PREPARING YOUR HEALTH FOR EARTHQUAKES

☐ Keep heavy items in your home secured

☐ Keep a list of your local healthcare facilities, with addresses, phone numbers, and emails/websites
  • Consider these facilities:
    • Hospitals/ERs
    • Pharmacies
    • Urgent care clinics
    • Ancillary care:

☐ Dialysis Centers, Cancer Treatment Centers

☐ Practice the “Drop, Cover, and Hold On” steps to take during an earthquake
  • Drop: Drop on your hands and knees (If you use a walker or wheelchair, use this step to lock your wheels)
  • Cover: Cover your head or get under a table if you are able (If you use a walker or wheelchair, sit on your walker or crouch your torso down towards the wheelchair and cover your head)
  • Hold on: Hold on to a steady surface or, if you are unable to, hold on to your neck with locked hands

☐ Keep a “go-bag” of emergency supplies ready, including your medications
  • Suggested items: first aid kit, flashlight, portable radio, NOAA weather radio, batteries, whistle, blankets, sanitation items, important documents, and cash if possible
  • Pack all medications in a resealable, waterproof bag

☐ Plan for any chronic conditions you may have
  • Diabetes: Talk to your pharmacist about keeping a supply of insulin on hand - Try to refrain from eating sugar and other carbohydrates
  • Kidney disease: Make sure you have access to dialysis treatment and use the renal diet
  • Cardiovascular disease & hypertension: Try to refrain from high-salt and fatty food and aim for 30 minutes of activity a day to manage your blood pressure
  • Pulmonary disease: Work with your supplier to understand options for keeping resupplies of oxygen with you
  • Disability: Develop alternative transportation plans and identify a trusted caretaker if necessary
  • Aging: Post emergency numbers near every house phone and cellular phone
  • Asthma: Have a plan to ensure you have a supply of your asthma medications and supplies
  • Cancer: If you have a cancer survivorship care plan, keep a copy handy and take steps to lower your risk for infections

Find additional resources at healthcareready.org
Recovering from an Earthquake

- Be mindful of aftershocks that are likely to come after the earthquake and can be nearly as powerful
- Check home for damages and gas leaks
- Use caution when cleaning up debris and don’t overexert yourself
  - Always wear gloves, masks, and protective eyewear, and beware of glass, nails, and other sharp objects
  - If you are cut or scraped, clean and disinfect the wound thoroughly and keep it covered, especially if you have cancer or are otherwise immunocompromised
- Contact family and friends to let them know you are safe
- Check in on your loved ones that may need support
- Use text messages instead of phone calls because phone lines might be down
- Check with your health insurance provider for emergency support resources and hotlines
  - Start by calling the number on the back of your insurance card for assistance
  - If you don’t have insurance, call 2-1-1 and ask about local services that may be able to help
  - If there is a disaster declaration, you can also try to apply for FEMA Disaster Assistance for financial support by calling 800-621-3362 or visiting DisasterAssistance.gov

Find additional resources at healthcareready.org

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