

# EMERGENCY TIPS FOR PEOPLE WITH ENVIRONMENTAL ILLNESS

## OR MULTIPLE CHEMICAL SENSITIVITIES

DATE COMPLETED      ACTIVITIES

\_\_\_\_\_      *Emergency Supplies based on your worst days.*

\_\_\_\_\_      *"Carry With You" Important Supplies to keep with you at all times (medications, first aid kit, evacuation kit).*

\_\_\_\_\_      *Special additions to your Emergency Supplies.*

\_\_\_\_\_      *In case of Evacuation, know where the nearest safe places are from your home.*

### **Emergency Supplies**

Collect emergency supplies based on your worst days. After a major quake an excess of smoke, excessive dust, molds, gas leaks, diesel from idling rescue vehicles, flashing lights, radio waves, electro magnetic fields (from generators, emergency lights, cellular phones and walkie talkies) and airborne toxins may trigger stronger reactions than you normally experience.

### **"Carry With You" Emergency Supplies**

- Emergency Health Information Card should clearly explain your sensitivities and reactions, most helpful treatments, and treatments which are harmful. Be specific, as environmental illness is not commonly understood. Remember that some reactions (disorientation, aphasia, panic) may be diagnosed and treated as something other than chemical sensitivity and you may not be able to describe your needs verbally.
- Medications including: inhalers, epinephrine shots, anticonvulsant.
- Prescriptions and Treatment Authorization Request (T.A.R.'s) from your doctor for unusual, orphan or hard-to-find medications.
- Supplements, herbs, homeopathic remedies.

### **First Aid Kit:**

- Cotton bandages, gauze, and paper tape.
- Hydrogen peroxide, zephiran chloride or your tolerated disinfectant.

### **Emergency Supplies**

- Charcoal mask and/or respirator.
- Well aired-out (outgassed) plastic or steel tubing and ceramic mask or outgassed plastic mask for oxygen.
- Rolls of aluminum foil for such things as covering chairs, sleeping area, food, etc.
- Baking soda stored in a waterproof container (for washing).
- Food that requires no cooking.
- Water, if storage in glass containers is necessary, consider using one quart bottles, stored inside layers of thick socks to protect the glass and to enable carrying. Note: glass bottles will break if the water freezes and expands.
- Portable charcoal water filter.
- Before purchasing a fire extinguisher, check your sensitivity to the contents.

### **Evacuation Plan**

- Know where the nearest safe places are, especially open air places, such as a beach, up wind from traffic, refineries and fires.
- Avoid hermetically sealed shelters.