

DISASTER INSTRUCTIONS

In the Event of Severe Weather of Tornado Warnings

- Move to the basement if possible.
- If no basement is available, move to a room with no windows or to a room with as few windows as possible, in the center of the home- away from glass.
- If other shelter is available (such as in a mobile home court) take cover in the shelter
- If you are unable to move to a shelter or the basement, protect yourself by covering yourself with a blanket and moving your bed away from the window to prevent possible injury.

In the Event of a Power Outage

- Use a flashlight as an alternative light source.
- Listen for updated reports on weather. If severe weather warning develops, follow the above procedures.
- If you are on oxygen, hook up to a portable oxygen until power resumes. Do not have open flame near oxygen.
- Notify home-delivered services or your medical equipment provider of any questions on extended periods of a power outage.

In the Event of an Earthquake

- If tremors are felt, follow directions by the county sheriff for any mandated evacuation. Leave the building and move to an open area away from the building.

What to do in Case of a Fire

In the event of a fire, have an escape plan with at least two ways out of the home from each room. Practice your escape plan to make sure it works. Pick a meeting place outside your home for everyone to meet.

If a fire does occur, get out of the house and call 911 as soon as possible. Remember to stay low to the floor to avoid inhaling a lot of smoke. Smoke rises, so the lower you are to the floor, the less smoke there will be. If you have to go through a closed door to get out of the room, be sure to check the door before you open it. Run the palm of your hand up the door and handle. If it feels warm to the touch, do NOT open the door. Use another way to get out of the room. If your clothing catches on fire, don't run. Stop, drop to the floor and roll on the floor to put out the flames.

If you are unable to contact a team member in the event of a natural disaster, you should follow local emergency procedures and alert them that you are a Hospice Alliance patient.