



Personal Emergency Preparedness

For Providers

Healthcare workers can be personally impacted by climate-related hazards. For instance, some health care workers have lost their homes during wildfires, and others have been forced to evacuate during flooding. It is important that healthcare workers take steps to be personally prepared for climate events. As the saying goes, you must put your own oxygen mask on first before helping others.

Take these steps to prepare yourself and your family for disasters:

- Sign up for emergency alerts which you can get to your cell phone or email.**
 - You can sign up for emergency alerts at [NIXLE](#).
 - For general information on alerts: [Emergency Alerts | Ready.gov](#).
- Review resources on personal and family preparedness:** [Plan Ahead for Disasters | Ready.gov](#); [Emergency Preparedness and Response | CDC](#).
 - Understand and plan for the most common emergencies, including poor air quality due to wildfire smoke, power outage, heat events, flooding, and evacuation.
- Create a Family Disaster Plan, including:**
 - Make sure all members of your family know each other's contact information.
 - Have a designated meeting place in case you and your family are not together when a disaster occurs.
 - Remember that cellular and phone service may be unavailable.
 - Have a communication plan, including an out of area/state contact person who can help you coordinate.
 - Medical planning: discuss management strategies if there are family members with health conditions that might be exacerbated during an emergency.
 - Do not forget to include your pets and any elderly or extended family members in your plan.
- Have a home disaster kit:**
 - This type of kit assumes that people can safely remain in the home. This is called a “sheltering in place”.
 - This kit includes the supplies you need to stay in your home for up to 7 days, potentially without electricity or heat.
 - Items to consider include water and food, medications/prescriptions, eyewear, First Aid items, comfortable clothes and shoes, personal hygiene items, bedding, pet needs, money, important documents, electronics and chargers, safety, and tools.
 - Please see **Building an Emergency Kit** for more information.
- Have an emergency “grab-n-go kit”:**
 - This is a kit which you can grab and carry with you if you must evacuate in a hurry. You can buy pre-assembled kits or create your own. When people evacuate, they usually stay in a hotel or evacuation shelter. Some people may be able to purchase what they need after they leave, while others may need to bring supplies with them. Please see **Building an Emergency Kit** for more information.

