



PREPARE TODAY. PROTECT TOMORROW. WE'RE HERE FOR YOU.



WHY IT MATTERS

Emergencies can happen anytime. Being prepared helps keep you, your loved ones, and your caregivers safe in the home.

- ✓ Reduce risks during power outages and emergencies
- ✓ Protect your health and medical equipment
- ✓ Know what to do and who to call
- ✓ Stay independent and safe at home longer

POWER OUTAGES



Plan for outages to stay safe and comfortable.

- ✓ Keep flashlights with working batteries in key areas.
- ✓ Have extra batteries and a battery-powered radio.
- ✓ Unplug electronics to protect them from power surges.
- ✓ Keep your refrigerator and freezer doors closed to keep food cold.
- ✓ If you use heating or cooling equipment, have a backup plan.
- ✓ Do not use grills, generators, or camp stoves indoors.

WHEN IN DOUBT, THROW IT OUT!

Food above 40°F for more than 2 hours may not be safe.

OXYGEN & MEDICAL EQUIPMENT



If you rely on oxygen or electrical medical equipment, planning ahead is essential.

- ✓ Know what type of equipment you use and how it runs.
- ✓ Have a backup power source for oxygen concentrators and other electrically powered equipment.
- ✓ Keep oxygen tanks filled and have extra supplies on hand.
- ✓ Keep charging devices and extra batteries for portable equipment.
- ✓ Know how long your equipment will run on battery power.
- ✓ Identify a family member or friend who can assist during an outage.



KNOW WHO TO CONTACT BEFORE AN OUTAGE:

- Equipment provider
- Oxygen supplier
- DMJ Home Health
- Your primary care provider

EMERGENCY SUPPLIES & GENERATOR SAFETY



A well-stocked kit and safe use of generators can save lives.

ESSENTIAL SUPPLIES:

- ✓ Water – at least 1 gallon per person per day for 3 days
- ✓ Non-perishable food – at least a 3-day supply
- ✓ Medications – at least a 7-day supply
- ✓ First aid kit
- ✓ Personal hygiene items
- ✓ Cash in small bills
- ✓ Important documents in a waterproof container
- ✓ Pet supplies if needed

GENERATOR SAFETY:

- ✓ Use generators outdoors ONLY.
- ✓ Keep generators at least 20 feet away from windows and doors.
- ✓ Never connect a generator directly to your home's electrical system.
- ✓ Allow generators to cool before refueling.



WHEN TO CALL DMJ EMERGENCY MANAGEMENT

Call DMJ Emergency Management right away if you have:

- ✓ Power loss that affects your medical equipment or safety
- ✓ Oxygen or equipment not working
- ✓ You need help getting supplies
- ✓ A safety concern in your home
- ✓ Evacuation or shelter-in-place instructions
- ✓ Any emergency or urgent situation



THE DMJ PROMISE

At DMJ Home Health, we believe caring for our patients extends beyond today's visit.

We are committed to your safety, your family, and your independence at home.

Leaving every patient Safer Than when we arrived.



EDUCATION PROVIDED TODAY



☐ Power Outages



☐ Oxygen & Equipment



☐ Supplies & Generator Safety



☐ When to Call DMJ

Patient/Caregiver Name: _____
Nurse Signature: _____

Date: _____