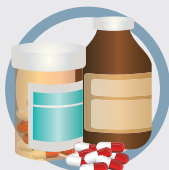# Emergency Checklist

Use the checklist below to get ready for an emergency.

☐ **1** I have talked with my cancer care team about what situation would be an emergency for me and what steps I should take if one occurs.

☐ **2** I have medicines and other medical supplies on hand if my doctor thinks I might need them, including enough medications for at least 1 week. The medications are stored in resealable plastic bags to keep them dry.

☐ **3** I have a first aid kit that includes antiseptic spray, rubbing alcohol or hydrogen peroxide, antibiotic cream, gauze, and tape to help prevent infections. I also have a thermometer to check for a fever.

☐ **4** I have enough nutritious, non-perishable food and water in my home for at least 3 days, plus food and water for my pets. Food and water are stored in waterproof containers.

☐ **5** I have talked with family members, friends, or neighbors about the help I might need in a natural disaster, such as a flood, fire, earthquake, hurricane, tornado, or snowstorm.

☐ **6** I have a cell phone, emergency radio, or other way to contact 911 if needed.

☐ **7** I carry written information on my type of cancer, active treatment, and current medicines stored in sealable plastic bags to keep them dry. I also keep copies of my printed medical records in a secure location, or can access them through a patient portal or on my phone, computer, flash drive or in the cloud.