



MY EMERGENCY

PLAN | WORKBOOK



Rhode Island Special Needs Emergency Registry

Thank you for taking the time to prepare yourself for disasters. The Rhode Island Department of Health's Center for Emergency Preparedness and Response (CEPR) created this workbook for an individual or family to use to guide them in all-hazard preparedness planning. By reviewing the contents of this workbook and completing preparedness steps now, you should be more prepared to take care of yourself during a time of emergency.

We support the Federal Emergency Management Agency (FEMA) model that encourages all individuals to plan to be able to take care of themselves for at least the first three days (72 hours) following a disaster.

This workbook will not only guide you through an important personal assessment but also provide you with safety checklists to better prepare you for specific emergencies. In addition, resources to utilize during an emergency are provided.

Planning Steps:

1. Complete My Emergency Plan workbook.
2. Build your emergency kit(s) as referenced in this workbook.
3. Review your plan and kit(s) with your personal support network at least once a year.
4. Consider enrolling in the Rhode Island Special Needs Emergency Registry, if applicable.
www.health.ri.gov/emregistry

Sincerely,



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INTRODUCTION

Emergencies can happen anywhere and at any time. Have you thought about what you would do in an emergency? Whether you are stuck in your car on the side of the road during a cold winter day or at home during a power outage that lasts for days, a small-scale emergency can quickly become a full-scale disaster if you do not have a plan. Knowing the steps you can take to be better prepared can help reduce the risks you and your family may face during a disaster.

Ask yourself these questions:

- Do I have enough clean drinking water if my water supply is cut off during a storm?
- Do I have enough formula to feed my baby?
- Do I have medications and medical supplies to last for at least three days?
- Do I have a first aid kit to treat a minor injury?
- Do I have credit cards, cash, social security cards, birth certificates, medical insurance cards, and important medical information to take with me when I evacuate?
- Do I have a plan for what to do if I am separated from my loved ones?



This My Emergency Plan workbook is a tool for you to use as you start your emergency preparedness planning. Being prepared means that you have what you need to take care of your household for at least three days after a disaster. However, since recovery after a disaster might take longer, it is best to be prepared to take care of your home and everyone in it for one week. By taking steps to become prepared now, you will be more likely to stay safe and healthy during and after an emergency. Here is how to get started:

1

GET INFORMED

- Know the risks in your area. Find out what could be dangerous to you and your family where you live.
- During the emergency, pay attention to news updates and media briefings from local and state responders.

2

MAKE A PLAN

- Talk with your family about where you would go, what you would need, and how you would communicate during an emergency.

3

MAKE AN EMERGENCY SUPPLY KIT

- Have enough supplies for you and your family to last for at least three days at home.
- Prepare a “go kit” in case you and your family need to evacuate.

FIVE THINGS TO DO BEFORE A DISASTER

Here is a list of important information to know and steps to take before a disaster happens:



1. Know where your home's utility (water, gas, electricity) shut-off valves/switches are located. If you are unsure, ask your utility company. You may need to turn the utilities off before or during an emergency for safety reasons. Teach everyone in the household and keep instructions nearby.



2. Consider buying homeowners or renters insurance that includes flood insurance coverage. Homeowners and renters insurance does not typically cover flood damage.



3. Get life safety training in CPR, Automated External Defibrillators (AED), fire extinguisher use, and basic first aid skills.



4. Learn and practice your evacuation routes with your household.



5. Complete this guide to assist you in making an emergency plan for your home and family.

Did you know that you can get emergency alerts targeted to the location of your home, work, or school? Sign up for Rhode Island's CodeRED Emergency Alert System to get emergency notifications via your home phone, cell phone, text message, or email. Learn more at riema.ri.gov.



GET INFORMED

An important part of preparedness is educating yourself and your family before disaster strikes. Know the risks and learn what to do to protect yourself during and after an emergency. Some steps to take are:

- Find out if there are any places in your community that could be dangerous in an emergency like:
 - A place where hazardous chemicals are used or stored
 - A nuclear power plant
 - An area near a river, pond, or ocean that could flood



- Know the weather conditions (hurricanes, blizzards, heavy rain, high winds, extreme heat, and extreme cold) that can lead to:
 - Flooding
 - Power outages
 - Limited access to roads and transportation



- Ask about the emergency plans in your living community (apartment, condo, group housing, assisted living), at your job, daycare center, school, or other place where you and your family spend a lot of time.



- Learn about your community's emergency response plans. Your local emergency management agency, fire department, or city/town hall will have information about:
 - Designated emergency shelters
 - Evacuation routes
 - Emergency warning systems



- During the emergency, listen to radio and/or television announcements and updates and follow the advice and directions of local or state officials. Staying informed during and immediately following the emergency is key.



MAKE A PLAN

The best way to protect yourself and loved ones from a disaster is to make and practice an emergency plan so everyone will know what to do in an emergency. You are the best person to plan for your own safety because you know your abilities and needs. Don't wait until an emergency to make a plan. The best time to make an emergency plan is before a disaster, when you can think clearly. To make an emergency plan, you will need to talk with the members of your family, household, and your personal support network about how to prepare for the types of disasters that may happen where you live.

CONSIDER INCLUDING:

- **Important contact information**
(Personal Support Network, e.g., friends, caregivers, neighbors)
- **Action plans**
(e.g., evacuation routes, meeting places, communication plan)
- **Personal assessment**
(e.g., special instructions for medical equipment, family medical information, copies of financial and legal documents, and pet or service animal information)



Communicating with First Responders: *If you are experiencing a medical emergency and Emergency Medical Services (EMS) is called to your house, it is crucial that they have clear directions on how they should proceed. Be prepared to give first responders specific and brief instructions about your needs. These instructions should include any medical equipment, medications, or other accommodations you may require. They should also include the names of emergency contacts and any other information you consider vital to your safety in a disaster. To help you communicate in these situations, consider having a printed communications board or a mobile app readily available.*



Personal Support Network

During the early minutes or hours of an emergency, our safety can depend on help from others. Building a personal support network is a lot like the idea of neighbors helping neighbors. When you have a personal support network, you know who you can depend on and who depends on you.

A personal support network can include friends, roommates, family members, relatives, coworkers, and neighbors who will check in with you in an emergency to ensure you are okay and help you if needed.

Members of your personal support network should be familiar with your daily routine and any special considerations or needs you may have. Do not only depend on one person because they may not always be available. Take some time to think of at least two or three people who would be in your network. Make a list of the members of your personal support network including their names and contact information.

Program an Emergency Contact in your cell phone so you can get help easily if you need it. By adding an Emergency Contact to your cell phone lock screen, first responders can get the information they need to identify you, provide you the appropriate medical care, and know who to call first if you are involved in an accident or other emergency.



Meet with Your Support Network

Invite members of your network to meet with you to discuss each other's needs and how you can help one another.

- Show your support network where you keep your My Emergency Plan workbook, copies of important papers, emergency supplies, and copies of keys to get into your home, office, or car in case of an emergency.
- Explain how to operate and move any assistive devices or specialized medical equipment. Attach operating instructions to equipment, if possible.
- Agree on and practice methods for contacting each other in an emergency. Signals can include whistles, knocking, or visual signs like shining the light of a flashlight. Do not count on telephones working.
- Create a system for letting others know when you will be traveling out of town and when you return.
- Explain reactions you might have, and emotions related to disasters and traumatic events (e.g., confusion, memory difficulties, anger, fear, panic, and anxiety). Tell them how you cope under stress.
- If you have pets or service animals, make sure that they are familiar with members of your support network. In case of emergency, your personal support network may need to care for your pets.

Planning for People with Access and Functional Needs

People may have unique needs before, during, and after an emergency in functional areas, including but not limited to:

- **Communication** – Individuals may not be able to hear announcements, see signs, understand messages, or verbally communicate their needs.
- **Medical** – Some people may require assistance in managing activities of daily living (eating, dressing, bathing, toileting), or managing health conditions (testing blood sugar, taking medications, use of dialysis, oxygen, or life-sustaining equipment).
- **Independence** – People may depend on certain things to function independently. These items can include mobility aids (wheelchairs, walkers, canes), communication aids (communication boards/books, devices with voice output, hearing aids, communication applications [apps] on mobile devices), medical equipment (catheters, syringes, feeding tubes), and service animals.
- **Supervision** – Individuals may need support to cope with new surroundings (emergency shelter) or in a new situation (evacuation). Young children and people with behavioral health needs may not be able to identify themselves or know what actions to take to stay safe.
- **Transportation** – People should identify transportation needs ahead of time in case they need to evacuate. Plan to address any mobility challenges, such as need for a wheelchair lift, temporary injury, legal restriction, limited public transportation, or no access to a car or fuel.

The services you depend on daily may not be available during an emergency. It is important for people who have special healthcare needs to consider the following when making an emergency plan:

People who use wheelchairs may want to:

- Purchase a patch kit and extra inner-tubes for wheelchair tires.
- Purchase heavy gloves to use while wheeling through debris.
- Check with vendors of motorized wheelchairs to see if the battery can be recharged by using jumper cables or use a power converter that allows charging from inside a car.
- Have a manual wheelchair as a back-up (does not require a charger).



People who are Blind or have low vision may want to:

- Store a magnifier, extra pair of glasses, extra white cane, and talking or Braille clock in emergency kits.
- Mark “go kits” and utilities with fluorescent tape, large print, or Braille.



People who are Deaf or hard of hearing may want to:

- Keep pads, pencils, and an emergency communication board with pictures in emergency kits.
- Keep a flashlight, whistle, and noisemaker by the bedside and in “go kits.”
- Keep a card with you at all times that indicates you are Deaf and provides other information such as whether or not you use American Sign Language (ASL), have a service animal, or require an interpreter or a translator.



People who have a speech-related or communication need may want to:

- Consider buying an adaptor that allows charging from a car if you use an electronic device to communicate.
- Keep pads, pencils, and an emergency communication board with pictures in emergency kits.
- Keep alternative communication devices readily available.



People who have a cognitive disability may want to:

- Keep printed copies of any instructions you think you may need.
- Keep pads and pencils in emergency kits to keep track of any new instructions you may receive.



Individuals with sensory disabilities should consider installing detectors and alarms with strobe lights and vibrating pads. It might also be helpful to get a medical alert system device that will allow you to call for help if you cannot move and are unable to reach a phone.



Personal Assessment

A personal assessment helps you think about your abilities and needs. To complete a personal assessment, consider how factors of your daily life may be affected by an emergency so that you can plan to adapt in those situations. Decide what you will be able to do for yourself, and what tasks you may need help completing. It is important to consider all your daily needs or challenges when planning for emergencies.

To begin your personal assessment, answer the questions below. Use your answers to make a list of your personal needs and discuss the list with your personal support network.

QUESTION	YES	NO
Will you be able to shut off the necessary utilities (gas, water, electricity)?	<input type="checkbox"/>	<input type="checkbox"/>
Can you operate a fire extinguisher?	<input type="checkbox"/>	<input type="checkbox"/>
Will you be able to carry your emergency "go kit" or critical assistive/medical devices?	<input type="checkbox"/>	<input type="checkbox"/>
Will you be able to move objects blocking your evacuation path?	<input type="checkbox"/>	<input type="checkbox"/>
Can you evacuate quickly without help?	<input type="checkbox"/>	<input type="checkbox"/>
Are you able to hear or see warnings or announcements?	<input type="checkbox"/>	<input type="checkbox"/>
Will you be able to maintain any life support systems (oxygen tank/concentrator, respirator/ventilator, pacemaker, feeding tube, colostomy/ileostomy, suction, dialysis) using a battery or generator?	<input type="checkbox"/>	<input type="checkbox"/>
Will you have access to transportation if you need to evacuate your home?	<input type="checkbox"/>	<input type="checkbox"/>
Will you need to be accompanied by a caregiver or service animal during an evacuation?	<input type="checkbox"/>	<input type="checkbox"/>
Will you need assistance with daily activities (feeding, bathing, dressing, toileting) during an emergency?	<input type="checkbox"/>	<input type="checkbox"/>

Kids and Disasters

Young children and teens should be a part of the emergency planning process. Sit down as a family to talk about your emergency plan. Role-play what you would do during a disaster, and practice parts of the plan, such as holding fire drills in your home or calling emergency contacts.

Children are often most affected by disasters. They may feel confused and frightened during and after an emergency. After a disaster, parents should pay attention to changes in a child's behavior. Even if a child was not directly impacted by the event, it is important to recognize and be aware of some of the responses children may experience after disasters. Here are some tips to help kids deal with disasters:

- **Stay calm** – If you show that you feel calm and in control, your child may feel more confident and be better able to cope.
- **Encourage conversations** – Talk with your child about what is happening in a way they can understand. Ask them about their feelings and validate their concerns.
- **Answer questions** – Be honest. Give the amount of information you feel your child needs and clarify misunderstandings about risk and danger.
- **Shut off the television** – News coverage of disasters can create confusion and anxiety. Repeated images of disasters may lead kids to believe the event is happening all over again. If your children do watch TV or go online, be available to talk with them and answer questions.
- **Take action** – Whether it is volunteering in the community or organizing a food drive, helping can be healing and empowering.
- **Rebuild routines** – Get back to your normal routines—like school and after-school activities, dinner time, and bed time—as soon as possible. The structure of daily routines provides children a sense of stability and comfort.

After a disaster, it is normal to feel sad, mad, or guilty—you may have lost a great deal. Coping with disasters can be difficult, especially for children, senior citizens, and people with access and functional needs. If anyone is having trouble with their feelings, get help and speak with a counselor. For more information, visit www.ready.gov/coping-with-disaster.



Pets and Service Animals

You need to have a plan in place to ensure the safety and well-being of any pets, service animals, or livestock in your household during and after an emergency.

Prepare to take your pets with you in an evacuation. If it is not safe for you to stay, it is not safe for them either. Here are some tips to consider:

- Know which hotels along your evacuation route will accept you and your pets in an emergency. Call ahead for reservations if you need to evacuate. Ask if they can waive any no-pet policies.
- Most American Red Cross shelters cannot accept pets because of health and safety concerns. Service animals that assist people with disabilities are allowed in Red Cross shelters.
- All dogs and cats should wear collars with securely fastened, up-to-date identification.
- Consider having your pet or service animal “microchipped” (the placement of a small device under the skin that stores information) by your veterinarian. If your pet gets lost, the microchip can be scanned for information to identify the animal.
- Make sure your pet’s vaccinations are current. Pet shelters, if available, require proof of current vaccinations to reduce the spread of disease.

For information on disaster planning and emergency actions to take for livestock, horses, birds, reptiles, or other small animals, please visit [RedCross.org](https://www.redcross.org), the Human Society of the United States (www.HSUS.org), or [Ready.gov/animals](https://www.ready.gov/animals). To learn about first aid care for your dog or cat, visit www.redcross.org/take-a-class/first-aid/cat-dog-first-aid.



Evacuation

It is ideal to stay at home during a disaster, but only if it is safe to do so. If it is not safe to stay in your home or if emergency officials instruct you to evacuate, plan to leave right away. It can become more difficult to travel as a storm approaches and more people are trying to leave. If you do not, or cannot evacuate, conditions may become unsafe for emergency responders to help you.

Emergency shelters may only have power and provide shelter from the outdoors. You cannot rely on an emergency shelter to have beds, food, water, medicine, soap, towels, or bathing areas. Be sure to bring an emergency “go kit” with you, including personal hygiene supplies, medications, and medical equipment. Cooling or warming centers may be opened throughout the state to provide a space that has safe temperatures during extreme heat or extreme cold.

Reunification is the process of reuniting with your family or personal support network after an emergency. This is often the most difficult part after an emergency. To ease the process, remember:

- *Let people know if you are safe. Start with your personal support network. Social media platforms like Facebook have features that allow you to mark yourself safe and include your general location.*
- *Have both a cell phone and landline available for communication. Sometimes text messages will go through, even if phone calls will not. You should limit non-emergency calls. Try to keep calls short to help keep telephone networks working.*
- *In many emergencies, it will be easier to make an out-of-state phone call than an in-state call. If possible, set up an out-of-state contact that you and your personal support network will know to call. Anyone who wants to check in or report their status can do so through the out-of-state contact.*



To let loved ones know that you are okay or to find someone after a disaster, visit [redcross.org/safeandwell](https://www.redcross.org/safeandwell).

Shelter in Place

There are various types of emergencies that may require individuals to shelter in place. Sheltering in place means getting to a small, interior room, with no or few windows, and staying there until the situation is safe. An order from local authorities to shelter in place is usually for a few hours, not days or weeks.

At home:

- Close and lock all windows and exterior doors.
- Gather essential disaster supplies, such as nonperishable food, bottled water, battery-powered radios, first aid supplies, flashlights, batteries, duct tape, plastic sheeting, and plastic garbage bags.
- If you are told there is danger of an explosion, close the window shades, blinds, or curtains.
- Turn off all fans, heating, and air-conditioning systems.
- Close the fireplace damper.
- Go to an interior room without windows that is above ground level. Chemicals may seep into the basement, even if the windows are closed.
- Use duct tape and heavy plastic sheeting to seal all cracks around the door and any vents in the room.
- Bring your pets with you and be sure to bring additional food and water supplies for them.
- Bring a landline phone with you, if possible. Cellular telephone equipment may be overwhelmed or damaged during an emergency.
- Alert your personal support network and have the phone available if you need to report a life-threatening condition.
- Listen to your radio or television until you are told all is safe or you must evacuate.



Local officials are the best source of information during an emergency. Follow their instructions during and after emergencies about sheltering, food, water, and clean-up methods.

MAKE A KIT

When making a kit, it is important to think about the things that you use every day. A disaster supply kit should have enough supplies to last for at least three days. You need to be able to get to your kit easily and use it right away in an emergency. Your kit can be stored in a cool, dark location like a basement, garage, or a storage container that fits under a bed. There are four different kinds of disaster supply kits: a home kit, a pet kit, a car kit, and a “go kit” for when you have to leave your home. It is best to have your supplies stored at home in advance. In the days leading up to a storm, you might not be able to buy the things you need.

Tip: Reverse batteries when not in use to prevent accidental burnout.
Be sure to replace those batteries every year.



You don't need to get all of your emergency supplies at once. You can build your kits over time. Buy a few items a week or month and check them off your list when you get them. Remember to change and replace perishable supplies (such as food and water) every six months. Here are the basic items to start with:

Home Kit:

- Water: one gallon per person per day for drinking and sanitation
- Food: at least a three-day supply of non-perishable food
- Battery-powered radio and extra batteries
- Flashlight and extra batteries
- First aid kit
- Whistle to signal for help
- Filter mask or cotton t-shirt, to help filter the air
- Moist towelettes for sanitation
- Wrench or pliers to turn off utilities
- Manual can-opener for food (if kit contains canned food)
- Plastic sheeting and duct tape
- Garbage bags and plastic ties for personal sanitation
- Supplies for unique family needs, such as daily prescription medications

Children and infants:

- Diaper bag with at least one pack of diapers, at least two packs of baby wipes, baby powder, diaper rash cream, baby wash and lotions, re-sealable plastic bags for dirty diapers and clothes.
- Infant formula
- Thermos (to keep formula cool or warmer longer)
- Baby bottles and nipples or sippy cups
- Pacifiers
- Teething tablets or gel
- Infant pain reliever with Acetaminophen
- Bulb syringe
- Thermometer
- Extra clothes and blankets
- Baby sling or carrier
- Books, games, or puzzles
- Paper with pencils, markers, or crayons
- A favorite stuffed animal or blanket

Pregnant women:

- Nutritious foods, such as protein bars, nuts, dried fruit, and granola
- Maternity and baby clothes for layering
- Prenatal vitamins or other medications
- Clean blankets/towels
- Emergency birth supplies; surgical scissors, infant bulb syringe, medical gloves, two clean, white shoelaces (for tying umbilical cord), sheets, and sanitary pads

Special healthcare supplies and equipment:

- Medications/supplies for chronic conditions such as blood disorders, heart disease, high blood pressure, diabetes, allergies, or asthma
- Glucometer (to test blood sugar) with supplies like lancets, test strips, and alcohol wipes
- Asthma inhalers
- Oxygen tanks and supplies labeled with flow rate
- Sanitary supplies
- Dentures with denture cup
- Contact lenses containers with solution
- Other: _____

Pet Kit:

- Sturdy leashes, harnesses, and/or carriers
- Food, drinking water (large dogs and livestock need one gallon per day), bowls
- Cat litter/pan, puppy pads
- Immunization records and veterinarian contact information
- Immunization records and veterinarian contact information
- Current photos of you with your pet
- Identification tags
- Pet beds and toys

Car Kit:

- Battery-powered radio and extra batteries
- Car cell phone charger
- Plastic flashlight and extra batteries
- Blankets or sleeping bags
- Jumper cables
- Fire extinguisher (5-pound, A-B-C type)
- Drinking water
- Nonperishable, high-energy foods (granola bars, raisins, peanut butter, etc.)
- Gasoline container
- Bag of sand or cat litter (for tire traction)
- Map
- Shovel and ice scraper
- Knife
- Flares and reflectors
- Tire repair kit, air pump, basic tool kit
- First aid kit with essential medications

Go Kit:

- Medications
- Durable medical equipment
- Eye glasses/contact lenses
- Identification
- Toiletries
- Extra clothing for each household member
- Baby food, diapers, and supplies
- Pillow, sheet, blanket for each person
- Cell phone with charger
- Games, books, music players with headphones
- Flashlight with extra batteries
- Battery-powered radio with extra batteries
- Cash
- Completed My Emergency Plan workbook and other important documents
- For children, make sure to bring any materials that are part of their daily routine (favorite movies, games, etc.)
- Food that meets your dietary restrictions. Shelters will likely provide food but may not be able to accommodate food restrictions.

Work Kit:

- First aid supplies
- Flashlights or light sticks
- Building emergency plans
- Building maps showing evacuation and shelter areas
- Signs with the words "I Need Help" and "I Evacuated"



MY EMERGENCY COMMUNICATIONS PLAN

Fill out the information for each person in your household. Keep a copy in your emergency kit.

Give copies to each person in your household and your personal support network.



Name: _____

Cell Phone: _____

Date of Birth: _____

Name: _____

Cell Phone: _____

Date of Birth: _____

Name: _____

Cell Phone: _____

Date of Birth: _____

Name: _____

Cell Phone: _____

Date of Birth: _____

Name: _____

Cell Phone: _____

Date of Birth: _____

Name: _____

Cell Phone: _____

Date of Birth: _____

My Emergency Contacts

Nearest contact person or relative

Name: _____

Work/Home/Cell Phone: _____

Email: _____

Relationship: _____

Out-of-state contact

Name: _____

Work/Home/Cell Phone: _____

Email: _____

Address: _____

My Personal Support Network

1. Name: _____

Work/Home/Cell Phone: _____

Email: _____

Relationship: _____

2. Name: _____

Work/Home/Cell Phone: _____

Email: _____

Relationship: _____

3. Name: _____

Work/Home/Cell Phone: _____

Email: _____

Relationship: _____

Write down where everyone will meet if you are separated during a disaster.

Meeting place close to home: _____
_____ Phone: _____

Meeting place away from home: _____
_____ Phone: _____

Out-of-town meeting place: _____
_____ Phone: _____

Write down information for places where each household member spends most of their time, such as work, school, or daycare.

1. Name: _____
Location/ Address: _____
_____ Phone: _____
Evacuation site: _____

2. Name: _____
Location/ Address: _____
_____ Phone: _____
Evacuation site: _____

3. Name: _____
Location/ Address: _____
_____ Phone: _____
Evacuation site: _____

4. Name: _____
Location/ Address: _____
_____ Phone: _____
Evacuation site: _____

5. Name: _____
Location/ Address: _____
_____ Phone: _____
Evacuation site: _____

MY MEDICAL INFORMATION

Complete a separate medical information list for each member of your household. Review and update at least every six months, or as changes occur.

Name: _____ Date of Birth: _____

Preferred hospital: _____

Health insurance company: _____ Policy number: _____

Name of policy holder: _____ Blood Type: _____

Known allergies: _____

Primary care doctor: _____

Telephone: _____ On-call number: _____

Patient portal website: _____

Healthcare Providers

1. Name: _____

Specialty: _____ Telephone: _____

2. Name: _____

Specialty: _____ Telephone: _____

3. Name: _____

Specialty: _____ Telephone: _____

List your medications. You should have enough for at least three days in case of an emergency.
If you have mail-order prescriptions, reorder as soon as you are able.

Consider ordering a 90-day supply of medication to ensure a full stock.

MEDICATION	DOSAGE (e.g., mg per pill)	LOOKS LIKE	HOW MANY (# of pills per day)	WHEN I TAKE IT

Physical limitations: _____

Communication difficulties (language barriers, need for assisted device): _____

Name: _____ Date of Birth: _____

Preferred hospital: _____

Health insurance company: _____ Policy number: _____

Name of policy holder: _____ Blood Type: _____

Known allergies: _____

Primary care doctor: _____

Telephone: _____ On-call number: _____

Website patient portal: _____

Notes: _____

Healthcare Providers

1. Name: _____

Specialty: _____ Telephone: _____

2. Name: _____

Specialty: _____ Telephone: _____

3. Name: _____

Specialty: _____ Telephone: _____

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If you have mail-order prescriptions, reorder as soon as you are able.

Consider ordering a 90-day supply of medication to ensure a full stock.

MEDICATION	DOSAGE (e.g., mg per pill)	LOOKS LIKE	HOW MANY (# of pills per day)	WHEN I TAKE IT

Physical limitations: _____

Communication difficulties (language barriers, need for assisted device): _____

IMPORTANT PHONE NUMBERS AND WEBSITES

IN AN EMERGENCY, CALL 9-1-1

- United Way Information Line..... www.211ri.org or call 211
- Rhode Island Special Needs Emergency Registry www.health.ri.gov/emregistry
- Rhode Island Department of Health 401-222-5960
<http://health.ri.gov>
[Twitter.com/RIHealth](https://twitter.com/RIHealth)
[Facebook.com/HealthRI](https://facebook.com/HealthRI)
- Rhode Island Emergency Management Agency 401-946-9996
<http://www.riema.ri.gov/>
[Twitter.com/RhodeIslandEMA](https://twitter.com/RhodeIslandEMA)
[Facebook.com/RhodeIslandEMA](https://facebook.com/RhodeIslandEMA)
- American Red Cross 877-RED-CROSS
 (877-733-2767)
www.redcross.org
- Poison Control Center 800-222-1222
- Rhode Island Energy: To report a gas emergency 800-640-1595, or call 911
- Rhode Island Energy: To report a power outage 855-743-1102
- Report suspicious terrorist activity 401-444-1117
- Centers for Disease Control and Prevention (CDC) www.emergency.cdc.gov
- Federal Emergency Management Agency (FEMA) www.ready.gov
 Emergency Preparedness Information
- Flood Safety and Insurance www.floodsmart.gov
- National Weather Service www.noaa.gov
- Local Emergency Management Agency (EMA)
<http://www.riema.ri.gov/resources/emergencymanager/response/local.php>
<http://www.riema.ri.gov/resources/emergencymanager/response/state.php>
- Urgent Care _____
- Pharmacy _____
- Medical Equipment Company _____

HOW CAN YOU HELP?

Get Involved in Your Community

There are many programs and volunteer groups you can join to help support your community before, during, and after an emergency. Here is some information about ways to get involved:

- **Community Emergency Response Team (CERT) Programs** – The CERT Program educates volunteer citizens to prepare for disasters and hazards that may impact their community. Designed as a grassroots initiative, CERT volunteers are trained in basic disaster response skills, team organization, and disaster medical operations. To find out more information or to see if there is a CERT team in your community, visit: <http://www.riema.ri.gov/CERT/index.php>
- **Rhode Island's Disaster Medical Assistance Team/Medical Reserve Corps (RIDMAT/MRC)** – RIDMAT/MRC is a non-profit organization dedicated to recruiting, training, mobilizing, managing, and equipping a volunteer response corps to enhance state and local capabilities. RIDMAT/MRC volunteers assist in preparing for and responding to the public health and emergency response needs of Rhode Island communities. RIDMAT/MRC volunteers with clinical and non-clinical experience are invited to participate in a variety of activities, including planned events and real-world activations. To learn more or to become a registered volunteer, visit: <https://www.riresponds.org/about>
- **The American Red Cross** – American Red Cross volunteers and staff deliver vital services during emergencies, such as providing relief and support to those in crisis. From small house fires to multi-state natural disasters, the American Red Cross goes wherever they are needed, so people can have clean water, safe shelter, and hot meals when they need them most. To find out how you can help, visit: <https://www.redcross.org/local/rhode-island/volunteer.html>

Gain Practical Skills

Practical skills are self-help and life-saving skills that you can learn and practice to prepare for an emergency. Teach and encourage those around you to learn practical skills and help build resilience in your community. Here are some steps you can take now:

- Learn the right way to wash your hands. Hand washing is one of the best ways to protect yourself, your family, and others from getting sick. <https://www.cdc.gov/disasters/floods/sanitation.html>
- Learn how to use a fire extinguisher properly. <https://www.usfa.fema.gov/prevention/outreach/extinguishers.html>
- Learn how to use a portable generator safely to prevent carbon monoxide poisoning. <https://www.cdc.gov/co/generatorsafetyfactsheet.html>
- Learn how to perform Seizure First Aid to help a person with epilepsy until the seizure stops. <https://www.cdc.gov/epilepsy/about/first-aid.htm>
- Learn how to cope healthily with a disaster or traumatic event without the use of tobacco, alcohol, or drugs. <https://emergency.cdc.gov/coping/selfcare.asp>



3 Capitol Hill, Providence, RI 02908
Health Information Line: 401-222-5960 / RI Relay 711
<https://health.ri.gov>



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Governor
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Interim Director of Health

This document was last updated in October 2022. For questions or comments about this document, please reach out to Andrea Creach, RISNER Coordinator, at andrea.creach@health.ri.gov.