

# EMERGENCY PREPAREDNESS TIPS

## FOR PEOPLE WITH ENVIRONMENTAL OR CHEMICAL SENSITIVITIES

### Emergency Supplies

Collect emergency supplies based on your worst days. Other items could include:

- Charcoal mask and/or respirator
- Well aired-out tubing and mask for oxygen
- Water
- Rolls of aluminum foil to cover chairs, food, etc.
- Baking soda for washing
- Food that require no cooking
- Portable charcoal water filter
- Find out sensitivity to contents of fire extinguisher before buying one
- Cotton gauze and bandages
- Your tolerant disinfectant

### Keep Some Supplies with You at All Times

- Your emergency health card. This should clearly explain your sensitivities, reactions, and treatments.
- Medicine
- Prescriptions and treatment authorization requests from your doctor
- Supplements, herbs and homeopathic remedies



### Evacuation Plan

- Know where the nearest safe places are, especially open air places, such as a beach upwind from traffic, refineries and fires.
- Avoid hermetically sealed shelters.

### Checklist

- Collect emergency supplies based on your worst days
- Collect supplies to keep with you at all times
- Make special additions to your emergency supplies as needed
- In case of evacuation, know where the nearest safe places are away from your home

