

EMERGENCY PREPAREDNESS: HEALTH AND MEDICAL NEEDS



Emergencies can impact the health of all community members. Those with medical needs must take extra steps to be prepared.

Use this guide to identify the health and medical needs that you must plan for to help you and your family before, during and after an emergency.

GET INFORMATION

Knowing the most up to date information about an emergency will allow you to make the safest decisions for yourself and loved ones. Know how to get information from:



LookOut Alerts:
LookOutAlert.co



City and County of Broomfield Website:
Broomfield.org/EmergencyStatus

SHARE INFORMATION

BE PREPARED BY HAVING CONTACT INFORMATION FOR:

- Family
- Friends
- Neighbors
- Care Providers
- Doctors/Clinics
- Medical Equipment Supplier

Consider purchasing an medical alert device to quickly contact emergency services

HAVE BASIC MEDICAL INFORMATION AVAILABLE

- Smart911.com
- File of Life
 - Available from North Metro Fire Rescue (303-452-9910) and Broomfield Public Health and Environment (720-887-2229)
- Medical alert jewelry



BROOMFIELD
Colorado

HAVE SUPPLIES READY FOR AN EMERGENCY

It is important to consider how an emergency might affect your individual needs. Keep enough supplies at home to survive for up to two weeks as resources may be limited or not available. You may be asked to shelter-in-place. Find a safe place indoors and stay there until you are given an “all clear” or told to evacuate.

If you need to evacuate, bring items you use on a daily basis to maintain your health and independence. You may need additional items, and could consider asking loved ones to purchase these supplies as a gift.

SPECIAL CONSIDERATIONS



MEDICAL NEEDS

If you take medicine or use a medical treatment on a daily basis, be sure you have what you need on hand.

- Medication
- Identify back-up equipment suppliers
- Power source for medical equipment
- Carry insurance cards at all times



FOOD AND WATER

Emergencies can interrupt access to food and water. Consider expanding your pantry to include the following:

- Water for drinking and sanitation
- Non-perishable food items
- Individuals with special diets and allergies will need particular attention
- Manual can opener and utensils



POWER OUTAGE

Power outages can impact your health and independence. Consider the ways that you would do the following if the power goes out:

- Communicate with others
- Safely store food and medication
- Stay warm or cool depending on weather
- Charge assistive and medical devices



PREPARE TO EVACUATE

Plan how to safely leave home. Know ahead of time where you will go and how you will get there.

- Stay in touch with emergency contacts
- Listen to radio, TV or phone for updates
- Know multiple routes out of your neighborhood
- Call for assisted transportation support early



MENTAL HEALTH

It is natural to feel stress, anxiety, grief and worry during and after an emergency. Consider self care tools available to you:

- Get free and confidential support
 - Call or text 988
 - Call 1-800-985-5990 for help in over 100 languages including ASL