

DISASTER PREPAREDNESS FOR TRANSPLANT PATIENTS

IMPORTANT QUESTIONS TO ASK YOUR LOCAL EMERGENCY MANAGEMENT



Find out which disasters are likely to happen in your community. Some times of the year, like summertime, have more deadly thunderstorms, tornadoes, and hurricanes. Other disasters, like floods and earthquakes, can strike quickly without warning any time of the year.

Disasters that can happen in my community include:

- | | |
|---|--|
| <input type="checkbox"/> Chemical Emergencies | <input type="checkbox"/> Landslides |
| <input type="checkbox"/> Dam Failures | <input type="checkbox"/> Nuclear Power Plant Emergencies |
| <input type="checkbox"/> Earthquakes | <input type="checkbox"/> Terrorism |
| <input type="checkbox"/> Fire or Wildfires | <input type="checkbox"/> Thunderstorms |
| <input type="checkbox"/> Floods | <input type="checkbox"/> Tornado |
| <input type="checkbox"/> Hazardous Material Accidents | <input type="checkbox"/> Tsunami |
| <input type="checkbox"/> Extreme Heat | <input type="checkbox"/> Volcano |
| <input type="checkbox"/> Hurricanes and Tropical Storms | <input type="checkbox"/> Winter Storms |



Find out how you will receive warning about these disasters. Remember, you might be away from home when the disaster strikes.

I will receive warning from:

- Listening to the radio or NOAA weather radio
- Watching television
- Someone will call me
- Someone will knock on my door



Find out how to prepare for the disasters that are likely to happen in your area.

- ❑ **Get a disaster supply kit** and maintain it to ensure all foods, water supplies, and batteries are not expired. Make sure you have enough supplies to last for at least seven days.
- ❑ **Make copies of your important documents:** insurance documents, medical records and a list of your medications and care instructions. Keep a copy in your disaster kit and keep another copy with you at all times. Include the names and telephone numbers of your care team.
- ❑ **Choose an out-of-area contact person**, like a close friend or family member, who can communicate with your care team in case of a disaster. Share this information with your care team.
- ❑ **Make a plan on how you would evacuate if told to do so.** Where would you go? How would you get there? How long would you need to stay away from your home? Remember to take your disaster supply kit, medicine, care instructions, important documents, clothing, blankets/pillows, and extra cash.

IMPORTANT QUESTIONS TO ASK YOUR CARE TEAM

- 1. Ask your care team what to do if a disaster strikes your treatment center.** Do they have a back up facility where you can receive blood work and other follow up care? Get names, phone numbers, and the addresses of alternate locations to receive care. Find out if the transplant coordinator has an 800-number that you can call for help.
- 2. Ask your pharmacy about getting a supply of medicines and any needed medical supplies for your disaster supply kit.** Keep your medicines in a waterproof plastic bag. Ask your care team how much medicine you should keep on hand. Keep your prescription bottles, even if they are empty, so you can easily tell a new pharmacy what medicines you are taking. If you receive your prescriptions through a mail-order service, remember that disasters can disrupt mail delivery or you may be forced to leave your home.
- 3. Remember to take care of yourself if a disaster strikes.** Follow your care team's instructions as closely as possible. Disasters can cause damage to your home and knock out electricity and utility services for days or weeks. But disasters also cause emotional stress, which can be difficult to deal with. As a transplant recipient, you may be more susceptible to illness and stress from disasters. Talk to your care team about how to best take care of yourself if there were a disaster in your community.