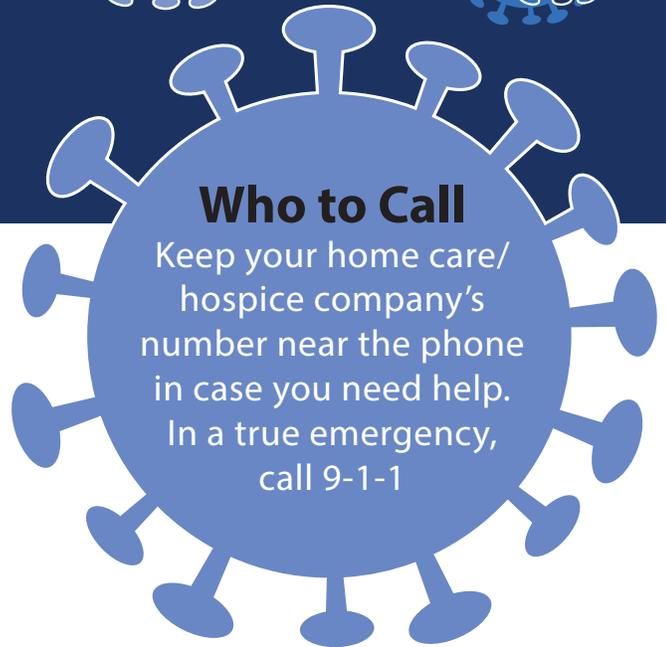
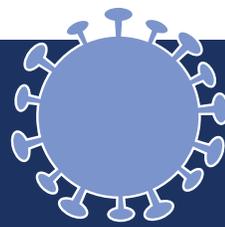


# My Emergency Preparedness Guide

## A Guide for Individuals During the Pandemic



### Everyone Should Have A Plan

If you have a routine or daily prescription, it is important to plan ahead. During a pandemic, medications and supplies may be delayed; this can be life-threatening. Talk to your health care provider about which medical supplies you should have on hand during the pandemic.

### How to Protect Yourself and Others

- Practice Social Distancing.** Buy groceries and medicine, go to the doctor, and complete banking activities online when possible. If you must go in person, stay at least 6 feet away from others, and disinfect items you touch. Get deliveries and takeout, and limit in-person contact as much as possible.
- Protect Yourself and Others from COVID-19 and Illness.** Stay at home as much as possible. Avoid close contact with others. Wear a face covering that covers your nose and mouth in public settings. Clean and disinfect frequently touched surfaces. Wash your hands often with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer that contains at least 60% alcohol.
- Prevent the Spread if You are Sick.** Stay home when you are sick. Cover your cough or sneeze with a tissue, then throw the tissue away, and wash your hands. Clean and disinfect frequently touched objects and surfaces. Seek medical care to help relieve the symptoms. If you need medical attention, call ahead and alert care providers of your illness.
- Prepare Your Contact List.** Keep family and emergency numbers close.
- Prepare Supplies & Equipment.** Label your equipment with your name & phone number. Keep your cell phone charged. If you use oxygen have a backup tank in place.

- Medications.** Keep a current list of medications you are taking including the pharmacy number, physician name, and phone number. Re-order prescriptions as soon as possible. Consider a 90-day supply of medication through your plan's home-delivery pharmacy.
- Know Your Risk for Severe Illness.** Everyone is at risk of getting COVID-19 or other pandemic illnesses. Older adults and people of any age who have serious underlying medical conditions may be at a higher risk for more severe illness. Follow your State and Local Guidelines for social distancing and travel. Consult your healthcare provider for available vaccines or other preventive measures.

### Prepare Ahead of Time

- During storms and power outages, stay aware of alerts, warnings, and emergency communications. Monitor media announcements through TV, radio, web, and social media. Sign up for your community alert and notification system.
- Keep emergency phone numbers close, including your county's emergency management agency, fire, and police non-emergency phone numbers.
- Know your area's emergency and pandemic plan, including evacuation routes and shelter locations. Store information in your cell phone and in your emergency kit.

## Your Emergency Supply Kit

In addition to your emergency kit, be sure to keep these items on hand for emergencies:



**Water** – one gallon of water per person, per day for at least three days



**Soap** – for frequent handwashing



**Battery Powered Radio** – and extra batteries



**Flashlight** – and extra batteries



**First Aid Kit** – one gallon of water per person, per day for at least three days



**Whistle** – to signal for help



**Dust Mask** – or cotton T-shirt, to help filter contaminated air



**Plastic Sheeting and Duct Tape** – to shelter-in-place



**Wrench or Pliers** – to turn off utilities when necessary



**Can Opener** – to open canned food



**Infant Formula and Diapers** – if you have an infant



**Local Maps** – including a map of your area and a map for where you plan to go if you are evacuated



**Food** – at least a three-day supply of nonperishable food

## Other Considerations Following an Emergency or During a Pandemic

- Inspect your medication to see if the look or smell has changed; excessive moisture or heat can damage medications or make them less effective. If you are unsure about the safety of your medication, contact a local pharmacist or your healthcare provider.
- If you have not been able to take your medication, contact a doctor or pharmacist as soon as possible — even if you are not experiencing any negative health effects. Never take additional doses to make up for those you have missed before talking to a healthcare practitioner. Do not take medications that were not prescribed to you or share your medications with others.

## More Information and Online Resources

- [www.MDEmergencyPrepNetwork.org](http://www.MDEmergencyPrepNetwork.org)
- [preparedness.health.maryland.gov](http://preparedness.health.maryland.gov)
- [mema.maryland.gov](http://mema.maryland.gov)
- [mncha.org](http://mncha.org)
- <https://coronavirus.maryland.gov/>
- [BeforeItsTooLateMD.org](http://BeforeItsTooLateMD.org)  
*Maryland's statewide effort to bring awareness to the heroin, opioid, and fentanyl crisis*

Provided in partnership by the Maryland Department of Health  
Office of Preparedness and Response and the Maryland-National Capital Homecare Association



WRITE THE NAME AND PHONE  
NUMBER OF YOUR HOME CARE/  
HOSPICE COMPANY IN THIS BOX.