



CREATE AN EMERGENCY SUPPORT NETWORK

Medically fragile and at-risk individuals are people with specific needs that may interfere with their ability to access or receive assistance in times of disasters or public medical emergencies.

Examples of **AT-RISK INDIVIDUALS** are children, pregnant women, older adults, people with disabilities, people with limited English proficiency, people with limited access to transportation, people with limited access to financial resources, people experiencing homelessness, people who have chronic health conditions, and people who require ongoing medication support.

Plan with **your support system and caregivers** about your **anticipated needs during an emergency**. There are 5 categories you need to consider: **Communication, Maintaining Health, Independence, Support and Safety, and Transportation**.



IN THE EVENT OF A DISASTER, COULD YOU MAKE IT ON YOUR OWN FOR SEVERAL DAYS?

After a disaster you may not have access to a medical facility or even a drugstore.

It's crucial to plan for your daily needs and know what you would do if they became limited or unavailable.

COMMUNICATION

- 💡 Inform your **support network** where you keep your emergency supplies. You may want to consider **giving a trusted member a key to your house or apartment**.
- 💡 If you have a **communication disability**, consider carrying printed cards or storing information on your devices to easily communicate with others.
- 💡 **Sign up for official emergency alerts** to keep you informed.

MAINTAINING HEALTH

- 💡 Talk to your doctor or pharmacist about how you can create an emergency supply of medicines. **Consider 7 to 14 days' worth** of both prescription and over-the-counter medications at hand. Check with your medical insurance if you are eligible for an extended supply of medications.
- 💡 Have **cooler and ice packs** available to **chill medicines** that need to be refrigerated if your home is impacted by a powered outage.
- 💡 If you are on **dialysis** or other **life-sustaining medical treatment**, know the location and availability of more than one facility that can help you.
- 💡 **Wear medical alert bracelets** and maintain your **emergency health information card**.
- 💡 Keep a list of the **nearest medical facilities** and their service availability post-disasters
- 💡 Plan for **emergency food sources** in case your regular meal service is interrupted.



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INDEPENDENCE

- 💡 If you use **powered-operated medical devices** or **assistive technologies**, plan how you will evacuate with the devices or how you will keep them powered or replace equipment if lost or destroyed.
- 💡 Prepare a kit for **service animals or pets**, including a carrier for each pet.
- 💡 Save your important health information on an **electronic device** and **printed copies**.

SUPPORT AND SAFETY

- 💡 Talk to your caregiver about **availability during and post disaster**, and how to cover **essential needs like bathing, dressing or feeding yourself**.
- 💡 Have **alternative locations** you can go to in case of a power outage and if necessary, stay for up to 2 weeks. Additionally, consider having **safe alternative power sources** to connect your **powered-operated medical devices**.
- 💡 Plan for children and adults who may have **difficulty in unfamiliar environments**.
- 💡 Visit **official trusted sources** like your local emergency management website to find resources available for your recovery. **Be aware of scam contractors or services**.

TRANSPORTATION

- 💡 Plan for **accessible transportation** that you may need for evacuation or getting around during or after disaster.
- 💡 If you have a **mobility disability**, live upstairs and the elevator is not functional, inform the situation to your emergency responders when you call for help.
- 💡 For **transportation assistance** call 311 or 211, or at your emergency call center.



State of Texas Emergency Assistance Registry



VOLUNTARY REGISTRY

for people with disabilities, who are medically fragile, with access and functional needs and who require transportation assistance.

Registering does NOT guarantee a specific service during an emergency.

Register online at: <https://stear.texas.gov/>

or Dial 2-1-1 or use your video telephone relay option of choice to contact [211](https://www.211.org/) at 877-541-7905 (Texas Information Referral Network).

For more preparedness tips, visit [www.Ready.gov](https://www.ready.gov/)