

Appendix A.6.2 Resident Emergency Preparedness Information

Plan for: _____

Completed on: _____

Medical Condition: _____

Durable Power of Attorney, who: _____

Living Will: _____

DNR: _____

DNI: _____

Medication: _____

Emergency Contact Information	Name and Phone number
Police, Fire, EMS	Call 911
Designated Representative or Emergency Contact	
Neighbor	
Physician	
Pharmacy	
Durable Medical Equipment Provider	

Family Communication

Your family may not be together when disaster strikes, so plan how you will contact one another. Think about how you will communicate in different situations. Complete a contact card for each family member. Have family members keep these cards handy in a wallet, purse, backpack, etc. You may want to send one to school with each child to keep on file. Pick a friend or relative who lives out-of-state for household members to notify they are safe.

- All Inclusive card - [Family Emergency Plan Wallet](https://www.ready.gov/sites/default/files/2020-03/family-emergency-plan_wallet.pdf) (https://www.ready.gov/sites/default/files/2020-03/family-emergency-plan_wallet.pdf)
- Text first. It takes less band width.
- Text 'SAFE' to family members to let them know you are safe.
- Don't forget to have copies of Insurance and Vital Records. These can be stored in the cloud for reference later.
 - Do you have a Durable Power of Attorney for Health Care?
 - Do you have a Living Will?
 - Do you have a Durable Power of Attorney for Finances?

Building Information

- Where is the power, gas (fuel oil, propane) water shutoffs? Identify them by labeling each one and writing down where they are at.
 - **CAUTION** – If you turn off the gas for any reason, a qualified professional must turn it back on. NEVER attempt to turn the gas back on yourself.
 - Resident – Are you on a private well and septic system or city water and sewer? If on private well when was the last time you tested your water? Protect your well from flood waters.
 - [Water Quality/Well Testing/Well Disinfection](https://www.health.state.mn.us/communities/environment/water/wells/waterquality/index.html) (<https://www.health.state.mn.us/communities/environment/water/wells/waterquality/index.html>)
 - [Flood Precautions For Private Water Wells](https://www.health.state.mn.us/communities/environment/water/wells/natural/floodprecautions.html) (<https://www.health.state.mn.us/communities/environment/water/wells/natural/floodprecautions.html>)
- If you live in a flood-prone area, consider purchasing flood insurance to reduce your risk of flood loss.
- Do you winterize the house by enclosing it in plastic and having hay bales at the foundation? Are all the exits still accessible?

Shelter-in-place

- Based on the disaster shelter-in-place in the best and safest location for you. This may not be in the basement. For example, if a flood is occurring don't go to the basement.
- Do you have a basement room with no windows, can you get there?
 - What about an interior bathroom with no windows?
 - Maintain a seven-day supply of non-perishable food and water.
 - Be prepared to close, lock and board/seal windows and doors in necessary.
 - Have an emergency supply kit. [Build A Kit](https://www.ready.gov/kit) (<https://www.ready.gov/kit>)

- A “bedside kit” has items you will need if you are trapped in or near your bed and unable to get to other parts of your home.
- A “carry-on-you” kit for the essential items, such as medications, contact names and phone numbers, health information, etc. You need to keep this with you at all times.
- Keep important items in a consistent, convenient, and secured place, so you can quickly and easily get to them. (Items such as teeth, hearing aids, prostheses, canes, crutches, walkers, wheelchairs, respirators, communication devices, artificial larynx, sanitary aids, batteries, eyeglasses, contact lens with cleaning solution, etc.)

Evacuation

- Have a “Grab Bag” prepared. “Grab-and-go” kits are easy to carry kits you can grab if you must leave home (or school, workplace, etc.) in a hurry. They have the things you cannot do without but are not so big or heavy that you cannot manage them. Here is a link on what can go into a kit. [Build A Kit \(https://www.ready.gov/kit\)](https://www.ready.gov/kit)
- Arrange for assistance if you are unable to evacuate by yourself.
- Do you have an accessible vehicle? Keep a full tank of gas in your car. Have a kit for your vehicle. [Car Safety \(https://www.ready.gov/car\)](https://www.ready.gov/car)
- Do you have family members that can help you?
- Let others know where you are evacuation too and have a back-up in case your original location is not available.

Special Considerations

Additional information on Ready.gov

- [Disability \(https://www.ready.gov/disability\)](https://www.ready.gov/disability)
- [Older Adults \(https://www.ready.gov/older-adults\)](https://www.ready.gov/older-adults)

Pets

- Have a care plan for your pet. Extra food and/or medications, leashes, carriers, bowls, ID tags etc. Check if your evacuation location will accept pets. [Prepare Your Pets for Disasters \(https://www.ready.gov/pets\)](https://www.ready.gov/pets)

Speech or Communication Issues

- If you use a laptop computer for communication, consider getting a power converter that plugs into the cigarette lighter, and a battery back-up.

Hearing Issues

- Have a pre-printed copy of key phrase messages handy, such as “I use American Sign Language] (ASL),” “I do not write or read English well,” “If you make announcements, I will need to have them written simply or signed.”
- Consider getting a weather radio, with a visual/text display that warns of weather emergencies.
 - FEMA Mobile Products - [FEMA Mobile Products](https://www.fema.gov/about/news-multimedia/mobile-products)
(<https://www.fema.gov/about/news-multimedia/mobile-products>)

Vision Issues

- Mark your disaster supplies with fluorescent tape, large print, or Braille.
- Have high-powered flashlights with wide beams and extra batteries.
- Place security lights in each room to light paths of travel.

Assistive Device Users

- Label equipment with simple instruction cards on how to operate it (for example, how to ‘free wheel’ or ‘disengage gears’ of your power wheelchair), attach the cards to your equipment.
- If you use a cane, keep extras in strategic, consistent, and secured locations to help you maneuver around obstacles and hazards.
- Keep a spare cane in your emergency kit.
- Know what your options are if you are not able to evacuate with your assistive device.

Test your Plan

- Test your communication and evacuation plans.
- Can you call important people on someone else’s phone or are all your important numbers in your phone contacts.
- Update this document at least annually or when things change.
- Check your kits to make sure things have not expired.