

DISASTER TIP SHEET

WILDFIRES



HEALTHCARE
READY

PREPARING YOUR HEALTH FOR WILDFIRES

Fill prescriptions on time or ahead of time, if you can

- Call your pharmacist to ask if your prescriptions can be filled early
- View Healthcare Ready's blog on the refill-too-soon laws by state: [HealthcareReady.Org/A-Review-of-State-Emergency-Prescription-Refill-Protocols](https://www.healthcareready.org/A-Review-of-State-Emergency-Prescription-Refill-Protocols)

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

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

Have an evacuation plan

- Use your state emergency management agency and [RedCross.org/Shelters](https://www.redcross.org/Shelters) website to find local shelters
- Identify back-up locations, such as the homes of loved ones or motels
 - If you have pets, look for places that accept pets

- Plan several routes to your back-up locations
- Use [RxOpen.org](https://www.RxOpen.org) to locate pharmacies near your alternative location
- Follow the instructions of local officials
- Have a communication and reunification plan with everyone in your home
- If you are unable to evacuate, alert local emergency management officials and your loved ones or caretakers

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
- **Ageing:** 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](https://www.healthcareready.org)

Keep a list of helpful hotlines

- Healthcare Ready: 1-866-247-2694
- FEMA Disaster Assistance Helpline: 1-800-621-3362
- Disaster Distress Helpline: 1-800-985-5990 (or text "TalkWithUS" to 66746)
- Kidney Community Emergency Response (KCER): 1-866-901-3773
- Red Cross: 1-800-733-2767
- American Diabetes Association: 1-800-342-2283
- American Heart Association: 1-800-242-8721

- American Association of People with Disabilities: 1-800-840-8844
- American Stroke Association: 1-888-478-7653

Make sure you know your prescription medication and health information - use [Rx on the Run](#) to keep a list of your prescriptions

- [Rx on the Run](#) is a personalized wallet-sized card that lists your prescriptions with the latest dosage and instructions
- Visit HealthcareReady.org/Rx-on-the-Run to fill yours out!

PROTECTING YOUR HEALTH DURING A WILDFIRE

Use [RxOpen.org](#) to find open pharmacies near you

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

Stay indoors to limit exposure to smoke in the air

- When outside, wear an N95 mask to keep the air your breath free from harmful particles

RECOVERING AFTER A WILDFIRE

Wait for an alert from authorities that water is safe to drink before drinking tap water without boiling it first

Watch weather alerts for information on the air quality

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
- Be careful of ash, embers, and burning debris
- 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