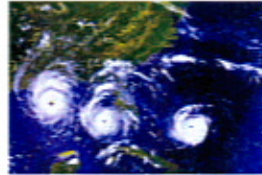


# Burke Center

## Preparing for Disaster

A Fact Sheet for Burke Center MHMR Consumers

*The Burke Center wants you to be safe and prepared for a potential disaster. This fact sheet focuses mainly on Hurricane related disasters but most of the guidelines will apply in any disaster.*



### PREPARE:

- Have important information, such as bank account and credit card numbers, organized and easily located.
- Generate a complete list of medications, dosages & times to be taken. Write down pharmacy names and prescription numbers.
- Create and communicate an evacuation plan with families and friends. Know where you will meet if separated.
- Ensure you have a current list of emergency numbers.

### BEFORE:

- Listen to the radio or TV; stay updated if there is a storm
- Gather insurance papers, birth certificates, social security cards, and other important files and place them in a plastic bag.
- Fill your gas tank and charge your mobile phone
- If you do not have personal transportation, find out what your city will do to assist by listening to the radio to reading the paper.
- Connect with families and friends about plans to evacuate
- Don't forget your pet!
- Get a map of your route. Identify gas stations/restaurants
- Leave town with time to spare
- Check your medication supply: If you do not have enough Burke Center prescribed medication to last for one week, contact the Burke Center regarding these needs.
- Refer to next page for a list of possible items you may need to pack.

### DURING:

- Stay calm and try to be patient
- Identify yourself to shelter staff as a person who may need support and explain the support you may need
- Take responsibility for yourself. Recognize that shelters provide food and shelter but may not help with all other needs.

### AFTER:

- Wait until it is safe to return
- Contact your family and friends (Cell phone texting may be available when regular phone use is not)
- Check to see if your services are available and don't go home until they are: electricity; gas; water; food; trash; emergency and other health services

INFORMATION ONLY on Burke Center Services during a disaster including service availability  
1-877-70-BURKE  
(1-877-702-8753)

CRISIS LINE will be available for emergencies as per procedures also during a disaster  
1-800-392-8343



## PACK A BAG!

If you had to leave your home right this minute and couldn't come back for several days, what would you need to take with you? For example, do you take medicine every day?

The things you pack will depend on your personal needs. Use this list to help you think of things that would meet your unique needs.

A sturdy small waterproof backpack is ideal to use. You can also use a small suitcase on wheels if it is difficult for you to carry things. The key is to have these items already in the bag so you can simply grab it and go.

### PACKING IDEAS:

#### Information:

- copies of your personal information/driver's license
- home insurance papers
- medical directives



#### Emergency Items:

- flashlight
- portable radio
- batteries
- cell phone and charger
- calling card for long distance phone calls
- extra cash



#### Medical Monitoring:

- glucose monitoring strips
- antiseptic wipes

#### Personal Hygiene:

- Depends
- Kleenex
- wipes
- toilet paper



#### Toiletries:

- Travel-sized:
- toothbrush/toothpaste
  - soap/deodorant
  - shampoo
  - shaving cream/razors
  - feminine products
  - small towel



#### Over-the-counter medicines:

- aspirin/Tylenol/Motrin
- antacids
- small First Aid kit



#### Food:

- special diet food
- Ensure
- bottled water
- snacks that won't spoil (granola bars, peanut butter crackers, protein bars)



#### Personal items:

- reading glasses/extra contact lenses
- flip flops
- extra undergarments/socks



#### Small children:

- formula
- bottles
- diapers
- baby wipes
- favorite toy
- over-the-counter children medications



#### Pets:

- food/water
- any pet medications
- leash/collar/id tags
- crate (if available)
- vaccination papers

