

# Natural Disaster Medical Preparedness

This playbook outlines the essential steps to prepare for medical emergencies during natural disasters such as hurricanes, earthquakes, and floods. It provides a comprehensive approach to ensure readiness for various medical situations that may arise.

## Step 1: **Assessment**

Evaluate the potential types of natural disasters likely to occur in your area and identify the medical needs they might precipitate. Gather information from local authorities and disaster preparedness agencies.

## Step 2: **Plan Development**

Create a medical emergency plan that includes the establishment of a communication strategy, assignment of responsibilities, and preparation of evacuation routes. Ensure all family members or personnel are aware of the plan.

## Step 3: **Medical Supplies**

Stockpile necessary medical supplies such as first aid kits, prescription medications, and over-the-counter drugs. Check the supplies regularly to maintain their usability.

## Step 4: **Training**

Conduct training sessions for CPR, wound care, and other emergency medical procedures. These sessions could include family members or community.

## Step 5: **Emergency Contacts**

Compile a list of emergency contacts including local hospitals, doctors, pharmacies, and insurance information. Keep this list accessible.

## Step 6: **Evacuation Drill**

Practice evacuation drills to familiarize everyone with the emergency plan and evacuation routes. This helps in reducing panic during an actual emergency.

## Step 7: **Backup Power**

Arrange for backup power solutions to ensure that medical devices and communication tools can function during power outages.

## Step 8: **Water and Food**

Secure a sufficient supply of clean water and non-perishable food items to sustain through the emergency period.

## Step 9: **Shelter**

Determine a safe location for shelter during the disaster and ensure it is equipped with medical supplies and basic amenities.

## Step 10: **Review and Update**

Periodically review and update the preparedness plan and supplies to adapt to changing conditions or new information.

# **General Notes**

## **Documentation**

Keep all important personal documents in a waterproof and fireproof safe. This includes personal identification, medical records, and insurance policies.

## **Local Resources**

Familiarize yourself with local resources such as community centers, shelters, and hospitals that offer assistance during disasters.

## **Mental Health**

Recognize that disasters can take a significant toll on mental health. Consider strategies to maintain mental well-being and know where to seek psychological support services if necessary.