

# Emergency Preparedness

In case of severe weather or a disaster, the VNA may have circumstances which make a visit (or even a phone call) to you impossible.

## Recommendations:

1. Develop your own disaster response and if need be evacuation plan.
2. Keep a battery-operated radio in your home. If severe weather or disaster should occur, tune in to one of the local radio stations and listen for VNA announcements.
3. Consider having one standard (non-cordless) phone so you will still have a working phone if the power is off for an extended period of time and the batteries run out.
4. Identify a neighbor, family or friend (living locally) who will offer assistance to you during an emergency situation.
5. Notify the power company when ventilators or oxygen services are initially started and then notify the power company when the power goes out.
6. If you must evacuate your home:
  - Attempt to notify the VNA
  - Notify your emergency support person
  - Remember to take your medications and other medical supplies
  - Take a blanket and pillow especially if you are going to a shelter
7. Post emergency numbers by all your phones.

## Local Emergency Radio Stations

WVMT – 620 AM
WJOY – 1230 AM
WOKO – 98.9 FM
WKOL (KOOL) – 105.0 FM
WIZN – 106.7 FM