

Emergency Supply Checklist for People with Chronic Respiratory Disease

Medical Supplies and Equipment

- Portable Oxygen Tank/Concentrator (extra tanks or battery packs)
- Prescription Medications (7-14 day supply, including inhalers)
- Nebulizer with Portable Power Source (battery/manual)
- Spare CPAP/BiPAP Machine and Supplies (backup unit, mask, hoses)
- Respiratory Muscle Trainer (e.g., Breather from PN Medical)
- Spare Filters (for respiratory devices)
- Spacer for Inhalers

Personal Care Items

- Face Masks (N95 or surgical)
- Hand Sanitizer and Disinfectant Wipes
- Gloves

Important Documents

- Medical Information Sheet (medical history, medications, allergies, physician contacts)
- Health Insurance Card Copy
- Power Outage Plan (instructions for medical devices)

Power Backup

- Battery Packs, Solar Chargers, or Power Banks
- Manual Ventilation Device (e.g., Ambu bag)age, or coverage for high-value items like jewelry or art

Emergency Kit Essentials

- Water (1 gallon per person per day, for at least 3 days)
- Non-Perishable Food (3-5 day supply)
- Blanket or Warm Clothing
- First Aid Kit
- Flashlight with Extra Batteries
- Whistle
- Backup Glasses or Contacts

Communication Tools

- Phone with Charger or Power Bank
- Emergency Contact List (written)
- Medical Alert Bracelet/Necklace
- Walkie Talkie

Shelter and Mobility Items

- Know Accessible Emergency Shelter Options
- Mobility Aids (e.g., cane, walker)

Miscellaneous Supplies

- Backup Copies of Prescriptions
- Plastic Bags (for medical waste or keeping items dry)
- Dry Bag