



# 2025 Hurricane Preparedness Guide

**SUPPLEMENT FOR SENIORS & SPECIAL POPULATIONS**



**Together**  
Against the Weather



Houston-Galveston  
Area Council





## Disaster Preparedness

The best time to prepare for a hurricane is before hurricane season begins on June 1. Knowing what to do, what to have, and when to take action is your best protection and the first step in creating your family's disaster preparedness plan. By creating your plan before hurricane seasons arrives, you will have time to plan and consider alternatives to better prepare your family and your home.

### Steps to Create Your Disaster Preparedness Plan

- Learn about the disaster plans at your workplace, your children's schools or daycares, and other places where you or your family spend time.
- Discuss with your family why you need to prepare for a storm and its dangers and pick a place to meet outside of your neighborhood if you cannot return home. Make sure all family members know this location.
- Know and prepare for the special needs of yourself, infants, the elderly, the medically fragile, or individuals who are disabled and will be either staying with you, evacuating with you, or going with you to a shelter after the storm.
- Make a plan for your pets as most emergency shelters do not allow animals.
- Know how to turn off the electricity to your residence at the main breaker or switch in case of downed power lines.
- Keep your flood insurance policy current. Once a storm enters the gulf, it is too late as insurance companies will not write new policies during an impending hurricane. Homeowners insurance does not cover damage from flooding.
- To learn more about flood insurance contact the National Flood Insurance Program at [www.floodsmart.gov](http://www.floodsmart.gov) or call 1-888-379-9531. You can also request information from your insurance agent.
- Prepare and maintain a disaster preparedness kit replacing items as necessary. Use our checklist as a guide.
- Practice your plan with family members and care givers.
- Pay attention to all National Weather Service watches and advisories, and to evacuation orders announced by local officials.

**YOUR DISASTER PREPAREDNESS PLAN WILL HELP GUIDE YOU AND YOUR FAMILY'S RESPONSE AND ACTIONS DURING A HURRICANE, TROPICAL STORM, FLOOD, OR OTHER NATURAL DISASTER.**

# Disaster Preparedness Kit

Use the following checklists as a guide to help include items you, your family, and your pet may need as part of your Disaster Preparedness Kit.

## PERSONAL/FAMILY CHECKLIST

## Home or Property Recovery

- Utility knife
- Work gloves
- Duct tape (to secure coverings)
- Hammer and nails or construction stapler
- Fire extinguisher – small canister (ABC type)
- Plywood (pre-cut) to cover windows and doors
- Plastic sheeting/bags (to cover electronic devices)
- Pliers and/or wrench (to turn off gas and water, if needed)
- Flood Insurance – this is a separate policy as most homeowners insurance policies do not cover flood damage

## Personal Health & Safety

- Important telephone numbers
- Eyeglasses and contact lens solution
- Inventory of valuable household items
- Prescription and over-the-counter medications
- Items for infants, such as formula, diapers, bottles, and pacifiers
- Hurricane evacuation zones and evacuation route maps and area map for shelter locations

- Antibacterial wipes, masks, moist towelettes, toilet paper, soap, and liquid detergent
- Important family documents in a waterproof, portable container; include items such as:
  - Birth, marriage, and death certificates
  - Wills, insurance policies, deeds, contracts
  - Homeowners and flood insurance policies
  - Passports, social security cards, immunization records
  - Bank and credit account numbers and contact information
- First aid kits for your home and cars with items recommended by the American Red Cross (first aid books and kits can be purchased by the American Red Cross)

## Food & Water

- ❑ Camping stove
- ❑ Cooking tools/fuel
- ❑ Manual can opener
- ❑ Matches in a waterproof container
- ❑ Paper plates, plastic cups, and utensils
- ❑ Water – at least one gallon daily per person (and pet) for three to seven days – two quarts for drinking/two quarts for food preparation and cleaning
- ❑ Food – at least enough for three to seven days including non-perishable packaged or canned food (such as meat, soup, and fruit) and juices; special food for infants, the elderly, or those with food allergies or illness





## FACT:

Only four Category 5 hurricanes have struck the U.S. in recorded history:

- 1935 Labor Day Hurricane (Florida Keys landfall)
- 1969 Hurricane Camille (Mississippi landfall)
- 1992 Hurricane Andrew (South Florida landfall)
- 2018 Hurricane Michael (Florida Panhandle landfall)

**EMERGENCY FIRST RESPONDERS WILL NOT RESPOND TO EMERGENCY CALLS DURING A STORM ONCE WIND SPEEDS REACH 40 MPH.**

## Clothing & Bedding

- Blankets or sleeping bags
- Sturdy shoes or work boots
- Clothing for wet and/or dirty conditions
- Rain gear – including umbrella, raincoat/poncho, and rain boots

## Vehicle Supplies

- White distress flag
- Fully gassed vehicles
- Flashlight or camping lantern, extra batteries, and a roadmap
- Tire repair kit and spare tire in good condition, jumper cables, pump, and flares

## Misc. Tools & Supplies

- Whistle
- Needles, thread
- Fuel for generator
- Mosquito repellent
- Telephone with a cord
- Cash or traveler's checks
- Plastic garbage bags, ties
- Cell phone with charger or extra battery
- Battery-powered radio and extra batteries
- Books, games, paper, pencils, crayons for kids
- Sunscreen and shade items (umbrella, wide-brimmed hat)



## Special Considerations for Vulnerable Populations

The following are additional considerations for older individuals, those with disabilities or medically fragile, as well as those who may have these individuals in your families or homes.

- Talk with a family member or other trusted individual about being your hurricane helper. Also, consider your neighbors whom you know and trust. Often they are the closest and most available to you during an emergency. A hurricane helper is someone you can depend on to help you prepare for a storm, help you evacuate should an evacuation order be called, or help you after the storm should you lose power or other utilities.
- Consider this when choosing a helper:
  - Who can you count on in an emergency?
  - What are the different ways you have to communicate with each other?
- Will your hurricane helper be with you during a storm?
- Will you travel together if your zip code must be evacuated?
- Tell your Hurricane Helper where your Disaster Preparedness Kit is stored.
- Make sure your designated Hurricane Helper (one person) has a key to your home
- Include in your support network someone who is far enough away that they are unlikely to be affected by the same emergency.
- Practice your emergency plan with your Hurricane Helper and others in your support network. If applicable, show them how your special needs equipment works.
- Use our Emergency Contact Card to list important contact information. It is important to print and place the card by your telephone or keep it with you should cell service be disabled during the storm.





# Seniors With Disabilities/ Special Needs

Seniors, especially those with special needs, should be informed of what to do in an emergency. Contact your municipality to find out about programs and services in your area that will help you during an emergency and assist you in returning to your daily routine.

## Considerations For Your Disaster Preparedness Plan

- Create an emergency contact list identifying your personal support network, including physicians, case workers, a contact from a seniors group, neighbors, and your building superintendent.
- Keep a copy of this list in your emergency kit and on your person.
- Familiarize yourself with all escape routes, emergency equipment, and the location of emergency doors/exits in your home.
- If you have a pet, bring it with you in an evacuation and have an emergency plan for your pet. Determine in advance who can take care of your animal during an emergency.
- Request that a panic push-button be installed in your work and/or living area so that in the event of an emergency you can notify others of your location and that you need special assistance.

## Recommended Additional Disaster Preparedness Kit Items

- Copies of all medication prescriptions
- Extra dentures (if required) and cleaner
- Extra prescription eye wear and footwear (if required)
- Extra supply of medications and vitamin supplements
- Non-perishable food appropriate to your dietary restrictions
- Latex-free gloves (for anyone providing personal care to you)
- A list of all your needed medical supplies and special equipment
- Assistive devices needed such as canes, walkers, lightweight manual wheelchairs, hearing aids, breathing apparatus, blood glucose monitoring device
- Other:

## Assisting Seniors with Disabilities/ Special Needs

- Check on neighbors to find out if there are seniors who would need your help during an emergency.
- Always speak calmly and provide assurance that you are there to help. Avoid shouting or speaking unnaturally slowly.
- Let the person tell you how you can help.
- Know the location of emergency buttons (many seniors' buildings have emergency buttons located in bedrooms and washrooms).
- Follow instructions posted on special needs equipment and/or assistive devices.





## Individuals with Disabilities and Other Medical Conditions

- Make sure all your emergency kit items are organized in one place, easy to find and to carry.
- Tag all your special needs equipment including instructions on how to use and/or move each assistive device during an emergency.
- Complete a checklist and personal assessment sheet and provide a copy to your designated network(s). Keep a copy in your emergency kit.
- If you have food/drug allergies or have a serious medical condition, wear a MedicAlert® bracelet.
- List all food/drug allergies and current medications (for each medication, specify the medical condition being treated, the generic name, dosage, frequency, and the name and contact information of the prescribing physician). Provide this list to your designated network and keep a copy in your Disaster Preparedness Kit.
- If you rely on any life-sustaining equipment or if you require regular attendant care, ask your network to check on you immediately if an emergency occurs, and have an emergency backup plan in the event of a power outage.
- During an emergency, if your support network is unable to help, ask others for help and inform them of your special needs or medical condition and how they can assist you.
- Carry a personal alarm that emits a loud noise to draw attention.
- Be aware that experiencing an emergency can be overwhelming and stress can worsen some medical conditions.
- If you use medical equipment that requires an electrical source, plan for how you will maintain the connection for safe operation

## Recommended Additional Disaster Preparedness Kit Items

- Latex-free gloves
- Personal assessment sheet
- Food/drug allergy list; list of medications
- A personal alarm that emits a loud noise to draw attention.



## Assisting Individuals with Disabilities and Medical Conditions

- Follow instructions posted on special needs equipment.
- Ask if the person wants your help, and how you may best help them.
- If someone refuses your help, wait for first responders to arrive, unless it is a matter of life or death.
- Do not try to move someone unless you have training in the proper techniques.
- If a person is unconscious or unresponsive do not administer any liquids or food.
- Ask the person if areas of their body have reduced sensation and if they want you to check those areas for injuries.
- You may be asked to use latex-free gloves to reduce the spread of viral infection or to prevent an allergic reaction to latex.
- If providing sighted assistance, the first responder or caregiver should confirm that the service animal is not working and is off duty.
- Do not touch the person, their service animal, or equipment without their permission, unless it is a matter of life or death.
- If the person has a service animal, it is the animal owner's responsibility to assess whether it is safe for the animal to work through the emergency.
- To make this decision, the service animal owner will need information as to the nature of the hazards their animal is expected to face and any changes to the physical environment.

- People who require the use of an evacuation chair should designate a primary and backup contact to assist them in the event of an evacuation. Create an evacuation plan in collaboration with the building manager and contact persons, and practice using the chair with them.
- In your personal assessment checklist, identify areas of your body that have reduced sensation so that these areas can be checked for injuries after an emergency if you cannot do so yourself.
- Check with your local municipal office to learn if emergency shelters in your area are wheelchair accessible.

## Recommended Additional Disaster Preparedness Kit Items

- Supply of inner tubes
- Tire patch kit for wheelchair or scooter
- Spare deep-cycle battery for a motorized wheelchair or scooter
- Can of seal-in-air product (to repair flat tires on your wheelchair or scooter)
- A lightweight, manual wheelchair as a backup to a motorized wheelchair (if feasible)
- Pair of heavy gloves (to protect your hands while wheeling over glass or other sharp debris)
- Latex-free gloves (for anyone providing personal care to you)
- Spare catheters (if applicable)
- Your power outage backup plan
- Other:

## Individuals with Limited Mobility

Mobility limitations may make it difficult for a person to use stairs or to move quickly over long distances. Limitations may include reliance on mobility equipment such as a wheelchair, walker, crutches, or a walking cane. People with a heart condition or respiratory difficulties may also have limited mobility.

### Considerations For Your Disaster Preparedness Plan

- If you use a wheelchair or scooter, request that an emergency evacuation chair be stored near a stairwell on the same floor where you work or live, so that your network can readily access it to help you evacuate. The person with the disability should be involved in the selection of the evacuation chair.

## Assisting Individuals with Limited Mobility

- If possible, use latex-free gloves when providing personal care.
- Ensure that the person's wheelchair is transported with the person.
- Do not push or pull a person's wheelchair without their permission, unless it is a matter of life or death.
- If this is not possible, employ other evacuation techniques such as the use of the evacuation chair, shelter-in-place (if instructed to do so), or wheelchair lifts used by trained personnel.



## Non-Visible Disabilities

Individuals with non-visible disabilities may have difficulty performing some tasks even though their condition is not apparent. Non-visible disabilities can include communication, neurological, cognitive, sensory, mental health, learning, or intellectual disabilities, which may impair an individual's response to an emergency. Conditions can also include allergies, epilepsy, diabetes, pulmonary or heart disease, and/or dependency on dialysis and the use of different types of medical supplies.

### Considerations For Your Disaster Preparedness Plan

- Complete and keep on your person an Emergency Contact Card. This list should note key people that are aware of your condition and special needs.
- Inform your designated support network of where you store your medication.
- Consider wearing a MedicAlert® bracelet or identification to help notify emergency responders about your special needs.
- Request that a panic push-button be installed in your work and living areas so that in an emergency you can notify others of your location and that you need special assistance.

### Recommended Additional Disaster Preparedness Kit Items

- MedicAlert® identification
- Detailed list of all prescription medications
- Supply of food items appropriate for your dietary restrictions
- List of instructions that you can easily follow in an emergency
- Personal list and minimum one-week supply of all needed medications, medical supplies, and special equipment (i.e., ventilator for asthma, nitro lingual spray for a heart condition, an epinephrine pen against allergic reactions or anaphylactic shock, etc.)
- Other:

### Example: People with Diabetes

- Extra supply of insulin or oral agent
- Extra supply of syringes, needles, and insulin pens (if used)
- Small container for storing used syringes and/or needles (if applicable)
- Blood glucose testing kit, spare batteries, and record book
- Supply of blood glucose and urine ketone testing strips
- Fast-acting insulin for high blood glucose (if applicable)
- Fast-acting sugar for low blood glucose
- Extra food/snacks to cover delayed meals
- Ice packs and thermal bag to store insulin (if applicable)



## Assisting Individuals with Non-visible Disabilities

- Repeat instructions (if needed).
- Allow the person to describe the help they need.
- Maintain eye contact when speaking to the person.
- If a person needs to take medication, ask if they need help (never offer medicine not prescribed by a physician).
- Find effective ways to communicate, such as drawn or written instructions, and landmarks instead of general terms such as "go left" or "turn right."

## Hearing Impaired

The way that emergency warnings are issued in an emergency is critical to the understanding of instructions and the response and safety of those with hearing loss.

### Considerations For Your Disaster Preparedness Plan

- Communicate your hearing loss by moving your lips without making a sound, pointing to your ear, using a gesture, or if applicable, pointing to your hearing aid.
- Keep a pencil and paper handy for written communication.
- Obtain a pager that is connected to an emergency paging system at your workplace and/or your residence.
- Install a smoke detection system that uses flashing strobe lights or vibrations to get your attention if the alarms sound.
- Test smoke alarms monthly by pushing the test button.
- Replace batteries every six months or whenever there is a low battery signal.

## Recommended Additional Disaster Preparedness Kit Items

- Extra batteries for assistive devices
- Flashlight, whistle, or personal alarm
- Writing pads and pencils for communication
- Assistive equipment according to your needs (i.e., hearing aid, personal amplifier, etc.)
- Portable visual notification devices to know if someone is knocking on the door, ringing the doorbell, or calling on the telephone
- Pre-printed phrases you would use during an emergency, such as "I use American Sign Language" or "If you make announcements, I will need to have them written simply or signed."
- Use the Communications Card below that explains your hearing loss and identifies how first responders can communicate with you during an emergency.
- Other:

### Assisting Individuals with Hearing Impairments

- Note that some people may be deaf-blind.
- Try to rephrase, rather than repeat yourself.
- Use gestures to help illustrate your meaning.
- If there is time, it may be helpful to write a message.
- Speak clearly and naturally. Do not shout or speak unnaturally slowly.
- Face the person, make eye contact when speaking to them as they may rely on lip reading and communicate in close proximity.
- Hearing aids amplify sounds and can create a physical shock to the user, so do not make loud noises.
- Get the person's attention using a visual cue or a gentle touch on their arm. Do not approach the person from behind.







## Vision Impaired

A person who is blind or has reduced vision may have difficulty reading signs or moving through unfamiliar environments during an emergency. They may feel lost and/or dependent on others for guidance.

### Considerations For Your Disaster Preparedness Plan

- Have a longer white cane available to readily maneuver around obstacles (there may be debris on the floor or furniture may have shifted).
- Identify all emergency supplies in advance with fluorescent tape, large print, or Braille text, such as gas, water, and electric shutoff valves.
- Familiarize yourself in advance with all escape routes and locations of emergency doors/exits on each floor of any building where you work, live, and visit.

### Recommended Additional Disaster Preparedness Kit Items

- Talking or Braille clock
- Large print timepiece with extra batteries
- Extra white cane, preferably longer in length
- Extra pair of prescription glasses (if applicable)
- Extra vision aids such as an electronic travel aid, monocular, binocular, or magnifier

- Any reading devices or assistive technology to access information or portable CCTV devices
- Other:

### Assisting Individuals with Visual Impairments

- Do not assume that the person cannot see you.
- Watch for obstacles that the person could walk into.
- Never grab a person with vision loss, unless it is a matter of life or death.
- Provide advance warning of upcoming stairs, major obstacles, or changes in direction.
- To guide a person, keep half a step ahead, offer them your arm, and walk at their pace.
- To communicate with someone who is deaf-blind, trace letters in their hand with your finger.
- Do not shout at a person who is blind or has reduced vision. Speak clearly and provide specific directions.
- If the person has a service animal on duty, ask them where you should walk to avoid distracting the animal. Do not separate the service animal from its owner.
- Avoid the term "over there"; describe positions such as, "to your right/left/straight ahead/behind you", or by using the clock face positions (i.e., the exit is at 12 o'clock).
- For people who are deaf-blind, draw an "X" on their back with your finger to let them know you can help them.



# High Rise Safety

Residents living in and individuals who work in high-rise buildings should make themselves aware of:

- Members of the Building Safety Committee.
- Location of emergency evacuation device(s).
- Building superintendent's name and phone number.
- The names of residents or employees responsible for evacuation drills and how often those drills are conducted.
- Locations of fire extinguishers, automated external defibrillator units, and oxygen tanks.

## Your Emergency Plan

- Know your building's evacuation plan and escape routes.
- Advise your building superintendent of your requirements during an emergency.
- Know the location of emergency buttons in the building and exits that are wheelchair accessible (if applicable).
- If you will need help during an emergency, obtain large, printed signs from the building manager that you can place in your window/door, indicating that you need assistance.
- If applicable, request that an emergency evacuation chair be installed close to the stairwell on the floor where you work or live. If you cannot have an evacuation chair, have a backup plan for evacuating without one.

## Assisting Individuals with Special Needs in High-Rise Building

- Offer to carry the person's emergency kit along with any special equipment.
- Check on neighbors and/or co-workers with special needs to find out if they need your help.
- Do not use elevators in the event of fire or smoke, or if the emergency is likely to lead to a power outage.
- Avoid trying to lift, support, or assist the movement of someone down stairways unless you are familiar with safe techniques.



# The STEAR Program

The STEAR, or State of Texas Emergency Assistance Registry, is a voluntary, free registry that provides local emergency planners and responders with additional information on the needs of their communities.

Different communities use the registry in various ways. For more information on how your community will use information in the STEAR registry, contact your **local emergency management office**.

## Who Should Register?

- People with disabilities
- People who are medically fragile
- People with access and functional needs such as:
  - Limited mobility
  - Communications barriers
- People who require additional medical assistance during an emergency event
- People who require transportation assistance
- People who require personal care assistance

## How to Register?

- Phone: Dial 2-1-1 or use your video telephone relay option to contact 2-1-1 at 877-541-7905 (Texas Information Referral Network)
- Online: [stear.texas.gov](http://stear.texas.gov) or scan the QR code below

## Information to Provide

The following information is required to register:

- Name
- Address
- Phone number
- Primary language

You may also be asked to provide the following vital information for use by local emergency planners and responders:

- Pet information
- Caregiver information
- Communication barriers
- Emergency contact information
- Disability, functional, or medical needs
- Transportation assistance for home evacuation

**YOU  
MUST  
REGISTER  
FOR  
STEAR  
EACH  
YEAR!**



## Regional County Offices of Homeland Security & Emergency Management

### Austin County

[ac-oem.com](http://ac-oem.com)  
979-865-6463

### Brazoria County

[brazoriacountytx.gov/departments/emergency-management](http://brazoriacountytx.gov/departments/emergency-management)  
979-864-1201

### Chambers County

[chamberscountytx.gov/200/Emergency-Management](http://chamberscountytx.gov/200/Emergency-Management)  
409-267-2445

### Colorado County

[co.colorado.tx.us/page/colorado-emergency](http://co.colorado.tx.us/page/colorado-emergency)  
979-733-0184

### Fort Bend County

[fortbendcountytx.gov/homeland-security-emergency-management](http://fortbendcountytx.gov/homeland-security-emergency-management)  
281-342-3411

### Galveston County

[gcoem.org](http://gcoem.org)  
281-309-5002

### Harris County

[readyharris.org](http://readyharris.org)  
713-881-3100

### Liberty County

[co.liberty.tx.us/page/liberty.emergency](http://co.liberty.tx.us/page/liberty.emergency)  
936-334-3219

### Matagorda County

[co.matagorda.tx.us/page/matagorda-emergency](http://co.matagorda.tx.us/page/matagorda-emergency)  
979-323-0707

### Montgomery County

[ohsem-moco.hub.arcgis.com](http://ohsem-moco.hub.arcgis.com)  
936-523-3915

### Walker County

[co.walker.tx.us/department/index.php?structureid=17](http://co.walker.tx.us/department/index.php?structureid=17)  
936-435-8035

### Waller County

[co.waller.tx.us/page/OEM](http://co.waller.tx.us/page/OEM)  
979-826-7785

### Wharton County

[co.wharton.tx.us](http://co.wharton.tx.us)  
979-532-1123



Visit [stear.texas.gov](http://stear.texas.gov)  
or scan the QR code



## H-GAC Resources

- Together Against the Weather  
[togetheragainsttheweather.com](http://togetheragainsttheweather.com)
- Hurricane Evacuation Maps  
[h-gac.com/hurricane](http://h-gac.com/hurricane)

## Additional State and Federal Resources

- American Red Cross, Greater Houston Area Chapter  
[houstonredcross.org](http://houstonredcross.org)  
713-526-8300
- Federal Emergency Management Agency, Region VI  
[fema.gov/region-6-contact-us](http://fema.gov/region-6-contact-us)  
940-898-5399
- FloodSafety.com  
[floodsafety.com](http://floodsafety.com)
- National Flood Insurance Program  
[floodsmart.gov](http://floodsmart.gov)  
877-336-2627
- National Hurricane Center  
[nhc.noaa.gov](http://nhc.noaa.gov)
- National Weather Service - Houston/Galveston  
[srh.noaa.gov/hgx](http://srh.noaa.gov/hgx)
- Texas Department of Insurance  
[tdi.state.tx.us](http://tdi.state.tx.us)  
800-252-3439
- The Texas Department of Transportation  
[txdot.gov/travel/hurricane.htm](http://txdot.gov/travel/hurricane.htm)  
800-452-9292
- Texas Division of Emergency Management  
[txdps.state.tx.us/dem](http://txdps.state.tx.us/dem)
- Texas Windstorm Insurance Association  
[twia.org](http://twia.org)

## Local & Regional News Stations

Monitor local news reports to learn of weather and road conditions, school closures and to receive important instructions from emergency management officials.

## Television Stations

- KHOU/CBS – Channel 11  
[khou.com](http://khou.com)
- KIAH/CW – Channel 39  
[cw39.com](http://cw39.com)
- KPRC/NBC – Channel 2  
[click2houston.com](http://click2houston.com)
- KRIV/FOX – Channel 26  
[myfoxxhouston.com](http://myfoxxhouston.com)
- KTMD/Telemundo – Channel 47  
[elemundodallas.com/houston](http://elemundodallas.com/houston)
- KTRK/ABC – Channel 13  
[abclocal.go.com/ktrk](http://abclocal.go.com/ktrk)
- KXLN/Univision – Channel 45  
[univisionhouston.com](http://univisionhouston.com)

## Radio Stations

- Houston: KUHF 88.7 FM, KTRH 740 AM
- Austin: KLBJ 590 AM
- Beaumont: KLVI 560 AM
- College Station: KAMU 90.9 FM, KAGC 1510 AM
- Dallas: KRLD 1080 AM
- Huntsville: KSAM 101.7 FM
- Lufkin/Nacogdoches: KYKS 105.1 FM, KRBA 1340 AM
- San Antonio: WOAI 1200 AM



## Checklist and Personal Assessment

During an emergency, this checklist will enable emergency responders to better assist you.

### I AM ABLE TO:

- ☐ Hear
- ☐ See
- ☐ Walk without help
- ☐ Walk with help
- ☐ Prepare my meals
- ☐ Feed myself
- ☐ Dress myself
- ☐ Sit without help
- ☐ Sit with help
- ☐ Wash/bath without help
- ☐ Wash/bath with help
- ☐ Sanitary needs without help
- ☐ Sanitary needs with help

I need specific help with (explain):

### SPECIAL CONSIDERATION

Special equipment I use:

Special sanitary aids:

Allergies:

Other special needs:

Special diet:

### MY HEALTHCARE TEAM

Primary Care Physician:

Phone Number:

Specialist/s:

Name:

Phone:

Name:

Phone:

## HEALTH INFORMATION

Medical Insurance ID #:

Policy #:

### EMERGENCY CONTACTS

Neighborhood contact:

Out-of-town emergency contact:

School contact:

Veterinarian phone:

Local emergency management contact (for your area):

### PRESCRIPTION MEDICATION

Prescription #:

Name of medication:

Purpose:

Prescription #:

Name of medication:

Purpose:

Prescription #:

Name of medication:

Purpose:

Prescription #:

Name of medication:

Purpose:

Prescription #:

Name of medication:

Purpose:

## PERSONAL SUPPORT NETWORK

Include contact information for family members, attendants, neighbors, etc.

Name:  
Relation:  
Address:  
Phone (home/landline):  
Phone (cell):  
Phone (business):

Name:  
Relation:  
Address:  
Phone (home/landline):  
Phone (cell):  
Phone (business):

Name:  
Relation:  
Address:  
Phone (home/landline):  
Phone (cell):  
Phone (business):

Name:  
Relation:  
Address:  
Phone (home/landline):  
Phone (cell):  
Phone (business):

**Cut out the emergency contact card below and keep it in your wallet or purse for safe keeping.**

EMERGENCY CONTACT CARD	MY CONTACT INFO
Hurricane Helper:	Name:
Phone:	Address:
Trusted Neighbor:	Phone:
Phone:	Medical Needs:
Primary Care Physician:	
Phone:	

### COMMUNICATION CARD

**Cut out the emergency contact card below and keep it in your wallet or purse for safe keeping.**

#### I HAVE A HEARING LOSS

To make our conversation easier, please:

Face me and do not cover your mouth

Speak clearly and not too quickly

Cut out background noise, if possible

Write your message, if necessary