

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 folds and earthquakes, can strike quickly without warning any time of the year.

Disasters that can happen in my community include:

- Chemical
- Emergencies
- Dam Failures
- Earthquakes
- Fire or Wildfires
- Floods
- Hazardous Material Accidents
- Extreme Heat
- Landslides
- Nuclear Power Plant Emergencies
- Terrorism
- Thunderstorms
- Tornado
- Tsunami
- Volcano
- 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, medicines, and batteries are not expired. Make sure you have enough supplies to last for at least three to five days.
- ▶ **Make copies of your important documents:** insurance documents, medical records and a list of your medications and car 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, care instructions, medicine, and important documents.

Important questions to ask your care team:

- ▶ **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.
- ▶ **Ask your pharmacy about getting a supply of medicines and any needed medical supplies for your disaster supply kit.** Always make sure you have enough medicine for at least three to five days or more in case a disaster strikes without notice. 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.
- ▶ **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.