

TRANSITION QUICK GUIDE:

PLANNING FOR A HEALTH EMERGENCY



Make a Plan

Preparing for an emergency is important for all people, especially those with special health care needs. Emergencies can be scary, but there are things you can do to be ready to act quickly and stay calm.

What do I need to know?

- ⇒ Learn about the symptoms that mean you need to call 911 and the symptoms that mean you can wait long enough for an appointment.
- ⇒ Use a health alert bracelet or save an In Case of Emergency contact in your phone.
- ⇒ Practice how to tell others about your health issues and medications.
- ⇒ Always carry an identification card and your insurance card.
- ⇒ Tell the police and fire department about your health issues so they know how to help you if there is a crisis.



The PrepIowans project is a collaboration between the University of Iowa Center for Disabilities and Development and the Iowa Department of Public Health. Based on the Oregon "Ready Now" initiative, this project is intended to assist adults with disabilities to develop personal emergency preparedness plans and emergency kits. The materials, adapted for Iowa, guide individuals through each of the seven steps to become fully prepared for an emergency.

Go to <https://uihc.org/ucedd/living-well-iowa-emergency-preparedness> for more information and to download a copy of the handbook.