

COPD DISASTER PREPAREDNESS

Expect The Unexpected

It is important to have a COPD emergency management plan in the case of situations where natural disasters cause power outages, evacuations, etc. In times of distress, flare-ups can occur as well. Keeping a COPD travel pack or emergency health kit, having a communication plan, and staying informed are as equally important. Refer to the Disaster PrepWise program for **general preparedness** information.



Stay Informed

Following reliable local and national news sources helps to best prepare for emergencies. If possible, have a battery-operated weather radio and make sure to be signed up for a local emergency alert system.

Steps To Take To Prepare

Have a portable emergency pack ready to go

- Maintain a gas-powered generator with an extra fuel supply. You may want to have an emergency backup supply of alternative oxygen sources, if applicable.
- Have a list of emergency contact numbers, including police, fire departments and power companies – you can let them know if you require oxygen.
- Include at least a week supply of all daily medicines.
- Ventilator and/or CPAP supplies.
- Extra supply of rescue inhalers.
- A list of all drug names and dosages in the pack.
- Keep a mask available to filter out poor-quality air.
- Include a portable nebulizer, if applicable.

To build your personalized emergency plan, contact us at cph-prepwise@uiowa.edu or visit www.public-health.uiowa.edu/prepwise/

