

SURVIVAL TIPS DURING CLIMATE DISASTERS



CARRY A WALLET CARD WITH:

- Your medications, dosages, and schedule
- Allergies
- Medical conditions
- Emergency contacts
- Your doctors' names and phone numbers



STOCK UP ON SUPPLIES

Keep at least a week's supply of medications and essential medical supplies if possible, and rotate them before they expire.



INVENTORY YOUR EQUIPMENT

Make a list of your assistive technology and durable medical equipment, including:

- Make and model
- Serial number (if available)
- Supplier/vendor
- Insurance information
- Customer service number



POWER UP

If you use equipment that requires electricity (oxygen concentrators, ventilators, power wheelchairs, communication devices), have a backup charging plan, extra batteries if appropriate, and know where you could recharge during an outage.



STORE DOCUMENTS

Store copies of important documents in a waterproof bag and digitally in a secure cloud account or encrypted device:

- Identification
- Insurance cards
- Medical information
- Prescriptions
- Any advance directives



PACK A GO BAG WITH:

- Medications
- Chargers and power banks
- Glasses or hearing aids
- Medical supplies
- Snacks, water, and comfort items
- A change of clothes



MAKE A COMMUNICATION PLAN

With family, friends, neighbors, or caregivers so someone knows how to reach you and what assistance you may need.



REGISTER YOURSELF

Register with your local emergency management agency or utility company if they offer disability registries or priority notification programs.



PRACTICE YOUR PLAN

Practice your evacuation plan before you need it, including how you'll transport mobility devices, service animals, and essential equipment.