



My Emergency Preparedness Guide



A guide for **home care** patients using power-dependent equipment

EVERYONE SHOULD HAVE A PLAN

As a home care patient on power-dependent equipment – or a family member providing care – planning is critically important because during a power outage you won't have access to everyday resources.

PREPARE AHEAD OF TIME

During storms and outages, stay aware of alerts, warnings and updates from local emergency services. In addition:

- Record your county's police and fire nonemergency phone number and the numbers of any other organization or service that you use or will need.
- Assemble an emergency preparedness kit for your home and vehicle. You can use the kit suggestions provided on the next page of this plan to guide you.
- In the event of a power outage, do not assume your device will work properly – review the checklist below to ensure you know how your device will function during a power outage.

Who to Call

Keep your medical equipment company's number close by the phone in case you need assistance. And if you are having a true emergency, call 9-1-1.

HAVE IMPORTANT MEDICAL AND DEVICE INFORMATION READILY AVAILABLE

Keep these names and phone numbers handy (you can keep them here):

- Your medical equipment company _____
- Your device manufacturer _____
- Your home health agency (if applicable) _____
- Your doctor _____

Talk to your medical equipment company to find out what will happen to your equipment during a power outage:

- Can a power surge cause my device to stop working? If yes, what type of surge protector do I need?
- Does my device have a back-up system? If so, how long will it operate and where is it located?
- Can my device operate on another power source? If yes, what type?
- How long will my device work if it does not have power?
- How is my device affected by changes in temperature?
- How do I switch my device from electric power to battery power?



Emergency Supply Kit

Keep these items on hand in your Emergency Supply Kit:



Water – one gallon of water per person per day for at least three days



Food – at least a three-day supply of nonperishable food



Battery Powered Radio – and extra batteries



Flashlight – and extra batteries



First Aid Kit – be sure to check expiration dates of the contents and keep them up to date



Whistle – to signal for help



Dust Mask – or cotton T-shirt, to help filter contaminated air



Plastic Sheeting and Duct Tape – to shelter-in-place



Wrench or Pliers – to turn off utilities when necessary



Can Opener – to open canned food



Infant Formula and Diapers – if you have an infant



Local Maps– including a map of your area and a map for where you plan to go if you are evacuated

Additional Information About Devices and Power Outages

The U.S. Food and Drug Administration (FDA) and the Maryland Emergency Management Agency have a number of useful resources available to assist you in preparing for power outages.

You can visit the helpful websites for more information:

www.fda.gov/MedicalDevices

www.mema.maryland.gov/Pages/PowerOutages.aspx

www.ready.gov/individuals-access-functional-needs

www.ready.gov/blackouts

For More Information & Resources

For more information and resources, you can visit these websites.

<http://preparedness.dhmh.maryland.gov> and www.facebook.com/MarylandOPR

www.mema.maryland.gov

www.mncha.org/emergency-preparedness



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WRITE THE NAME AND PHONE NUMBER OF YOUR MEDICAL EQUIPMENT PROVIDER IN THIS BOX.