



Wildfire Action Plan and Tip Sheet

For Patients

Use this plan and tip sheet to stay safe if there are wildfires near where you live. Review this information every year so that everyone is ready to act when there is wildfire smoke.

Wildfires are dangerous to your health

In addition to burns and injuries, they can lead to disruptions in normal medical care and access to medications.

Wildfire smoke is also dangerous to your health

Wildfire smoke increases the risk of lung problems, heart problems, and other health problems. It is particularly dangerous if you have ongoing health issues such as asthma, COPD, or heart or blood vessel disease. If you are affected by wildfires, you are likely to be exposed to smoke as well - see the **Wildfire Smoke Action Plan and Tip Sheet** for more information on how to protect yourself from smoke.

Before a wildfire

Protect your home from wildfires in advance by creating “defensible space” and “hardening your home”

Defensible space is the buffer you create between your home and the grass, trees, shrubs, or other items around it that can catch fire. This space can slow the spread of wildfire and gives firefighters a safer area to work. You can create defensible space around your home by removing any flammable material around the house. Other steps can be found at: bit.ly/wildfire-defensible-space.

You can also harden your home, which are changes you can make to the materials or structure to make it more resistant to fires. Find tips here: <https://readyforwildfire.org/prepare-for-wildfire/hardening-your-home/>

Sign up for emergency alerts which you can get to your cell phone or email

You can sign up for emergency alerts at [NIXLE](https://www.nixle.com/).

For general information on alerts: [Emergency Alerts | Ready.gov](https://www.ready.gov/emergency-alerts)

If you have a car or generator, make sure the fuel is full

Consider keeping your car out of the garage in case the door does not open to evacuate.

Know your evacuation route, how you will evacuate from wildfires, and where you will go

My evacuation route is: _____

My plan is to go to: _____

Keep copies of important documents ready and safe from wildfires

This includes insurance policies, medication lists, and birth certificates.

Have an emergency “grab and go” kit and a “stay at home” kit ready

In the **Building an Emergency Kit** sheet, you can find more information on what to pack in case of evacuating from a wildfire. Keep everything together, in a single bag, so you can easily grab it to go. You should also prepare a “stay at home” kit if you need to shelter in place with supplies for a week.

Plan for power outages

- Back up **medical equipment that needs electricity or batteries**.
- Have a backup cooler with ice for **medications that require refrigeration** and a thermometer to check the temperature inside the cooler.
- If you get water from a well with an electric pump, have a backup plan to have enough water to drink if the power goes out.
 - **My backup plan for drinking water is:** _____
- If heat or air conditioning is not working, **consider going where heat or air conditioning is available**.
- See more information on the general **Plan for Power Outages** sheet.

Look into your local community emergency response team (CERT) and think about signing up to volunteer to prepare yourself and your community for emergencies

Even if you do not sign up, there may be resources to help in disasters <https://community.fema.gov/PreparednessCommunity/s/welcome-to-cert?language=en>

During a wildfire

Have a plan for evacuation and know who you can contact for help

Pay attention to local media outlets for evacuation orders. Know how to get out of your house - where the exits are and what windows can be opened.

Identify an emergency contact for everyone in your household to call.

My emergency contact person is: _____

Their phone number is: _____

Identify a preferred and backup evacuation location that has power if you need it. If possible, these two locations should be in different directions from where you live.

My evacuation locations are:

1. _____

2. _____

If I need to evacuate, the vehicle/transport I will use is: _____

If I need help evacuating, I can call:

Name

Phone

1. _____

2. _____

Understand the risks to your health from ongoing fires

Fires can result in burns, as well as injury from collapsing buildings and structures, falls, and car accidents as people evacuate. Maps of current fires and wildfire smoke can be found at [fire.airnow.gov](https://www.fire.airnow.gov). Smoke forecasts can be found at [NOAA-HRRR](https://www.noaa.gov/hazwaste/hrrr) (click the eye icon next to Near Surface Smoke, then click the play button at the bottom of the screen).

After a wildfire

Know the risks to your health after wildfires and how to minimize them



