

HURRICANE & STORM PREPAREDNESS

FOR PEOPLE WITH EPILEPSY



ARE YOU PREPARED FOR AN EMERGENCY?

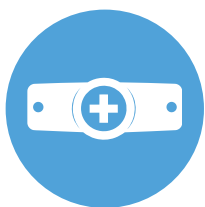
Disasters can strike without warning and pose serious risks, especially for those with epilepsy. Whether it's a natural disaster, extreme weather, or another crisis, being prepared is crucial. Emergencies can disrupt transportation, medication access, and support systems, complicating seizure management. Follow these steps to stay prepared and protect yourself.

Emergency Preparedness Tips for People with Epilepsy



Keep Your Medications with You:

Carry a 2-week supply of your medications in a waterproof container to ensure you don't miss a dose if you're unable to return home.



Wear a Medical Alert Bracelet:

This helps first responders identify that you live with epilepsy.



Identify a Support Person:

Ask a family member, neighbor, or friend to assist you during an emergency and discuss what to do if you have a seizure.



Teach Seizure Response:

Inform your support network on how to help you during a seizure and keep a list of important phone numbers, including your healthcare provider and pharmacy.



Know Your Triggers:

Be aware of your seizure triggers, such as flashing lights, stress, or lack of sleep, and discuss with your healthcare provider how to manage them during a crisis.

Essential Disaster Kit Supplies

Before a storm, it's important to have a supply kit ready. This kit ensures you can easily access necessary medications, documents, and essential resources. It helps you effectively manage emergencies and stay safe during a crisis.

Medications:

- 2-week supply in waterproof container
- List of medications
- Medical alert bracelet or ID

Personal Care:

- Hygiene products
- Change of clothes and shoes

Food and Water:

- 3-7 days supply of non-perishable food
- Water (1 gallon per person per day)

Emergency Tools:

- Flashlight and batteries
- Battery-powered radio
- Multi-purpose tool

Documents and Money:

- Copies of ID and medical records
- Cash and credit cards

Communication:

- Portable phone charger
- Emergency contact list

Miscellaneous:

- First aid kit
- Extra keys

Storing essential supplies, such as important paperwork, in a waterproof bag helps protect them from water damage during storms or flooding, ensuring they remain intact and accessible when needed most.



CREATE AN EVACUATION PLAN

1 Develop a Family Emergency Plan:

- How will we receive emergency alerts and warnings?
- What is our shelter plan? What is our evacuation route?
- What is our family/household communication plan?
- Do we need to update our emergency preparedness kit?
- Download and complete a family emergency plan template, or use it as a guide to create your own: [ready.gov/plan](https://www.ready.gov/plan)

2 Address Specific Household Needs:

- Customize plans and supplies to your daily living needs and responsibilities. Some factors to consider:
 - Ages of household members
 - Responsibilities for assisting others
 - Locations frequented
 - Dietary needs
 - Medical needs, including prescriptions and equipment
 - Disabilities or functional needs
 - Cultural and religious considerations
 - Pets or service animals

3 Plan Communication and Evacuation:

- **Evacuation Routes and Safe Places:** Know your area's evacuation routes and safe places. Decide on a meeting location with your loved ones for during or after an emergency.
- **Emergency Contacts:** Review and establish the order of whom to call first, second, etc., to update them on your situation. Consider including someone who lives out of the area to avoid local disruptions.

4 Meet and Review Plans:

- **Family and Caregivers:** Regularly meet with family and caregivers to review and update emergency plans.
- **Living Facility Coordination:** If you reside in a facility (e.g., adult day center, assisted living, college), ensure an emergency preparedness plan is in place that meets your needs (e.g., wheelchair accessibility).
- **Local Resources:** Check with local 211 or other programs managing disaster check-ins.

5 Practice the Plan:

- Regularly practice your emergency plan with your family and household to ensure everyone knows what to do.

Additional Resources

- American Red Cross offers information for emergency preparedness and a list of available shelters & resources: [redcross.org](https://www.redcross.org)
- [Ready.gov](https://www.ready.gov) provides information about what to do before, during, and after a disaster.
- The National Hurricane Center provides alerts and tips about hurricane preparation: [nhc.noaa.gov](https://www.nhc.noaa.gov)
- The Disaster Distress Line for those experiencing emotional distress related to a disaster: [1-800-985-5990](https://www.18009855990.com)
- The Humane Society of the United States provides tips on protecting your pets in natural disasters: [humanesociety.org](https://www.humanesociety.org)
- [RxOpen.org](https://www.rxopen.org) provides information on the operating status of healthcare facilities in affected areas.
- Florida Special Needs Registry helps those with special needs receive assistance during a disaster: [snr.flhealthresponse.com](https://www.snr.flhealthresponse.com)

SEIZURE RESPONSE

- 1 Turn the person gently on their side
- 2 Remove hard or sharp objects/glasses
- 3 Use something soft under their head
- 4 Stay calm and stay with the person
- 5 Time the seizure

NEVER RESTRAIN THE PERSON OR PUT SOMETHING IN THEIR MOUTH



IN THE CASE OF AN EMERGENCY

CALL 911



THE POWER | OF LOCAL

877.553.7453

[epilepsyalliancefl.org](https://www.epilepsyalliancefl.org)

