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:

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