



Asthma & Allergies Hurricane Survival Guide ***Drs. Lockey, Fox, Ledford & Glaum***

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Along with all our other hurricane preparations, we must remember our special needs family members. Don't let hurricane emergencies catch you off guard, plan ahead. The very young, elderly and chronically ill are particularly vulnerable during the hurricane season.

STEPS TO PLAN AHEAD FOR AN ALLERGIC OR ASTHMATIC FAMILY MEMBER

Plan early.

Follow these steps to ease the difficulty of accomodating an allergic or asthmatic family member during a hurricane.



- Keep a 30 day supply of medication on hand.
- Gather a complete list of current medications, physician and hospital contacts.
- Check expiration dates on epinephrine syringes for those with life threatening allergy emergencies.
- Have an adequate supply of allowed foods for those with a severe food allergy(ies).
- Make a backup plan for family members who use electric power nebulizers.
- For the asthmatic child, keep a spacer with mask on hand along with the appropriate inhaler medications if power is lost and unable to use the electric nebulizer.
- For the pet allergic individual, plan to board outside pets or make a safe room in the home to keep pets and limit the dander from spreading to the remainder of the home.
- Patients on oxygen need to plan on evacuation to a special needs shelter.

FINDING A SPECIAL NEEDS SHELTER

Do I have to register for a special needs shelter?

Yes, you will need to complete a special needs application. You can find the locations and register ahead of time for a shelter near you. This information can be found at www.hillscountyhealth.org. If outside of Hillsborough County, contact your local Health Department or the American Red Cross at www.redcross.org.



Remember: The most important part of your hurricane preparations for your special needs family member is planning for your evacuation early.

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