

3 Steps to Prepare for Emergencies



At **CCA Health California**, we recognize that the only way to be prepared for an emergency is to make a plan before it happens. Our approach to emergency readiness looks beyond immediate safety and medical needs during evacuations or other emergencies. It encourages planning ahead to maintain your quality of life as much as possible during displacements or while sheltering in place. We've created this guide that contains checklists and prompts to prepare the necessary essentials and communications so you're ready when emergencies arise.

1 Develop a Care Plan

- List medicines and dosage

- List doctors and insurance information, including specialists

- Note any conditions or allergies

- Plan for how and where you can access and/or refill prescriptions

2

Communicate

- Have neighbors' phone numbers ready and create a plan to check on one another when emergencies arise

- List locations of community shelters for emergencies

3

Create an Emergency Kit with a Focus on Short- and Long-term Displacement

Think about maintaining a quality of life that supports your overall well-being during these stressful times. You want both necessities and comfort items, such as:

- | | |
|--|---|
| <input type="checkbox"/> 3 days' worth of medicine, vitamins, or supplements you normally take | <input type="checkbox"/> Blankets, slippers, robes, or other comfort items |
| <input type="checkbox"/> Cooler and ice packs if anything needs to be kept cold | <input type="checkbox"/> Favorite books |
| <input type="checkbox"/> Copy of ID and medical cards | <input type="checkbox"/> Fans, sound machines, or other sleep aids |
| <input type="checkbox"/> Contact info for doctors who prescribed medicine | <input type="checkbox"/> Hygiene products |
| <input type="checkbox"/> Info about any medical equipment you use, including model numbers | <input type="checkbox"/> Other health-related necessities, such as sun protection |
| <input type="checkbox"/> Extra set of glasses | <input type="checkbox"/> Pet-related items |
| <input type="checkbox"/> Shelf-stable food that you enjoy and are used to eating | <input type="checkbox"/> Extra chargers for phones, medical devices, and computers or tablets |



CCA Health California is a health plan that works closely with its Medicare members, as well as providers and community organizations, to help individuals live well in their own homes and communities. **Visit ccahealthca.org.**