
















## Emergency Preparedness Checklist

The weather seems to be getting wilder and fiercer. From devastating hurricanes to raging wildfires, natural disasters destroy lives and property. Disaster often happens with little to no warning, leaving you cut off from the world for days.

Being prepared is important to surviving and recovering from a disaster. PWSA | USA has put together the emergency checklist below to help in your preparation to best support your loved one with PWS:

-  Thermometer to monitor the temperature of medications (make sure medications are not touching cooling agents to avoid freezing)
-  Cooler with ice packs
-  Non-perishable sources of protein, carbohydrates, and vegetables (Crackers, chomps, canned fish and chicken, beans)
-  Medication list inside a plastic bag
-  Printed list of your child's physicians and the medications they are on, along with a copy of insurance cards
-  PWSA | USA Medical Alert Booklet
-  One week supply for tube feeding or medical device usage, including distilled water for cleaning/flushing
-  External power source for apnea/cpap/bipap\*\*
-  Cooling towels and/or foil blankets
-  Comfort items
-  Social stories – work with your SLP to develop these in advance of an emergency
-  Fidgets / Sensory items
-  Pictures of loved ones, especially person with PWS in case of separation. This could help them find you, you find them, or just be comforting.

Find more helpful information here: <https://www.fda.gov/medical-devices/emergency-situations-medical-devices/fda-offers-tips-about-medical-devices-and-hurricane-disasters>

## Power Outage

- Notify your electric company and fire department to let them know you have a medical device that needs power (e.g., ventilator, apnea monitor)
- Read your user instructions or call your distributor or device manufacturer to find out if your device can be used with batteries or a generator
- Locate a generator if possible
- Make sure you check for water before plugging in your device. Do not plug in a power cord if the cord or the device is wet
- When the power is restored, check to make sure the settings on your medical device have not changed (often medical devices reset to a default mode when power is interrupted)

## Water Contamination

Some medical devices and equipment, such as dialyzers or IV pumps, require safe water in their use, cleaning, and maintenance.

Hurricanes, especially if accompanied by a tidal surge or flooding, can contaminate the public water supply. In the area hit by a hurricane, water treatment plants may not be operating; even if they are, storm damage and flooding can contaminate water lines. Listen to and follow public announcements about the safety of the municipal water supply.

In an emergency, follow these steps to ensure that your water is safe for use with your medical device:

- Use only bottled, boiled, or treated water until your supply is tested and found safe
- If you use bottled water, be sure it came from a safe source. If you do not know that the water came from a safe source; you should boil or treat it before you use it.
- Boiling water, when practical, is the preferred way to kill harmful bacteria and parasites. Bringing water to a rolling boil for one minute will kill most organisms.
- When boiling water is not practical, you can treat water with chlorine tablets, iodine tablets, or unscented household chlorine bleach (5.25% sodium hypochlorite). If you use chlorine tablets or iodine tablets, follow the directions that come with the packaging.
- If you use household chlorine bleach, add 1/8 teaspoon (~0.75 mL) of bleach per gallon of water if the water is clear. For cloudy water, add 1/4 teaspoon (~1.50 mL) of bleach per gallon. Mix the solution thoroughly and let it stand for about 30 minutes before using.

***Note: Treating water with chlorine tablets, iodine tablets, or liquid bleach will not kill parasitic organisms.***

Use a bleach solution to rinse water containers before reusing them. Use water storage tanks and other types of containers with caution. For example, fire truck storage tanks and previously used cans or bottles may be contaminated with microbes or chemicals. For additional information on keeping water safe, see <https://www.ready.gov/water>.

## **Warning about Potential Carbon Monoxide Problems when Using Generators**

Since many medical devices used in the home require a source of electrical power, generators are often used to supply electricity during a general power outage. Please review the following to prevent carbon monoxide poisoning.

- Never run a generator, pressure washer, or any gasoline-powered engine inside a basement, garage, or other enclosed structure, even if the doors or windows are open, unless the equipment is professionally installed and vented
- Never run a motor vehicle, generator, pressure washer, or any gasoline-powered engine outside an open window or door where exhaust can vent into an enclosed area