



Disaster Planning: Shelter in Place

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The following is a list of the things you may need to manage your disability should you be required to “shelter in place” during a natural or man made disaster. In all aspects of your personal care you must use your judgment and have at least a seven day supply of products that apply to you.

The following is not meant to be all inclusive; it is to give you ideas.

**You may need prescriptions for some or all of the asterisked items, especially if you use MaineCare, Medicare Rx, or a private health insurance.*

First Aid

- weather tight box or bag
- First Aid manual
- four pairs of sterile plastic gloves
- band-aids (variety of sizes)
- bandages (sterile gauze)
- antiseptic
- cleaning solution
- aspirin or non-aspirin pain reliever
- antibiotic ointment or cream
- adhesive first aid tape
- elastic bandage
- liquid soap and/or moist towelettes
- small pair of sharp scissors and tweezers
- safety pins
- thermometer
- eye wash solution
- antacids
- anti-diarrhea medication
- rolled gauze bandage
- antiseptic wipes
- small flashlight with extra batteries
- CPR mask, for doing CPR
- disposable instant cold packs

Hygiene

- special soaps or oils
- wash basin
- nail clippers, file, scissors

- shampoo, crème rinse
- comb, brush, hair dryer
- toothpaste, toothbrush, dental floss, mouth wash
- denture care products
- deodorant
- razor, shaving cream
- cosmetics
- back washer
- cotten-tips for ears and nose
- tissues
- eyeglass cleaner

Respiratory

- humidifier
- batteries
- oxygen tanks - nasal cannula or mask delivery system
- prescriptions
- home remedies/drugs for common cold symptoms
- Bag Valve Mask
- cleansing aids for bipap machine

Skin Care

- cushion for wheelchair; a spare cushion if yours is breakable, spare covers if yours is frequently soiled
- special mattress with spare covers if yours is frequently soiled
- lotion or special creams*
- hand mirror(s)
- sheepskin or positioning pillows or rolls

Nutrition

- equipment for eating and food preparation
- multi-vitamins and diet supplements
- nonperishable food supply with manual can opener
- special diet information, description and hard to find items
- special properly packaged dietary items
- water - one gallon per person per day

Bladder Care

- note of last check-up, date, results, and doctor
- urinal
- bedpan
- menstrual aids
- pads or briefs

- toilet paper
- catheters, insertion kits and supplies*
- leg and night bags with cleansing solution*
- pH paper*
- measuring containers*
- bed pads
- medications

Bowel Care

- bedpan cleaner brush and solution
- bed pads
- suppositories*
- gloves (at least one (1) box of unsterile)
- large tube of personal lubricant jelly
- small garbage bags
- bathroom disinfectant spray
- home remedies in use now (e.g., laxative)
- medications

Adaptive Equipment

- transfer aids (transfer board, hooyer lift, etc.)
- back up wheelchair
- reachers
- grab bars for toilet and shower
- bench bath seat
- hand held shower head
- shower/commode chair

Tool Kit

- screwdrivers: straight Phillips
- hammer
- pliers
- wheelchair wrench
- spoke tightener tool
- battery tester
- adjustable wrench
- set of Allen wrenches
- oil or lubricant
- grease
- extra screws that fit your wheelchair
- extra inner tube
- patch kit for tires, mattress or cushion
- Velcro and Duct tape

Other

- medication (prescription/non-prescription) – know what it is, when to take, why you take it, and possible side effects
- thermometer
- medical alert bracelet
- a brief written medical history and list of current medications for use by EMS
- cleansing solution for wheelchair or walker
- spare parts for wheelchair and other equipment
- list of consumable supplies, what stock you have, and the date you expect to need restocking
- make a list of doctors, supply companies, wheelchair repair services, etc., and have by the phone
- if you use a Personal Assistant, make sure they will be available during a natural or man-made disaster. If not, make arrangements for alternate help. Also, any Personal Assistant will need their own, "Shelter in Place" items
- keep all important documents/papers with you; ID, insurance card, credit card, cash, etc.
- battery powered radio and cell phone with extra batteries
- large flashlight or lantern with extra batteries or crank-type
- any required supplies, food and water for any pets and/or service animals you may have

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