

HURRICANE-READY CHECKLIST

FOR PATIENT WITH ALLERGIES AND ASTHMA

PREPARE IN ADVANCE

- A list of all your medical diagnosis including your food and medication allergies (*obtain from your physician*)
- A copy of your Asthma Action Plan
- A Peak Flow Meter if this has been prescribed
- A list of your current & rescue medications and most recent instructions on when and how to use (*copy of physician's last progress note would be ideal*)
- A copy of insurance cards and healthcare provider contact info
- Address, phone number of your closest hospital, your primary care physician and your allergist—ask for the best phone number in the event of a power outage as landline phones may not work

ADD WHEN HURRICANE WARNING IS ISSUED

- Supply of current daily medications and rescue medications to last for two weeks (*include meds for Asthma Action Plan and for nebulizer*)
- Your 2-pack epinephrine auto-injector (e.g. Epi-Pen or Auvi-Q) if you have been prescribed one—this should be an extra pack, not the one you carry with you all the time.
- Insurance cards
- A spacer for your inhaled medications if this has been prescribed
- A nebulizer for your asthma meds if this has been prescribed
- Obtain allergy injections if this will be due within the next two weeks (*OK to take one early*)



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For Allergy & Asthma Care

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RED CROSS SHELTER INFO

Food Allergy Patients

While it is advisable that patients bring 1-2 days of food and their own epinephrine auto-injector, they need to advise the shelter upon arrival of their severe food allergies. If need be, the shelter can supply the required food and epinephrine.

For Asthma Patients

While is best to bring their own nebulizer and medications, nebulizers will be available if required.

For Pet Allergy Patients

Included is the list of shelters that accept pets by County so you know which to avoid if you suffer from pet allergies.

BROWARD COUNTY

Millennium Middle School
5803 NW 94th Ave. Tamarac, FL 33321

Pre-registration of pets is required, and owners are expected to shelter with their pets and provide care for them.
Call 954.989.3977 and press 6 or visit humanebroward.com.*

MIAMI-DADE

miamidade.gov/fire/emergency-management.asp

Pet-Friendly Evacuation Centers

Pet owners residing in qualified evacuation zones, unsafe structures or mobile homes can participate in the Pet-Friendly Evacuation Centers (PEC)*.

E. Darwin Fuchs Pavilion
10901 SW 24th St. Miami, FL 33199

Dr. Michael M. Krop Senior High
1410 County Line Road. Miami, FL 33179

PALM BEACH

Recreation Center Gymnasium
6000 Northtree Blvd. Lake Worth, FL 33463

For additional information and registration contact:
Emergency Disaster Shelter for Pets and People
561.233.1266 West Boynton pbccacc@pbcgov.org

Hurricane by Red Cross is a smart phone app for hurricane preparedness. Here is the link that describes the app and how you can download:
redcross.org/mobile-apps/hurricane-app

**If you have pet allergies, you would want to pre-register for an alternative shelter.*

