

Tips to Thrive

EMERGENCY PREPAREDNESS

Storms can cause power outages, flooding, and/or damage to your home. This can be a serious issue for anyone on nutrition support. We have compiled a list of things to do to make sure you are prepared in case your area is affected by a large storm.

GENERAL PREPAREDNESS:

1. Check batteries in flashlights and emergency radios; purchase more if needed.
2. Set aside or pack extra clothes, an emergency radio, water, and a flashlight (with extra batteries).
3. Purchase enough bottled water for two days for each person in the house; have extra if you need to mix formula.
4. Fill your car with gas and get cash to have on hand, as credit/debit cards are hard to use when there is no power.
5. Charge your cell phones.
6. If you don't have a ThriveRx StrapWrap® medical alert device, create a health emergency card. It should include contact information for you, your emergency contacts, and your doctor. Also include a short medical history, therapy information, medication list, and any difficulties you have related to seeing, hearing, or movement. To request a StrapWrap, visit: thrivervx.diplomat.is
7. If you have a generator, check that it works and you have enough gasoline to keep it running for a few days.
8. Call your local utility company and request to be put on the priority list for reconnection based on "electrically powered life support systems." This should put your area at the top of the list when they are determining which areas to fix first. (This might require an MD to write a letter.)
9. Find your local shelters, so you have choices and can go to the one with power. To find your nearest shelter:
 - Text SHELTER plus your ZIP code to 43362 (4FEMA) (example: shelter 22003).
 - Download the FEMA app: fema.gov/mobile-app
 - Visit this website: redcross.org/get-help/disaster-relief-and-recovery/find-an-open-shelter

MEDICAL PREPAREDNESS:

1. Charge all enteral pumps, infusion pumps, and backup battery packs (if you have them).
2. Make sure you have extra batteries on hand for your pumps.
3. Put all ice packs in the freezer and have a cooler on hand, in case you lose power and need to keep medications cold. These ice packs will also help your fridge stay colder longer.
4. Pack a bag with 2–3 days of medical supplies, a copy of your medical history, and emergency contact information.
5. Review your parenteral and enteral supplies to ensure you have enough to last until a few days after the storm is over. If you are scheduled to have supplies delivered during the storm, contact your infusion company to see if you can reschedule your shipment.
6. Check volumes on your medications; refill any that might run out in the next week.
7. Create a plan for where you will go if you lose power; seek out a hospital/ER with generator capabilities to store TPN drugs.
8. Share your plan with your family and friends so they know where you will be going.

For more information on storm preparation, visit ready.gov/hurricanes.

CONTACT US

PHONE: 888.6.THRIVE

EMAIL: info@thrivervx.net

WEB: thrivervx.diplomat.is



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