

+ Tips to Thrive

Emergency Preparedness

Disasters can strike at any moment. Be prepared to weather a storm or evacuate quickly due to floods, fires, or other threats.

1. Check batteries in flashlights and emergency radios. Remember to purchase more if needed. Always keep extra batteries on hand for your pumps.
2. Set aside or pack extra clothes and an emergency radio.
3. Keep enough bottled water for two days for each person in the house. Have extra water available if you need to mix formula.
4. Keep your gas tank full and have cash on hand. Credit and debit cards are hard to use when there is no power.
5. Keep all cell phones and enteral pumps, infusion pumps, and backup battery packs charged.
6. If you don't have a ThriveRx StrapWrap® medical alert device, create a health emergency card. Include your contact information, emergency contacts, a short medical history, therapy information, medication list, and any difficulties you have related to seeing, hearing, or movement. To request a StrapWrap, visit bit.ly/StrapWrapThriveRx.
7. If you have a generator, regularly check that it works. Be sure to keep enough gasoline on hand 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 your need for electrically powered life support systems. This should put your area at the top of the list when they are determining which areas to restore power to first.

Note: This might require an MD to write a letter stating that you use electrically powered life support systems.
9. Contact your fire, police and county emergency management departments to register your special needs.
10. Put all ice packs in the freezer. Keep a cooler on hand in case you lose power or need to evacuate quickly. Ice packs help your fridge stay cold during a power outage and can keep medications cold if you need to evacuate.
11. Keep a 2–3 days' supply of medical supplies available.
12. Check volumes on your medications and refill any that might run out soon.
13. Create a plan for where you will go in the event of a disaster or threat. Consider hospitals or emergency rooms with generators or special needs shelters able to store medications requiring refrigeration.
14. Share your plan with your family and friends so they know where you will be going.
15. In the event of a disaster or threat, find local shelters in your area.
 - + Text SHELTER plus your zip code to 43362 (4FEMA) (example: SHELTER 22003).
 - + Download the FEMA app: fema.gov/mobile-app
 - + Contact your infusion company to coordinate deliveries and notify them of any change in location.
16. For more information on storm preparation, visit ready.gov/individuals-access-functional-needs.



Learn more.

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