Tips for People With CF Affected by Natural Disasters*

Having a plan during a natural disaster or emergency is especially critical when you have a chronic illness. Cystic Fibrosis Foundation Compass has developed the following guide to help you or someone you know with cystic fibrosis prepare for a disaster or emergency. A full version of this guide can be found on cff.org.

If You Need Housing Assistance:

- **Register with FEMA:** As soon as you can, register with the Federal Emergency Management Agency (FEMA,) even if you have insurance. FEMA cannot duplicate insurance payments, but if your home is impacted by a major disaster, FEMA recommends you apply for assistance. To register:
  - Call FEMA at 800-621-3362
  - Apply online at disasterassistance.gov
  - Visit a FEMA Disaster Recovery Center or Red Cross offices nearest your location (fema.gov/disaster-recovery-centers)

- **Contact your homeowners insurance agent:** If you have homeowners insurance, contact them as soon as possible after a disaster. Then, if you have unmet needs, FEMA may be able to provide assistance, including grants for temporary housing, rental assistance, and home repairs. For other serious disaster-related needs, FEMA can refer you to other organizations for such things as repairing or replacing damaged or destroyed personal property and medical and dental expenses.

- **Apply for low-interest disaster loans:** Low-interest disaster loans from U.S. Small Business Administration (SBA) may be available to cover losses not fully compensated by insurance. To be eligible for an SBA disaster loan, you must be in a declared disaster area. Those who are eligible for disaster assistance funds may also receive a low-interest disaster loan application from SBA. You do not have to accept the loan, but you must complete the application and return it to the SBA to remain eligible for other types of federal assistance. To apply:
  - Call the customer service center at 800-659-2995
  - Apply online at disasterassistance.gov
  - Visit a FEMA Disaster Recovery Center or Red Cross office nearest your location (fema.gov/disaster-recovery-centers)

If you have other needs, contact FEMA at 800-621-3362 for referrals for Other Needs Assistance (ONA), which can help with:

- Medical and dental expenses
- Repair, cleaning, or replacement of:
  - Clothing
Household items
Specialized tools or protective clothing and equipment required for your job
Necessary education materials (school supplies, school books, and computers)

- Clean-up items such as a wet/dry vacuum, air purifier, or dehumidifier
- Fuel for primary heat source (heating oil or gas)
- Repairing or replacing vehicles damaged by the disaster
- Providing public transportation or other transportation costs
- Funeral and burial costs
- Moving and storage expenses
- Other necessary expenses or serious needs

If you need assistance with obtaining damaged or lost medications or devices:

- **Recover lost or damaged medications, medical equipment, and supplies.** Work with your pharmacy first to obtain an emergency refill. Start by contacting your servicing pharmacy, which can work with your insurance plan. In cases when your prescriber cannot be reached, some states allow pharmacists to provide emergency refills without a prescription. Replacing medical supplies or devices would still require a prescription. Make sure to obtain the correct fax number for the pharmacy to which the prescriptions should be sent.

- **Properly ship replacement medications.** If your medications are being shipped and the U.S. Postal Service is unavailable at your residence, arrange an alternate physical location where the shipment can be delivered or picked up. Often local pharmacies, hospitals, medical clinics, shelters, or hotels will accept the delivery if you discuss those arrangements prior to delivery. When the prescription is verified, your pharmacy will contact you to arrange shipment. Remember to ask for shipping and tracking confirmation numbers. In most cases, the package can be sent overnight. If you have not heard back from your pharmacy within 3-4 hours, place a follow-up call to obtain shipment tracking information.

- **Contact your CF care center when the prescription is needed.** Provide your full name, date of birth, name of medications, fax number to send the prescription, and shipping address. Call the pharmacy in 1-2 hours to confirm they received the fax, as the pharmacy may not see incoming faxes immediately.

**Connect with Compass**
You are not alone. If you would like additional assistance finding and accessing resources, please contact CF Foundation Compass at 844-COMPASS (844-266-7277) Monday through Friday, 9 a.m. until 7 p.m ET, or email cdt@cff.org. All inquiries related to natural disasters will be handled urgently.

*Compass cannot guarantee that anyone will receive assistance. Information provided here is based on internet research and calls with emergency personnel and is subject to change.*