

Are you prepared for an emergency?

A checklist for you and your loved ones.

Whether you're preparing for yourself, your family, or an elderly friend or relative, having a plan ahead of time will make it much easier to manage a crisis.

Keep these documents in hard copy in a zippered bag, and if possible keep digital copies on a zip drive or cloud storage. Keep the hard copies in a small, accessible, easy-to-carry or rolling case.

HEALTH HISTORY

- If you have any true allergies or serious medical conditions, have obvious medallion, bracelet or tag
- List of all medications: dose, prescribing doctor, condition, pharmacy
- Notable Medical History: implants, allergies, surgeries
- Medical contraindications, major diseases (diabetes, stroke, heart disease, COPD)
- Phone numbers: doctors, attorney, insurance company and/or agent (insurance= medical, residence, car, business), accountant
- Contact Information: Of people living with you, caregivers, local friend/relative, out of state relative, including cell, home, work, email
- Copies of Cards: insurance/Medicare, social security, driver's license, (pacemaker, lens/implant, allergies)
- Copies of other important documents: Medical Power of Attorney, non-medical POA, Living Will, DNR
- End of life plans

IMPORTANT ITEMS

- Valuables, sentimental items & safe deposit key
- A list of computer and phone passwords

MEDICATIONS AND IMPORTANT HEALTH CARE ITEMS

- Supplements, homeopathic Rx, over the counter meds
- Medications: preferably 2 weeks, include prescription information
- Especial important are lifesaving medications such as those for epilepsy, blood pressure, heart, diabetes, asthma, COPD, clotting or allergy even if only used intermittently or in emergent situations

REMEMBER THESE THINGS (especially if you're helping someone else)

- Reading glasses, eye glasses or contacts
- Dentures and supplies
- Hearing aids
- Cane or walker

MONEY

- Keep with critical documents & ID in neck bag
- Cash in small bills as ATMs and credit card processing may be inoperable
- A prepaid gift card in case banks are closed
- Change for vending machines

GOOD IDEAS

Have trusted relative/friend keep a set of the critical documents above plus copies of birth and marriage certificates, safe deposit key, titles/deeds, credit cards, other important documents + copies of photos/memorabilia

Register online with Smart911.com and update info regularly

Checklist

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| <input type="checkbox"/> Documents (see list above), money, credit card, general purpose "gift" card | <input type="checkbox"/> Batteries for everything |
| <input type="checkbox"/> Folding cane/walker, hearing aid/ batteries, denture case | <input type="checkbox"/> Tracphone or other cell phone/cell phone charger (battery/solar/hand crank) |
| <input type="checkbox"/> Contacts/case/solution/ glasses/prescription info | <input type="checkbox"/> Other chargers, extension cords, adapters |
| <input type="checkbox"/> Catheters, Glucometer, needles, wound care items | <input type="checkbox"/> It may be hard to access foods for special dietary needs (allergies, religious or philosophic concerns) make sure you have a supply of those items. |
| <input type="checkbox"/> Durable medical goods information | <input type="checkbox"/> Include special items (faith item, family photo, personal focus) |
| <input type="checkbox"/> Personal Hygiene (sanitary pads, tampons, diapers, incontinence supplies) | |