

## 10 Tips to Prepare for a Disaster

### When You Are Living with Chronic Lung Disease

Emergencies and disasters can affect the air you breathe and negatively impact your lung health. Now is the time to create an emergency plan to be shared with your healthcare providers, family and friends so you will be prepared when disaster strikes.



**Develop and communicate your emergency plan.** Keep phone numbers of your support network, healthcare providers, pharmacy, home health agency, durable medical equipment company and oxygen provider. Visit [Ready.gov/plan](https://www.ready.gov/plan) to learn more about creating a plan.



**Alert your power company about any medical equipment you have that needs power,** like CPAP/BiPAP, ventilator, oxygen concentrator, or nebulizer.



**Have a plan for a power failure.** Have car adapters and extra batteries for your nebulizer, CPAP/BiPAP machine, and portable oxygen concentrator. Talk to your oxygen provider about back-up oxygen tanks in the event of a power outage.



**Organize your medical and non-medical information.** Keep in one place medical insurance cards and other important documents that you may need if you must relocate.



**Install smoke and carbon monoxide alarms.** Test monthly and replace batteries at least twice a year.



**Stay up to date with your vaccinations.** Evacuating due to disasters and emergencies may expose you to crowds and germs.



**Register for a special needs shelter or an emergency shelter** that can meet your lung disease needs such as oxygen, electricity, and air conditioning.



**Consider purchasing products to assist you during emergencies.** This may include a portable air cleaner ahead of wildfire season or a generator in case of a power outage. Often these items are out of stock during an emergency.



**Include a lung disease travel pack with your emergency preparedness kit.** Keep a list of all medications you take, with the exact dose and schedule. Include copies of your COPD Action Plan or Asthma Action Plan.



**Learn more about preparing for disasters at [Lung.org](https://www.lung.org).** You can also contact the Lung HelpLine at 1-800-LUNG USA (1-800-586-4872 and press 2).