

WORKSHEET 2

WEATHER EMERGENCY PLAN

Visit www.LLS.org/CaregiverWorkbook to access all chapters and worksheets.

You can't always avoid natural weather disasters, but you can be prepared for them by having a plan in place and supplies ready. Severe weather, even just being snowed in for a few days, can be more dangerous for a cancer patient than for a person who is not in treatment. Remember, you may not be able to leave your home and you may also be without power or other utilities. Here is a checklist of items that you are likely to need if the forecast calls for severe weather.

Severe Weather Checklist

- Extra medication
- Bottled water
- Nonperishable food items
- Ready-to-eat canned meats, fruit and vegetables (and a manual can opener)
- Protein or fruit bars
- Peanut butter
- Dried fruit and nuts
- Crackers
- Nonperishable pasteurized milk and/or dry milk powder
- Cooler or insulated lunch bag with freezer packs to store medicines that need to be refrigerated
- Plastic eating utensils, paper towels, disposable plates and cups
- Written list of emergency contacts, in case your mobile phone's battery dies
- Flashlights, with extra batteries
- Candle and matches
- Oil lamps
- Hand sanitizer and wet wipes
- Wood, lighter, matches if your home has a fireplace or woodstove
- Camp stove
- Radio and extra batteries

Keep important items, such as medications, medical records, and emergency phone numbers in a plastic bag with you in case you have to leave your home quickly.

TIP:

If your loved one uses medical devices that require electricity, speak to the healthcare team about what to do in an emergency. You may want to consider buying a portable emergency generator if weather emergencies are common in your area.

Other Things to Remember During Severe Weather

If you can avoid the storm, do. Is there a family member or friend you can stay with out of the path of the storm? If so, it may be best to stay with this person until the storm has passed, and it is safe to return home. However, if the storm has already started, it may not be safe to travel. Listen to local news and radio reports for road conditions.

When the forecast calls for bad weather, make sure to refill any medications that are running low before the storm hits.

If the power goes out for longer than 4 hours, discard any perishable food, such as meat, poultry, fish, eggs or any leftovers in the refrigerator or freezer. When in doubt, throw it out. A cancer patient with a weakened immune system should not eat any of this food—it's not worth the risk.

Follow local instructions about the safety of water in your community. Is the water safe to drink or do you need to boil it after a storm or flood?

If your neighborhood is evacuated or if you fear your home may be in danger, providing the road conditions are safe, go to an emergency shelter, community center or medical center as quickly as you can. Grab your prepacked emergency room bag to take with you.



Government websites such as www.ready.gov provide more tips to be ready for a weather emergency.
