



PLANNING FOR EMERGENCIES

As the provider of your medical equipment, we at Allay Home Care would like to offer you some information regarding planning for emergencies, disasters and other unexpected situations. Some examples of emergencies and natural disasters would be earthquakes, floods, fire, tornados, hurricanes, blizzards, ice storms, power outages, etc. If you have recently moved to an unfamiliar geographic area, it would be a good idea to acquaint yourself with the more common and most likely types of natural disasters that occur where you live. The following are some recommendations to guide you in making your emergency plan.

Review Your Emergency Plan and procedures with your family and any caregivers

Make sure your plans include:

- All your health and medical needs including healthcare related legal documents
- Medical equipment and supplies that you need on an ongoing basis
- Medications that you are taking
- Evacuation plans (alternate shelter)
- Family, physician, hospital and other healthcare organizations communications/phone numbers

Prepare Your Equipment and Supplies

- Gather enough food, water, medication and other life sustaining necessities including medical equipment and supplies for at least one week, preferably two weeks
- Keep with you written copies of the instructions for the use, maintenance and cleaning of your essential medical equipment such as oxygen, CPAP or BiPap machines, nebulizers, wheelchairs

Keep Track of Your Medications

- Keep a list of all your medications handy and updated. This will include the names of all prescribed and over the counter medications you are taking, their dosage, and how often you are to take them
- Make sure that all of your medication containers are properly labeled and seal them in water proof zip type plastic bags

Be Aware of the Location(s) of the Nearest Emergency Shelter(s)

You should consider evacuation as early as possible because of the challenges faced by those with special health needs. To prepare for a possible evacuation:

- Contact the American Red Cross for information on shelters
- Find out if there are alternate shelters in the event that you are not able to reach the designated shelters
- Discuss electrical needs for essential equipment (e.g., refrigeration for food and medication, oxygen concentrators, nebulizers, ventilators, suction machines, etc) with your family members, caregivers and emergency shelter personnel
- The criteria for staying in a special needs shelter varies by state or local government guidelines. In general special needs shelters provide supervised care and shelter to a limited number of people requiring assistance due to pre-existing health conditions. You may qualify to stay at a special needs shelter if you are:
 - Dependent on electricity to operate medical equipment
 - In need of assistance with medication, injections or simple dressing changes
 - Receiving dialysis
 - Receiving hospice services
 - Demonstrating mild dementia, without abusive or wandering behavior

Know How to Contact Us

As soon as you are able, please contact us at:

304-255-0202 or 877-255-0202 Beckley

304-487-9711 or 877-487-9711 Princeton

Allay Home Care will make arrangements to provide necessary care/services at your location as soon as possible