

Flood Preparedness Roadmap

for Individuals with Health & Medical Concerns

Durable Medical Equipment (DME)

Do you rely on electricity to power your home medical equipment?

Prior to Floods:

- Flooding may impact electrical grids. Loss of power may occur for several days.
- Reach out to friends and family that are not at risk of losing power. Have a plan to stay with them or get to them in the event of power loss.

During Flood Emergencies:

- Utilize non-emergency dispatch or hotline numbers to identify the nearest shelter with backup power.
- Be sure to take your equipment with you when evacuating your home.



Medications

Prior to Floods:

- Keep a list of all of your medications in your wallet.
- Wear your medical-alert bracelet.
- If possible, store 2 weeks of medications that are important to your health.
- Refill your prescriptions while you still have at least 5-7 day supply. Keep in mind, some sources need lead time to refill.

During Flood Emergencies:

- If you are unable to access or take your medications, contact a pharmacist or doctor as soon as possible.



Kidney Failure/Dialysis

Being prepared is a serious matter for dialysis or kidney transplant patients.

Prior to Floods:

- Talk to your healthcare team about your personal emergency plan.
- Keep a record of your facility's name and contact information.
- Plan for backup transportation to dialysis treatments.
- Get a copy of the emergency diet and keep emergency supplies on-hand.

During Flood Emergencies:

- Follow your physician's advice regarding diet and fluid intake.
- Follow the same frequency for dialysis services when possible; services may be harder to find so don't wait to start looking.



Oxygen (O2)

Prior to Floods:

- Work with your oxygen (O2) supplier to make sure you have up to 2 weeks supply of O2 and equipment.
- Reach out to friends and family are out of the flood zones and close to your O2 supplier. Have a plan to stay with them or get to them in case you become isolated from your O2 supplier.

- Keep the name and contact information of your O2 provider in your wallet.

During Flood Emergencies:

- Utilize non-emergency dispatch or hotline numbers to identify the nearest shelter with backup power and/or O2 supply.
- If you are running out of O2 and cannot connect with your supplier, call 9-1-1.



These are just a few of the many steps individuals with health and medical concerns should take before and during a flood emergency. For additional considerations, please contact your healthcare provider.