

# DISASTER TIP SHEET

## WILDFIRES



## PREPARING YOUR HEALTH FOR WILDFIRES - PATIENT TIPS

### ❑ FILL PRESCRIPTIONS ON TIME OR AHEAD OF TIME, IF YOU CAN

- Call your pharmacist to ask if your prescriptions can be filled early
- When filling prescriptions at the pharmacy, use mail-order delivery or call in your prescriptions ahead of time, and use drive-thru or curbside pickup options when available.
- 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
  - COVID-19 Testing Centers
    - Community health 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, important documents, cash if possible, and [supplies to protect you and others](#) from COVID-19 including multiple masks for everyone 2 years and older, soap and disinfectant wipes
- 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
- If you need to stay at a shelter or evacuate, practice [COVID-19 public shelter safety precautions](#) and general [COVID-19 safety precautions](#) on transportation like wearing a mask, washing hands often with soap and water, and staying six feet apart from others.
- Pay close attention to local guidelines about updated evacuation plans and emergency sheltering.

### ❑ 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](https://www.healthcareready.org/Rx-on-the-Run) to fill yours out!

## PROTECTING YOUR HEALTH DURING A WILDFIRE - PATIENT TIPS

- USE [RXOPEN.ORG](https://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
- 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
- STAY INDOORS TO LIMIT EXPOSURE TO SMOKE IN THE AIR**
  - When outside, wear a KN95 mask to keep the air your breath free from harmful particles; know that cloth masks will not protect you from wildfire smoke
- 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
  - **Kidney Community Emergency Response (KCER):** 1-866-901-3773
  - **Red Cross:** 1-800-733-2767
  - **American Diabetes Association:** 1-800-342-2383
  - **American Heart Association:** 1-800-242-8721
  - **American Association of People with Disabilities:** 1-800-840-8844
  - **American Stroke Association:** 1-888-478-7653

## COMMUNITY HEALTH CENTER TIPS

### □ STAY CONNECTED WITH PATIENTS AND STAFF

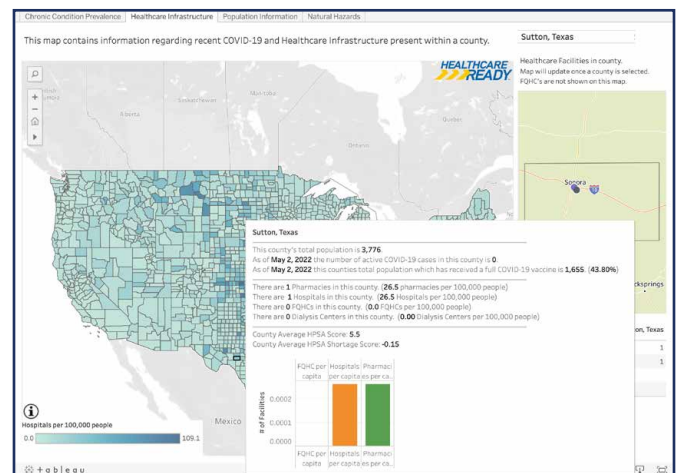
- Notify your patients, staff, and broader community about your operation status through email, text, social media messaging, or other methods
- Plug into your local health department and PCA's information sharing networks to keep them up-to-date on your operating status as well as other emergency needs
- Connect with local shelters for evacuated communities to help your CHC account for all patients and staff during a wildfire and to assess ongoing health needs
- Amplify your messaging through social media to ensure you are reaching a wide range of audiences, or so that you can connect with other community organizations who are also supporting affected patient groups

### □ PLAN FOR POSSIBLE DISRUPTIONS TO MEDICAL SUPPLY DELIVERY

- Connect with your primary or secondary supply vendors to understand which materials or products may be in short supply, and how your CHC can plan accordingly
- Sign up for updates from organizations like [Direct Relief](#) to find out about available supplies for donation such as water, medical supplies, or hygiene products
- Sign up for updates from response organizations like [Healthcare Ready](#) to get information on available donations for your health center or the community
- If you are experiencing supply shortages, connect with other health facilities in your region or your local Health Care Coalition to understand opportunities for resource sharing or resource support

### □ IDENTIFY COMMUNITIES AT HIGHER RISK FOR IMPACTS FROM DISASTER WITH THE COMMUNITY DISASTER RESILIENCE TOOL (CDRT)

- The [CDRT](#) is a free, online tool that illustrates community characteristics for chronic condition prevalence, healthcare infrastructure (i.e., hospitals and dialysis centers), natural hazard risks, and other population demographics
- Start by deciding on a subject of interest (tabs at the top) and select your region to learn more about factors that contribute to disaster risk and resilience of the communities near you



### □ BEGIN RECOVERY PHASE

- Notify your PCA, patients, staff, and broader community about your operation status
- Reference this [recovery checklist for health centers](#) from FEMA to understand where to start and where to request assistance.
- Plug into long term recovery group meetings with [local voluntary organizations active in disasters](#) (VOADs) to communicate with other organizations who are responding or supporting recovery and request assistance
- Plan for your CHC to conduct – or participate in – an After Action Review (AAR), reflecting on your center’s response to a recent disaster and opportunities for improvement. Update your emergency plans and response protocols as needed.

### □ STAY INFORMED

- [Cal Fire Wildfire Map](#): Status of current incidents and containment
- [IQAir](#): Current air quality readings before, during, and after wildfires
- [CalOES](#): Office of Emergency Services
- [FEMA's Wildfire Preparedness Toolkit](#): Considerations for your organization’s emergency plan
- Public Safety Power Shutoffs (PSPS): Contact your local electric utility company to learn if your facility is considered critical infrastructure and if your facility will be prioritized during rolling blackouts. If not, find out how you can list your facility as critical infrastructure. Check your electric provider’s website to understand what areas are being impacted by blackouts and when power will resume.
  - [PG&E PSPS Plan](#)
  - [Southern California Edison PSPS Plan](#)
  - [San Diego Gas & Electric PSPS Plan](#)

### □ STAY CONNECTED WITH COMMUNITIES

- Sunny-day partnerships
  - Build relationships before disaster season to allow for response coordination planning by reaching out to [emergency management officials](#) in your area
  - Coordinate with other CHCs and community-based organizations to understand where you can support each other
- Stable communication channels with patients and staff
  - Have a system in place to deliver updates to patients and staff about operations and relevant event-related details
  - Communications with staff when phone or internet is unavailable