

# PERSONAL HEALTH PREPAREDNESS

A large-scale public health emergency like a pandemic, tornado or a lengthy power outage can limit access to supplies and services for several days, weeks, or even months. Cancer survivors may need medicine or special equipment and are at higher risk of getting an infection. Take steps now to get prepared for any emergency.



## An Emergency Supply Kit Should Include:

- Enough food and water to last at least 3 days
- Enough medicine and supplies to last at least 7 days
- A copy of the survivorship care plan
- Doctor's name, phone number and a list of medicines
- A list of phone numbers and e-mail addresses for people who are important to stay in touch with
- Health protection supplies like insect repellent, water purification tablets, and sunscreen
- Medical equipment
- First aid supplies
- Sanitation and hygiene items

## Stay Healthy & Informed

Follow these basic tips to stay healthy and informed in an emergency:

- use generators safely to prevent carbon monoxide poisoning
- wash hands often with soap and water
- make sure smoke and carbon monoxide detectors are working and placed throughout the house
- put appliance thermometers in freezer and refrigerator to help determine if food is safe after a power outage
- keep wounds clean and covered with waterproof bandages
- do not assume an evacuation shelter can provide for unique health needs - take along any health-related personal items
- contact water and power companies to get on a "priority reconnection service" list of power-dependent customers if reliant on electrical medical equipment
- identify and keep phone number of emergency departments, urgent cares, dialysis centers, hemophilia treatment centers, etc. near home and emergency meeting places
- show support network how to operate and maintain medical devices
- monitor local news coverage for emergency information
- listen to state and public health departments for immunization and personal protection recommendations

# References & Resources

Centers for Disease Control and Prevention, Cancer Survivors, Be Prepared for an Emergency

<https://www.cdc.gov/cancer/survivors/patients/be-prepared-for-an-emergency.htm>

Centers for Disease Control and Prevention, Center for Preparedness and Response, Prepare Your Health, Stay Healthy

<https://www.cdc.gov/prepyourhealth/planahead/stayhealthy/index.htm>

Centers for Disease Control and Prevention, Center for Preparedness and Response, Prepare Your Health, Stay In Contact

<https://www.cdc.gov/prepyourhealth/planahead/stayconnected/index.htm>

Centers for Disease Control and Prevention, Center for Preparedness and Response, Prepare Your Health, Stay Informed

<https://www.cdc.gov/prepyourhealth/planahead/stayinformed/index.htm>

Centers for Disease Control and Prevention, Center for Preparedness and Response, Plan Ahead

<https://www.cdc.gov/prepyourhealth/planahead/index.htm>

Missouri Department of Health and Senior Services, Emergency and Disaster Planning, Ready in 3

<https://health.mo.gov/emergencies/readyin3/>

Ready.gov

<https://www.ready.gov/plan>

Visit [health.mo.gov/cancer](https://health.mo.gov/cancer) for more important tips on surviving cancer.



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