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

☐ 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 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 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
  • 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
DISASTER TIP SHEET
WILDFIRES

□ 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

□ 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!

□ 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

□ 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

□ 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

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