

## Take Responsibility for Your Own Safety!

# DISASTER PLANNING

## For Individuals with Special Medical Needs In Times of Emergency



Lenoir County Department of  
Emergency Management  
Tel: 252.526.6666

## What to Do if You Plan to Stay at Home?

1. You will need a five (5) day supply of bottled drinking water and at least a three (3) day supply of cooked, canned, or dried food.
  - A. You will need a manual can opener and a means to heat food that does not require electricity. No charcoal or propane cookers can be used inside!
2. You will need a five (5) supply of your medications and medical supplies.
3. Your caregiver will need to stay with you in your home because travel may not be possible during or immediately following the disaster event.
4. You must have a generator if you are on a ventilator, oxygen concentrator, for feeding pump. You will need enough fuel to last 72 hours or more.
  - A. Never operate a generator inside your house, garage, basement, or an enclosure of any kind because its carbon monoxide fumes are deadly.
  - B. Don't connect the generator directly to your home's wiring.
  - C. Do not store fuel indoors or try to refuel a generator while it's running.
5. You will need flashlights and a battery powered radio and extra batteries. A cell phone will be helpful.

### Ready North Carolina



### Prepare Now for Emergencies

We never know when an emergency might happen. They come in the form of severe weather, accidents, and unfortunately, terrorist attacks.

Planning now for how you would respond will help you remain calm, think clearly and react appropriately to any disaster scenario.

Taking responsibility for your own safety by being prepared with plans and an emergency supply kit not only increases your ability to survive, but reduces the workload of first responders, emergency medical services, fire fighters and law enforcement.

No community is truly prepared for a disaster until *every* individual, family and household takes personal responsibility for his or her own safety.

The *Ready North Carolina* campaign provides North Carolinians with the information you need to prepare for all types of emergencies.

This web site will help you prepare for any emergency. Please take the time to prepare now. Your safety is important to all of us.



Lenoir County  
Department of Emergency Services



and

Department of Social Services

Emergency Services

200 Rhodes Ave.,

Kinston, NC 28501

Phone: 252.526.6666

Social Services  
130 W. King St.  
Kinston, NC 28501  
252.559.6400

<http://www.co.lenoir.nc.us/dss.html>

# What are Special Medical Needs ?

This means problems with physical or mental health

severe enough that you require care and assistance to meet your basic needs.

People with special medical needs must

plan carefully for disasters or other kinds of emergencies.

Enclosed with this brochure is a

## **Special Medical Needs**

## **Voluntary Registration Form.**

**Please consider filling it out and returning it to the address shown.**

It will enable Emergency Management officials to quickly locate you and know ahead of time what type of help you will need. This information will be kept confidential.



# What to Do if you must leave home?

If you must relocate to a safer place, make plans to go to a friend or relative outside of the disaster area. Plan to relocate before the disaster hits whenever possible. Do not make a shelter your first choice. It should be your last resort.



Emergency relief workers cannot reach everyone quickly and may only be able to assist after a disaster. The following checklist will help you to be ready if you must leave your home.

- > **Caregiver** - Your caregiver must go with you to your evacuation site and must be prepared to care for you the same as if you were at home.
- > **Medicine** - Pack a five (5) day supply of medications and bring a current list of these medications, strengths, and dosages in a zip-lock bag.
- > **Medical Equipment** - Label all medical equipment with your name and have it ready to transport. This includes oxygen tanks, feeding pumps, walkers, wheelchairs, c-pap, respirator, etc.
- > **Medical Supplies** - Pack and label with your name a five (5) day supply of Depends, food supplements, wound dressings, or other essentials.
- > **Special Diets** - Take a five (5) day supply of special foods and written instructions.
- > **Important Papers** - Place copies of your important papers, insurance cards, emergency contact names and phone numbers in a zip-lock bag and take this with you.
- > **Clothing** - Pack enough clothes and personal items to last three (3) to five (5) days. Include pillows and blankets.

- > **Pets** - Place your pet in a travel carrier. Provide a five (5) supply of food and medicine for the pet. Arrange for someone to pick up your pet and care for it while you are gone or contact the local Humane Society. Pets are not allowed inside evacuation shelters.



## **Before You Leave, Remember!**

- > Turn off the main power supply to your home.
- > Turn off the fuel supply to your home.
- > Turn off the main water valve, flush toilets until dry, and open faucets in tubs, showers, and sinks.
- > Tell your neighbors and family that you are leaving and where you are going.



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<http://www.lenoircountyemergencyservices.com>