



Emergency Preparedness

For people with mobility impairments

FACTS

“people with mobility impairments represent a segment of the population with one of the highest risks of dying in a fire.”

-Federal Emergency Management Agency (FEMA)

“According to incident reports filed by local fire departments, physical disability was a factor in an average of 380, or 14%, of home fire deaths per year between 2004 and 2008.”

-National Fire Protection Association Fire Analysis and Research Division

FACTS

“One of the things learned from the response to Hurricane Katrina was that people with disabilities were disproportionately affected by the storm and its aftermath.”

- Centers for Disease Control and Prevention (CDC)

In 2005 the National Council on Disability reported that:

“Only 47% of people with disabilities had developed plans to evacuate their homes in the event of a disaster and only 54% knew whom to contact about emergency plans in their community”

The Purpose

To help you and your caregivers start thinking about how to be prepared for emergencies when you return home.

We will be covering:

- Fire safety at home/work/school
- Natural disasters

The keys to successful responses for most emergencies are similar:

1. Knowing there is an emergency quickly
2. Having a thorough, well practiced plan to respond to the emergency
3. Having the resources needed to respond on hand ahead of time



Fire Safety

Everything you learned in elementary school, plus a bit more!



How will you know there's a fire?

Smoke Alarms:

- The sooner you know, the more time you have to react
- Where?
 - Every bedroom, outside sleeping areas, and on every level
- Alarms should be interconnected
- Detailed information about smoke alarms can be found at:
 - www.usfa.fema.gov
 - www.nfpa.org

Hear the **BEEP** where you **SLEEP**

Every Bedroom Needs a Working Smoke Alarm!

Half of home fire deaths happen between 11 p.m. and 7 a.m., when most people are asleep.

Install smoke alarms in every bedroom, outside each separate sleeping area, and on every level of the home, including the basement. Larger homes may need more alarms.

For the best protection, install interconnected smoke alarms in your home. When one sounds, they all sound.

Test alarms at least once a month by pushing the test button.

Replace all smoke alarms when they are 10 years old or if they do not sound when tested.

Some people, especially children and older adults, may need help to wake up. Make sure someone will wake them if the smoke alarm sounds.

When the smoke alarm sounds, get outside and stay outside. Go to your outside meeting place.

Call the fire department from a cellphone or a neighbor's phone. Stay outside until the fire department says it's safe to go back inside.



Smoke Alarms:

- Test your alarm monthly
- Replace them every 10 years:
 - Technology upgrades
- Replace the batteries at least once a year
- Your local fire department will:
 - Be happy to come to your home and help you install smoke detectors correctly
 - Change out the batteries for you if you ask them!

Don't Wait — Check the Date!
Replace Smoke Alarms Every 10 Years

Age matters when it comes to your smoke alarms. Check the manufacture dates on your smoke alarms today!

- 1** Remove the smoke alarm from the wall or ceiling.
- 2** Look at the back of the alarm for the date of manufacture.
- 3** Smoke alarms should be replaced 10 years from the date of manufacture.
- 4** Put the alarm back on the ceiling or wall if it is less than 10 years old.

10 years

A closed door may slow the spread of smoke, heat and fire.

Test smoke alarms at least once a month by pushing the test button.

Install smoke alarms in every bedroom, outside each separate sleeping area, and on every level of the home, including the basement. Larger homes may need more alarms. For the best protection, make sure all smoke alarms are interconnected. When one sounds, they all sound.

If the smoke alarm sounds, get outside and stay outside. Go to your outside meeting place.

Call the fire department from a cellphone or a neighbor's phone. Stay outside until the fire department says it's safe to go back inside.



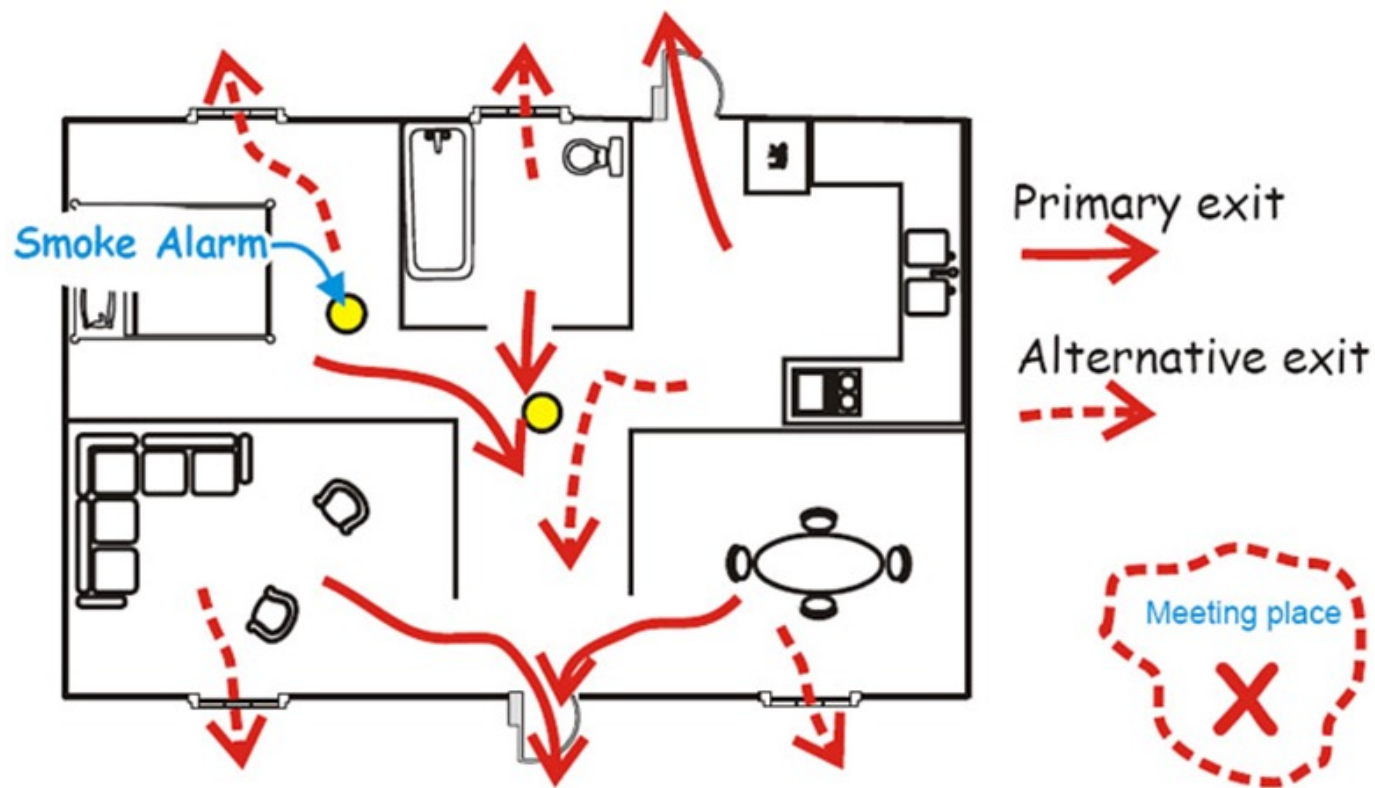
How will you get help?

- Keep an accessible phone handy
- Consider a monitored home fire alarm system
- Make your address easily visible from the street



How will you get out?

- Plan detailed escape plans for home and for work/school and practice them!
- Practice your evacuation plans with all the people who agree to assist you – make sure everyone feels comfortable with their training!
- Make sure to give copies of your evacuation plans to the security personnel at your work or school
- www.nfpa.org/disabilities





Sample questions from Personal Emergency Evacuation Planning Checklist found at www.nfpa.org/disabilities:

TYPE OF ASSISTANCE NEEDED:

- Can the person evacuate himself or herself with a device or aid?
- What is the specific device or aid?
- Where is the device or aid located?
- Does the person need assistance to evacuate?
- What does the assistant(s) need to do?
- Does the assistant(s) need any training?
- Has the training been completed?
- Where will the assistant(s) meet the person requiring assistance?
- When will the person requiring assistance contact the assistant(s)?



In Your Home

- Be sure you have at least two accessible exits
 - Consider ability to open door
- Keep your wheelchair within reach when you're in bed or on the couch/recliner
- Consider sleeping in the most accessible room
- Have a fire extinguisher available
- Sprinkler systems and compartmentation walls are an option

Fire Safety for People With Disabilities



Millions of Americans live with physical and mental disabilities. It is important to know your risk and build your fire prevention plans around your abilities.

- ✓ Have smoke alarms on every level of your home, inside bedrooms and outside sleeping areas. Interconnect your alarms, so when one sounds, they all sound.
- ✓ If you are deaf or hard of hearing, use smoke alarms with a vibrating pad, flashing light or strobe light. These accessories start when your alarm sounds.
- ✓ Test your alarms every month.













Plan your escape around your abilities.

- ✓ Know two ways out of every room.
- ✓ If possible, live near an exit.
- ✓ You'll be safest on the ground floor if you live in an apartment building.
- ✓ If you live in a multistory home, sleep on the first floor.
- ✓ Being on the ground floor and near an exit will make your escape easier.



Fire Extinguishers:

- Five main types of fire extinguishers
- Important to know so you have the desired one in areas of your home
- Purchase fire extinguishers with an ABC rating (multipurpose) for home use
- Should be replaced every 10-12 years

		Ordinary Combustibles	Wood, Paper, Cloth, Etc.
		Flammable Liquids	Grease, Oil, Paint, Solvents
		Live Electrical Equipment	Electrical Panel, Motor, Wiring, Etc.
		Combustible Metal	Magnesium, Aluminum, Etc.
		Commercial Cooking Equipment	Cooking Oils, Animal Fats, Vegetable Oils

In Your Home:

- Keep at least a few days worth of your medications together so you (or a first responder) can grab them quickly when you evacuate.
- If you use a power chair, be able to verbalize how to put your chair into manual mode
 - You may want to put brightly colored tape on the “brakes” to make it easier to explain

Oxygen and ventilators



Oxygen

- Flammable vs accelerator
- Risks
 - Smoking, flames from matches, candles, or furnaces
 - Hot elements in space heaters or hair dryers
 - Electric arc produced when plugging in the television
 - Oxygen tanks used improperly

Steps to reduce risks

- No smoking
- Utilize the 5-foot rule (always 5 feet away)
- Don't use products that can easily burn (i.e., cosmetics, waxes, greases, etc.)
- Store oxygen containers properly (upright)
- Keep a fire extinguisher nearby



Vents

- ALWAYS have your ambu bag
 - Limited internal ventilator battery life
- Contact your local utility companies and first responders to let them know you have sensitive medical equipment in use at your home.
- If you need to get out quickly, hyperventilate (3-5 breaths) then continue to bag once you are outside.
 - EMS will have means to ventilate once they arrive.



If you can't get out and must wait for first responders:

- In public buildings, get yourself into the closest stairwell
 - Withstand a fire longer than other areas of the building
 - Path the fire fighters are taking to access the building
- Worst-case scenario:
 - If all other options are out, consider trying to throw yourself to the floor from your bed or wheelchair

RESCUE Program

RESCUE is a comprehensive program designed to provide education to individuals with disabilities about emergency preparedness, to provide education to emergency responders about disability, and to facilitate pre-emergency communication between community members and emergency responders.





Will the sticker increase crime?

There is currently no research to support an increase in crime with use of the sticker!

Stickers known to decrease home invasions:

- Alarm signs and decals
- Dog signs
- Neighborhood alert signs

Stickers/circumstances known to increase home invasions:

- Weapons on property signs
- Known drug dealer
- Value of car in driveway

Rescue Packet



Shepherd Center



GIVE THIS LETTER TO YOUR LOCAL FIRE DEPARTMENT

Dear Emergency Responder:

The enclosed RESCUE sticker, developed by Shepherd Center in Atlanta, is to be placed in a front window of a home to alert first responders that someone within that residence needs special assistance in the event of an emergency. Shepherd Center is a private, not-for-profit hospital specializing in medical treatment, research and rehabilitation for people with spinal cord injury or brain injury.

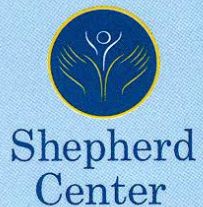
With input from DeKalb County Fire Department (Ga.), the RESCUE sticker originated from an emergency preparedness program at Shepherd Center, which educates patients and their families on fire safety for individuals with new cognitive and/or physical limitations. Program participants are provided with the RESCUE sticker and encouraged to inform their local fire department of their specific disability.

The enclosed RESCUE sticker and educational material are also available at shepherd.org/rescue, and through participating fire stations and EMS personnel in Atlanta.

We hope you find the RESCUE initiative helpful in your endeavors to keep your community safe!

For further information, additional stickers or to implement the program in your community, please email us at rescue@shepherd.org.

Thank you very much for your time and attention.



Individuals with disabilities can place the **RESCUE sticker** in a front window of their home to alert first responders that someone within that residence needs special assistance in the event of an emergency.



Shepherd Center

RESCUE Sticker Placement

- Place the RESCUE sticker in a visible front window of your home. This is the standardized placement recommended by emergency responders.
- Ensure that your address is easily visible from the street so that first responders can find you quickly.
- Take the enclosed letter and form to your local fire department and have them enter your information into their database with health conditions that require special notation. Include the location of your RESCUE sticker.

Be Prepared

- Make sure you can hear and recognize the sound of all smoke or emergency alarms. Test alarms once a month and replace batteries twice a year.
- Keep an accessible phone with you at all times, even at night. Options are a cell phone tucked under your pillow, a sip-and-puff phone next to the bed, or a picture phone.
- Have your medications organized at all times so that you can have someone grab them quickly if necessary.

Plan Your Escape

- Draw a floor plan of your home with two accessible exits if possible. Discuss with everyone in your home.
- If you have multiple caregivers, post your plan on your refrigerator.
- Apply same evacuation tips to your office or place of work.
- Practice your plan at least twice a year.

CONTINUED ON BACK

Cognitive Considerations

- Be sure to follow the specific recommendations from your medical care provider.
- Recognize that you may have slower reaction time to respond to a dangerous situation.
- Post the evacuation plan in your room in order to remember the steps in an emergency.

More information about basic fire safety, as well as general safety tips for people with different kinds of disabilities can be found at the following:

Shepherd Center | shepherd.org/rescue

Shepherd Center, located in Atlanta, Ga., is a private, not-for-profit hospital specializing in medical treatment, research and rehabilitation for people with spinal cord injury, brain injury, multiple sclerosis, and other neurological disorders.



United States Fire Administration | usfa.dhs.gov

This organization will mail pamphlets to you free of charge. Resources used for this handout: "Fire Risks for the Mobility Impaired" and "Protecting Your Family from Fire."

National Fire Protection Association | nfpa.org

This is where you can find a copy of the "Personal Emergency Evacuation Planning Checklist."



Shepherd Center

2020 Peachtree Road, NW | Atlanta, GA 30309
404-352-2020



When to visit the fire department? Why?

- Recommend that you visit your local fire department 3 days in a row
- Explain your physical capabilities and limitations
- Give them a copy of your escape plan and ask if they have any suggestions
- Make sure they know which room you sleep in in your home
- Teach them about your chair and educate them on anything else they need to know about you
- Ask them if they have any questions for you!



Carries and Evacuations

- *Always*
 - Keep open communication between yourself and your helpers
 - Make sure your helpers are using proper body mechanics



Proper Body Mechanics

- Keep your hips under your shoulders
- Use your gluts and quads to lift, not your back or arms (bend with your legs, not with your back)
- Keep the object close to your center of mass (COM)
 - COM is close to your belly button
- Don't twist, keep your feet & hips turned in direction that you are moving, or shift weight from one leg to another
- Adjust the height of the bed or put one knee on the bed to allow you to get closer to the patient and keep your hips under your shoulders.

Two Person Hold/Carry





Two Person Lift/Carry

- Performed by two people
- Strongest helper lifts the trunk
- Other helper scoops the legs from the side
- Best if head/neck control is present
- The person being lifted bears down with shoulders





Sheet over Toes Carry

- Bring knees to chest, fold sheet over toes and knees. Criss cross sheet and tuck ends behind knees
- At least two helpers
- Can provide good support to head and neck if necessary and person is not too tall.



Sheet Drag

- Least desirable due to risk of skin shearing
- Can be done with one helper
- If no sheet is available, it will be best to drag the person out by their legs instead of arms



Getting someone out of bed with one caregiver

- Be sure to lower the bedrails first and lower the bed as much as possible
- Could possibly turn the mattress sideways and have it act as a slide to lower the person to the floor
- Swing the legs off the side of the bed first and then lower torso and head to the floor
- Grab sheet (or use two-man hold) and lower to the floor



Getting someone out of bed with one caregiver





Getting someone out of a power chair with one caregiver

- Remove chest strap and seat belt
- Flip up foot plate
- Raise one of the armrests
- Lower person to the floor with the two-person hold





Natural Disaster Preparedness

Natural disasters often occur quickly and without much warning. The key is to be prepared for them ahead of time!



Natural Disasters: Which are common in your area?

- Air Quality
- Droughts
- Earthquakes
- Floods
- Flus and outbreaks
- Hurricanes
- Lightning
- Rain and snow
- Security
- Tornadoes
- Tsunamis
- Wildfires

You can get information from your state and local Emergency Management Agency (EMA) or Homeland Security Office by visiting their Websites.



Keep yourself informed

- Wireless emergency alerts (WEA)
- Emergency Alert System (EAS)
- NOAA weather radio
- Real-time hazard maps
 - www.nesec.org - Northeast States Emergency Consortium
 - <http://nhss.cr.usgs.gov> – Natural Hazards Support System
 - http://naturalhazardmapping.com/hazard_maps/interactive



During and following a natural disaster, your whole community may be affected:

- When you get home from Shepherd, register with the Emergency Management Agency (EMA) in your county.
- When there is a community disaster, the American Red Cross contacts the EMA in that county to find out who needs help evacuating their homes
- The Red Cross then will provide transportation to local shelters for individuals registered with that county's EMA



Shelters

- Equipment people are allowed to take to a shelter is limited due to space limitations. If you are allowed only one piece of equipment at the shelter, your wheelchair cushion may be a good option.
- When you register with the EMA, make it clear that you are dependent for mobility without your wheelchair. This may increase your chances of getting to keep your wheelchair with you at the shelter.
- In the event of a community disaster requiring evacuation, accessible shelters can be found at www.redcross.org or on the Red Cross Shelter smart phone app

Emergency Evacuation Considerations:

- If you are using your own transportation to go to a shelter or to get out of town:
 - Make sure you have enough gas in your vehicle
 - Gas stations along an evacuation route may run out of gas
 - Stations may be closed in an emergency
 - Power outages may affect ability to pump or buy gas
 - Always keep at least $\frac{1}{2}$ of tank in your vehicle
- Map out a route and/or alternative routes
- Have cash available
- Notify family and friends of your plans

Things to consider during a natural disaster:

During and following a natural disaster, you may not have power, water, phone, or cable service. Over the course of a couple of days this could affect your:

- Bowel and bladder care
- Medical equipment needs
 - Ventilator
 - Oxygen
 - Power Wheelchair needs
- Communication with others
 - Cell phones
 - Home phones
 - Internet Access
- Medication refills and medical supplies



You can prepare by doing the following ahead of time:

- Make your local utilities companies are aware of your medical needs ahead of time – they will likely put you on a list to have your services restored more quickly
- Keep enough non-perishable food on hand for everyone in your home for about three days, as well as a manual can opener
- Consider purchasing a back-up generator for your medical equipment



Downed utility lines, power company blackouts, heavy snow falls or summer storms can all lead to power outages. Many people turn to a portable generator for a temporary solution without knowing the risks.

- Generators should be used in well ventilated locations outside at least 5 feet (1.5 metres) away from all doors, windows, and vent openings. Measure the 5-foot (1.5 metres) distance from the generator exhaust system to the building.
- Never use a generator in an attached garage, even with the door open.
- Place generators so that exhaust fumes can't enter the home through windows, doors or other openings in the building. The exhaust must be directed away from the building.
- Make sure to install carbon monoxide (CO) alarms in your home. Follow manufacturer's instructions for correct placement and mounting height.
- Turn off generators and let them cool down before refueling. Never refuel a generator while it is hot.



- Store fuel for the generator in a container that is intended for the purpose and is correctly labeled as such. Store the containers outside of living areas.

Just Remember...

When plugging in appliances, make sure they are plugged directly into the generator or a heavy duty outdoor-rated extension cord. The cords should be checked for cuts, tears and that the plug has all three prongs, especially a grounding pin.


If you must connect the generator to the house wiring to power appliances, have a qualified electrician install a properly rated transfer switch in accordance with the National Electrical Code® (NEC) and all applicable state and local electrical codes.

FACT

! A person can be poisoned by a small amount of CO over a longer period of time or by a large amount of CO over a shorter amount of time.

You can prepare by doing the following ahead of time:

- Always have enough water available to meet the hydration and hygiene needs of everyone in your household for about three days (don't forget to consider your bowel/bladder care needs!)
- Detailed recommendations for a basic disaster supplies kit can be found at:
<https://www.ready.gov/kit>

- 
- Additional Items to Consider Adding to an Emergency Supply Kit:**
- Prescription medications and glasses
 - Infant formula and diapers
 - Pet food, water and supplies for your pet
 - Important family documents such as copies of insurance policies, identification and bank account records in a portable waterproof container
 - Cash and change
 - Emergency reference material such as a first aid book or information from www.ready.gov
 - Sleeping bag or warm blanket for each person. Consider additional bedding if you live in a cold-weather climate.
 - Complete change of clothing including a long sleeved shirt, long pants and sturdy shoes. Consider additional clothing if you live in a cold-weather climate.
 - Fire Extinguisher
 - Matches in a waterproof container
 - Feminine supplies, personal hygiene items and hand sanitizer
 - Mess kits, Paper cups, plates and disposable utensils, paper towels
 - Paper and pencil
 - Books, games, puzzles or other activities for children

- 
- Recommended Items to Include in a Basic Emergency Supply Kit:**
- Water and non-perishable food for several days
 - Extra cell phone battery or charger
 - Battery-powered or hand crank radio that can receive NOAA Weather Radio tone alerts and extra batteries
 - Flashlight and extra batteries
 - First aid kit
 - Whistle to signal for help
 - Dust mask, to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place
 - Moist towelettes, garbage bags and plastic ties for personal sanitation
 - Non-sparking wrench or pliers to turn off utilities
 - Can opener (if kit contains canned food)
 - Local maps



FEMA's Ready Campaign educates and empowers Americans to take some simple steps to prepare for and respond to potential emergencies, including those from natural hazards and man-made disasters. Ready asks individuals to do three key things: get an emergency supply kit, make a family emergency plan, and be informed about the different types of emergencies that could occur and appropriate responses. Everyone should have some basic supplies on hand in order to survive several days if an emergency occurs. This list of emergency supply kit items is only a starting point. It is important that individuals review this list and consider the unique needs of their family, including pets, for items to include. Individuals should also consider having at least two emergency supply kits, one full kit at home and smaller portable kits in their workplace, vehicle or other places they spend time.



You can prepare by doing the following ahead of time:

- PWC user: Consider purchasing an extra battery
- Have a manual wheelchair as a back-up option (it will also be easier to transport in a regular vehicle)
- Show others how to operate, assemble, and disassemble wheelchair
- Have a plan to get out of town if necessary, including:
 - Identify and communicate with people who expect you to come stay with them in the event of an emergency
 - Make sure you have written/printed directions to their homes
 - Google Maps may not be an option, and some roads may be closed!



You can prepare by doing the following ahead of time:

- Medications:
 - Keep up-to-date on your medication refills
 - Keep a list of your prescription medicines including information on dosage, frequency, medical supply needs and allergies.
 - Have a cooler and chemical ice packs for all refrigerated medication
 - Talk to MD and pharmacist about how to create an emergency supply of medications
- What about money?
 - If the power is out ATMs and credit card readers may not be working. Keep enough cash on hand to get you out of town!



Resources

www.cdc.gov/ncbddd/disabilityandhealth/emergencypreparedness.html

- Centers for Disease Control and Prevention (CDC)
 - Disability and health, emergency preparedness articles available here

www.CTIA.org

- The Wireless Association
 - Provides information about wireless emergency alerts for your smart phone

www.fcc.gov

- Federal Communications Commission
 - Provides information about the Emergency Alert System (EAS)

www.fema.gov

- Federal Emergency Management Agency



Resources

www.gema.state.ga.us

- Georgia Emergency Management Agency/Homeland Security

www.nfpa.org/disabilities

- National Fire Protection Association.
 - A Personal Emergency Evacuation Planning Checklist can be found at this website

www.nws.noaa.gov/nwr

- National Oceanic and Atmospheric Administration
 - Provides information about weather radio stations and weather radios

www.ready.ga.gov

- Ready Georgia
 - A statewide campaign supported by the Georgia Emergency Management Agency (GEMA) aimed at motivating Georgians to take action to prepare for a disaster.



Resources

www.usfa.fema.gov

- U.S. Fire Administration

www.ready.gov

- Ready
 - Detailed recommendations for a basic disaster supplies kit can be found at www.ready.gov/basic-disaster-supplies-kit

www.redcross.org

- American Red Cross
 - Provides information about local shelters in the event of a community emergency

www.shepherd.org/resources/rescue

- Shepherd Center.
 - Additional information about the RESCUE program (and the packet you received) can be found at this website.



There are smart phone apps for that!

American Red Cross

- First Aid by American Red Cross
 - step-by-step instructions to guide you through everyday first aid scenarios.
 - Integrated with 911 so you can call EMS from the app.
 - Available in English and Spanish languages
- Emergency! by American Red Cross
 - Audible siren for alerts related to tornados, hurricanes, floods, and many other weather-related emergency situations
 - Information on what to do before/during/after the event
 - Track the event
 - Enable critical alerts that can override the Do Not Disturb setting on your device
 - Let family and friends know your are okay with the “I’m Safe” alert for Facebook, Twitter, email and text
 - Find open Red Cross shelters in your area when you need help
 - Available in English and Spanish languages



Ready Georgia: <https://gema.georgia.gov/plan-prepare/ready-georgia>

- A national public service advertising (PSA) campaign designed to educate and empower Americans to prepare for and respond to emergencies including natural and man-made disasters.
- Create and edit your Ready Profile for customized emergency plans
- Local weather and public health alerts
- Checklist of emergency supplies/kit
- Information on what to do during different types of emergencies
- Hurricane evacuation routes
- Disaster history for your location
- Maps of nearby American Red Cross shelters



General apps available

Emergency contacts

- Keeps a list of emergency contacts, known allergies, medications you are on, any conditions you have, and your personal identification information on your smart phone.

Emergency GPS locators

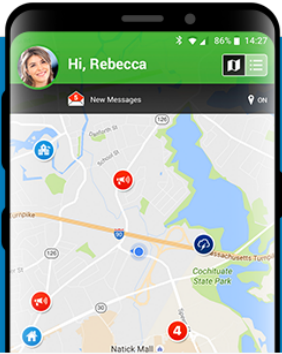
- Built into your phone and can be used in emergency situations to report your GPS position to first responders or family/friends
- Can install GPS apps for more detailed tracking information



www.smart911.com

Smart911 is a free service that allows citizens across the U.S. to create a Safety Profile for their household that includes any information they want 9-1-1 to have in the event of an emergency.

Anyone in that household dials 9-1-1 from a phone associated with their Safety Profile, their profile is immediately displayed to the 9-1-1 call taker providing additional information that can be used to facilitate the proper response to the proper location.

A smartphone displaying the Smart911 app interface. The screen shows a map with a location pin, a message from 'Hi, Rebecca', and a 'New Messages' notification. The status bar at the top shows 86% battery and 14:27.

Get the Mobile App





Download the Smart911 App today and have life-saving capabilities at your fingertips, 24/7.

Download on the App Store

GET IT ON Google Play

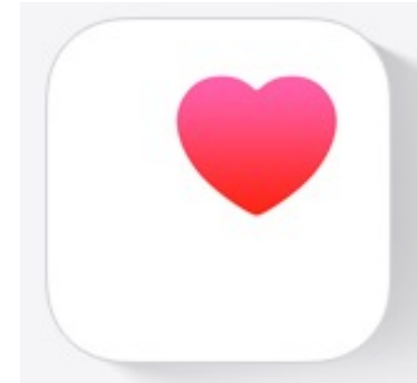
Your Safety Profile Is Free, Private, And Secure.

Add as much or as little to your profile as you want. It's up to you, and your information will only be seen if you ever have to call 9-1-1.

-  **People and Household Info**
You can add key information about members of your household that would help anyone you care for in the event of an emergency, whether the call is from the home or any mobile phone.
[Learn more >](#)
-  **Medical Info**
No matter where you or your loved ones are, you can always have peace of mind that responders will know any critical medical condition and how to help before they even arrive.
[Learn more >](#)
-  **Address and Location Info**
Giving responders visual details on an emergency location helps facilitate faster response, as does information on access points like hidden driveways or gate codes.
[Learn more >](#)
-  **Other Info**
You can also add as much or as little information about your vehicles, pets, service animals, along with any special notes that you would want responders to know.
[Learn more >](#)

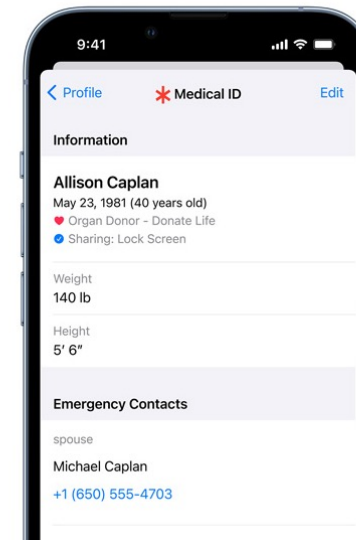
Health App- IOS

- The Health app was created to help organize your important health information and make it easy to access in a central and secure place.
- There are new ways to share data with your loved ones and healthcare team.
- Create a medial ID to allow first responders to access your critical medical information from the Lock Screen and/or shared during an emergency call.



Your Medical ID. Always with you.

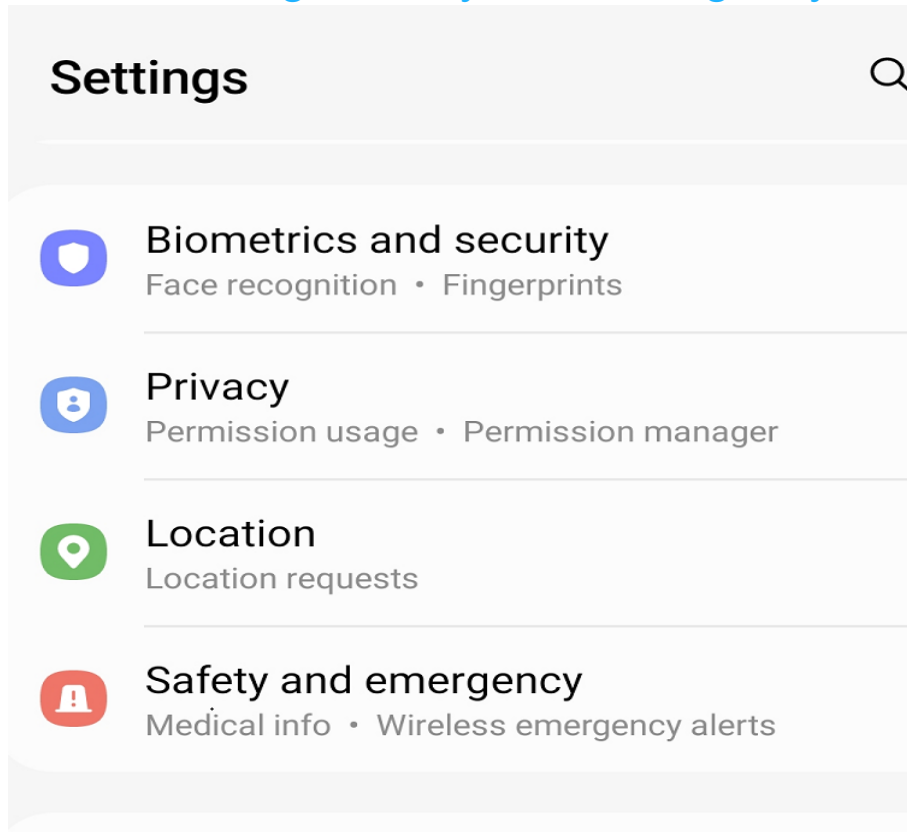
Create an emergency Medical ID card that allows first responders to access your critical medical information from the Lock Screen.



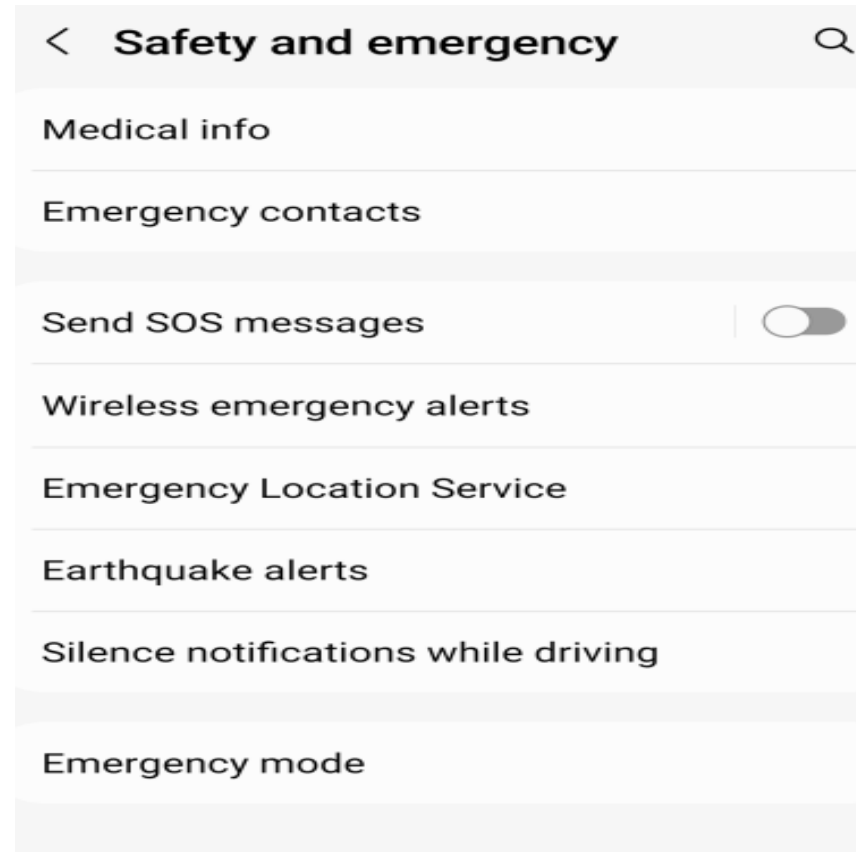


Android

Go to Settings-Safety and Emergency



Add Medical Info and Emergency Contacts





To recap, when you get home from Shepherd please contact:

Fire Safety:

- Develop your escape plan
- Check smoke detectors
- Your local fire department
- Discuss escape plan and let first responders know what your needs are

Emergency Preparedness:

- Register with the Emergency Management Agency for your county
 - Allow the American Red Cross to be able to accommodate your evacuation needs if a community disaster occurs
- Contact your utility company



Shepherd Center

Thank you!

