



COMPASS
CYSTIC FIBROSIS FOUNDATION

Disaster Preparedness Plan Checklist

Having a disaster and emergency preparedness plan is especially critical when someone has a chronic illness because an emergency or natural disaster can occur at any time. That's why we made the following plan checklist to help you or a loved one with cystic fibrosis prepare for a disaster or emergency. Find this document and more disaster and emergency preparedness resources at on.cff.org/DisasterandEmergencyPreparedness. For disaster or emergency-related issues, please email the dedicated disaster response team at cdt@cff.org. For all other matters, contact compass@cff.org.

UPDATE ANNUALLY

Review and update the following information each year to ensure it is accurate. Keep this completed document in a place where it can be found easily.

	Emergency Recovery Information template with insurance, medication and device, pharmacy, provider, CF care team, and emergency contact information
	Evacuation plan
	Important documents (IDs, birth certificates, Social Security cards, passports)
	Emergency Kits (auto and home)
	National and local resources like Compass , local CF Foundation Chapter , FEMA , Red Cross , and United Way
	Sign up for alerts and warnings via text or email for wireless emergency alerts, such as the ones provided by the National Weather Service

GET READY

If extreme weather is in the forecast for your area, or you anticipate disruptions to basic utilities, take the following steps ahead of time.

	Review information at on.cff.org/DisasterandEmergencyPreparedness
	If you choose to stay home during a disaster, gather supplies -- like boards for windows, sandbags, and salt bags -- to safeguard your home
	Assemble or update supplies and emergency kits (auto and home)

	Update and print Emergency Recovery Information template with insurance, medication and device, pharmacy, provider, CF care team, and emergency contact information
	Make an evacuation plan, and find and map out routes to safely leave the area
	Familiarize yourself with assistance offered by national and local resources like Compass , local CF Foundation Chapter , FEMA , Red Cross , and United Way
	Gather and keep important documents (IDs, birth certificates, Social Security cards, passports) in an easily accessible, secure location -- like a waterproof lockbox or bag -- that you can take with you should you need to evacuate
	Gather enough medications and bring any medical devices needed for two weeks if evacuation is necessary
	Gather enough non-perishable food for two weeks if evacuation is necessary
	Pack enough clothes for two weeks if evacuation is necessary
	Fill up cars with gasoline (if car is electric, ensure it is fully charged) and gather fuel for generators

ITEMS AND SUPPLIES TO HAVE READY

Have the following ready and in a place that you can access quickly should you have to evacuate.

	Contact information for national and local resources like Compass , local CF Foundation Chapter , FEMA , Red Cross , and United Way
	Emergency Recovery Information template with insurance, medication and device, pharmacy, provider, CF care team, and emergency contact information
	Important documents (ID, birth certificates, Social Security cards, passports)
	Emergency kits (for auto and home)
	Survival and first-aid kits
	Prescriptions, medical equipment, and other medical items
	Food: enough for two weeks if evacuation is necessary
	Clothes: enough for two weeks if evacuation is necessary
	Gasoline in cars and fuel for generators

BEGIN RECOVERY

When it's safe to return to your home or area, consider the following steps to begin recovery after a natural disaster or emergency.

- Reach out to your local [Red Cross](#) for emergency housing under “Need Help Now?” and choose “Contact local Red Cross” or “Find an open shelter.”
- Check with [FEMA](#) if your county and city has been declared a disaster area.
- Check your home for any structural damages that might be covered under your homeowner’s insurance and see if you are [eligible for financial assistance through FEMA](#). If you need additional assistance, contact *Compass* at **844-COMPASS** or by email at cdt@cff.org.
- If medications have been damaged, contact your pharmacy for an emergency refill. Be sure to make arrangements for a safe shipment and delivery location.
- If medical equipment has been damaged, reach out to your insurance plan for replacement. Be sure to make arrangements for a safe shipment and delivery location.
- If you must stay home during a power outage and have medications that need refrigeration, reach out to a local pharmacy or grocery store to request permission to store medications at their facility if it’s safe to travel.

NATIONAL AND LOCAL RESOURCES

[National Red Cross](#): 1-800-RED-CROSS (1-800-733-2767)

[Local United Way](#): dial 2-1-1

[FEMA Helpline](#): 1-800-621-3362

[Compass](#): For additional help finding resources, call 844-266-7277, or email the dedicated disaster response team at cdt@cff.org