and water and some bedding for the pet. Be sure a neighbor can let them out as soon as danger is over and *take care of them until you get home.*

Once you leave the shelter or come back into the area, watch for hazardous conditions. Avoid live, fallen or low hanging electrical wires; weakened tree limbs or structures that might fall or collapse. Be careful of broken glass or water lines.

**Do not drink the water, until it has been declared safe to do so.**

**dmrcorp.com**

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