

# Disability Health Forum

BIO-TERRORISM  
AND  
PUBLIC HEALTH  
PREPAREDNESS



Department of  
**Public Health**

CITY OF PHILADELPHIA

# Emergency Preparedness

## Get Informed

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### Emergency Preparedness Resources for People with Disabilities:

- [Ready.gov](https://www.ready.gov)
- [Centers for Disease Control and Prevention](https://www.cdc.gov)
- [Research & Training Center on Independent Living](https://www.rtcil.org)
- [Drexel Toolkit for Families](https://www.drexel.edu/toolkit)
- [Institute on Disabilities at Temple University](https://www.temple.edu/institute-on-disabilities)

# Emergency Preparedness

## Get Informed

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- Know what disasters could affect your area, which ones could call for an [evacuation](#) and when to [shelter in place](#).
- Keep a [NOAA Weather Radio](#) tuned to your local emergency station and monitor TV and radio.
- [Download the FEMA app](#) and get weather alerts from the National Weather Service.
- Get updates on local emergencies by texting ReadyPhila to 888-777 or go to [ReadyPhiladelphia](#).



# Emergency Preparedness

## What is a Health Information Card?

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A health information card is a document that has vital health information about a person's health, allergies, important contacts, equipment and communication needs.

- Print and fill out card.
- If you need help, ask your healthcare provider or another trusted person.
- Keep the card with you in your wallet or purse. Have a copy in your emergency bag/kit.

# Emergency Preparedness Health Info Card

<b>Name</b>	Minnie Mouse
<b>Birthdate</b>	12/25/1985
<b>Phone</b>	555-555-5555
<b>Email</b>	Minniemoose@disney.com
<b>Address</b>	1101 Disney St Phila, PA 19107
<b>Gender</b>	Female
<b>Preferred Language</b>	English
<b>Blood Type</b>	AB

<b>Allergies (food, medicine, other)</b>	
Peanuts Shellfish	Penicillin Latex
<b>Medical Conditions</b>	
Asthma Diabetes	
<b>Additional medical/communication needs?</b>	

<b>Emergency Contact 1</b>	
<b>Name:</b>	Mickey mouse
<b>Phone:</b>	555-555-5556
<b>Emergency Contact 2</b>	
<b>Name:</b>	Daisy Duck
<b>Phone:</b>	555-555-5557
<b>Important Numbers (doctor, pharmacy, etc.)</b>	
Primary Care Doctor: Doctor J 555-555-5558	
Get Well Pharmacy: 555-555-5559	

## Health Information Card



Keep this card with you in your wallet, purse, or other safe place.



# Emergency Preparedness Health Info Card

## YOUR MEDICINE RECORD

Write all of the prescription drugs, over the counter drugs, vitamins, and herbal supplements that you take.

Keep this list up to date (use a pencil or cross out changes to your medications.)

Fill out with the help of your doctor, pharmacist or other healthcare provider.

Take medicine how it is prescribed, and prepare to bring medicine with you in case of an emergency.

Medicine Name of medication, purpose and strength	Dose How many pills, puffs, units, drops per dose?	Frequency How many times a day? After meals?
Advair for Asthma	45 mcg/21 mcg	two puffs twice a day
Epipen: serious allergic reactions	0.3 mg	Once and seek medical attention
Albuterol Inhalation Solution	2.5 milligrams	2 times per day as needed
<b>GNC Women Multivitamin Gummy</b>	2 gummies	<b>Once a day at night</b>

Equipment, supplies or other supports refrigerated medications, oxygen, or nebulizer, etc.

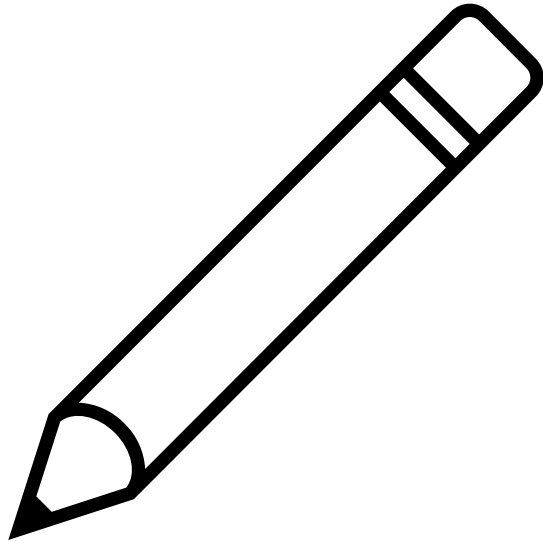
Nebulizer machine

***In the event of an emergency, call 911.***

# Emergency Preparedness

## Make a Plan

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- Create a disaster support network and inform them where you keep supplies.
- Talk to your doctor about how to keep equipment running in a power outage.
- Wear medical alert tags or bracelets.
- Fill out a Health Information Card.
- Keep a list of the nearest medical facilities and accessible transportation.

# Emergency Preparedness

## Make a Plan

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**Get Your Benefits Electronically-** If you get Social Security or other benefits, consider switching to electronic payments:

- **Direct deposit** to a checking or savings account. If you get federal benefits you can sign up by calling 800-333-1795 or [sign up online](#).
- The **Direct Express**<sup>®</sup> prepaid debit card is a safe and easy alternative to paper checks. Call 877-212-9991 or [sign up online](#).



# Emergency Preparedness

## Build a Kit

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### General Supplies- what is relevant to you?

- At least 3 days of food, water, and prescription medicines
- Extra eyeglasses, contacts, hearing aids and batteries
- A backup supply of oxygen
- A completed Health Info Card, with “Emergency Contact” information for relatives or friends and other “Important Numbers”



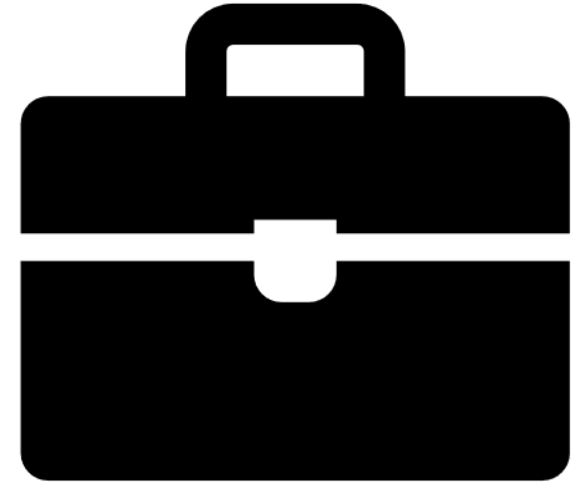
# Emergency Preparedness

## Build a Kit

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### General Supplies- what is relevant to you?

- A list of the style and serial number of medical devices (include special instructions for operating your equipment if needed)
- Copies of insurance cards
- Pet food, extra water, collar with ID tag, medical records and other supplies for your service or support animal



# Emergency Preparedness

## Build a Kit

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### Tips for People with a Mobility Disability

- A backup manual chair for power chair users.
- Extra battery for a power wheelchair or other assistive devices.
- Patch or repair kit for flat tires, extra inner tube, and air pump.
- Extra mobility device such as a cane or walker.
- Communicate with neighbors who can assist you to evacuate the building.



# Emergency Preparedness

## Build a Kit

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### Tips for People Who are Deaf or Hard of Hearing

- Weather radio (with text display and a flashing alert).
- Extra hearing-aid batteries.
- Pen and paper (in case you have to communicate with someone who does not know sign language).
- Battery operated lantern for communication by sign language or lip reading when the electricity is out.
- Consider having a [Communication Board](#) available.

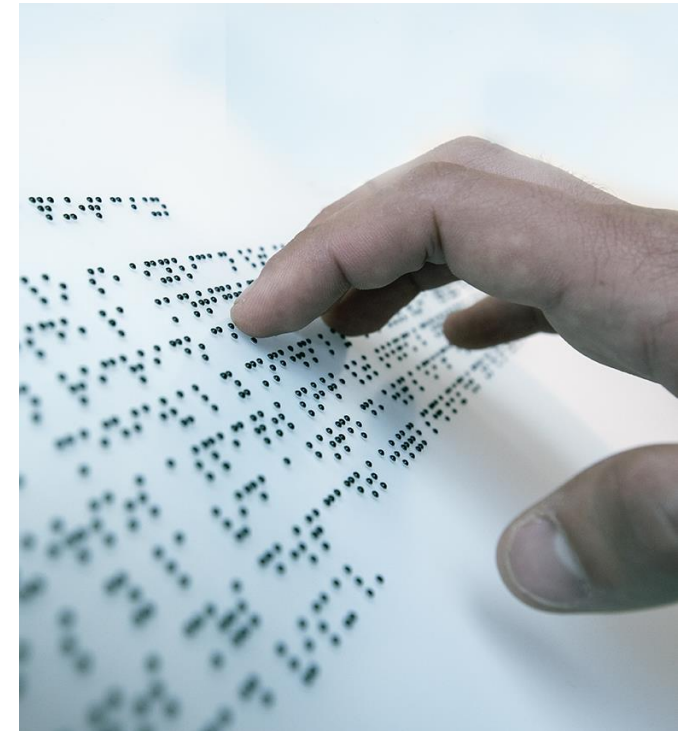
# Emergency Preparedness

## Build a Kit

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### Tips for People Who are Blind or Have Low Vision

- Mark emergency supplies with Braille labels or large print.
- Keep a list of your supplies and where you bought them on a portable flash drive or make an audio file that is kept in a safe place where you can access it.
- Keep communication devices for your particular needs, such as a Braille or a deaf-blind communications device.



# Emergency Preparedness

## Build a Kit

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### Tips for Individuals with Intellectual or Developmental Disabilities

- Keep devices charged and loaded with videos and activities.
- Include sheets and twine or a small pop-up tent (to decrease visual stimulation in a busy room or to provide instant privacy).
- Consider having a [Communication Board](#) available.
- Noise-canceling headphones to decrease auditory stimuli.
- Have comfort snacks available.

# Utility Assistance

## Customer Assistance Referral Evaluation Services (Cares)

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[PGW's CARES](#) program provides payment assistance to residential customers with special circumstances to cover gas bills.

For more information, call **215-235-1000**.



**peco**<sup>SM</sup>

AN EXELON COMPANY

[Peco CARES](#) is designed to assist customers who have a hardship that prevents the payment of the utility bill.

For more information, call **1-800-774-7040**.

# Utility Assistance

## Low Income Home Energy Assistance Program (LIHEAP)

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- LIHEAP helps families living on low incomes pay their heating bills in the form of a cash grant.
- Households in immediate danger of being without heat can also qualify for crisis grant, which do not have to be repaid.
- \$500-\$1,500 grants are based on household size, income, and fuel type.

**For more information or to apply online [click here](#).**



# Utility Assistance

## BenePhilly

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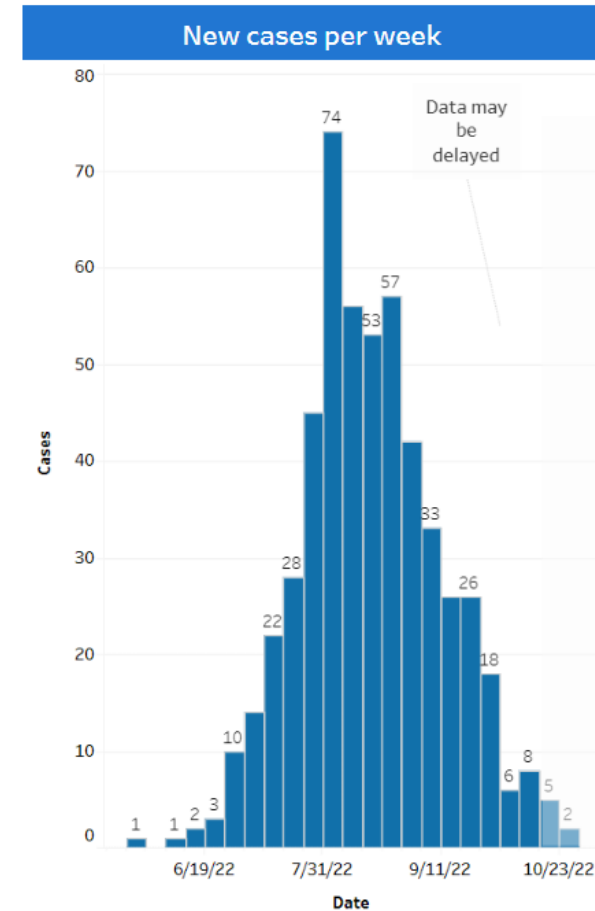
- BenePhilly offers free, one-on-one help to enroll Philadelphia residents in public benefit programs, such as:
  - Prescription drugs.
  - Health insurance.
  - Food.
  - Heat and other utilities.
  - Disability benefits.
- A BenePhilly counselor can fill out public benefit applications with you and follow up on the status of your applications.
  - **For more information, [click here](#).**

# Monkeypox (MPX) in Philadelphia

As of 10/26/2022

- 532 cases in Philadelphia
- 76% of cases are cisgender male
- Peak of 74 cases during week of July 31

Gender	
*Counts less than 6 suppressed	
Cisgender Female	25 (5%)
Cisgender Male	403 (76%)
Transgender Female	7 (1%)
Transgender Male	0-5*
Another Gender Identity	0-5*
Unknown	89 (17%)



# Monkeypox (MPX) in Philadelphia

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Gay, bisexual, transgender, other men who have sex with men, or non-binary persons should consider getting vaccinated.

- For additional screening criteria and to begin enrollment, visit [bit.ly/MPXVaccineInterest](https://bit.ly/MPXVaccineInterest)
- For assistance filling out this form, please contact 215-685-5488 or [publichealthinfo@phila.gov](mailto:publichealthinfo@phila.gov)
- Once selected for an appointment, you will receive additional information.

**People who have HIV, cancer, or other immune system problems are encouraged to consider.**

# COVID-19 in Philadelphia

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**As of 10/24/22**

- Average new cases per day: 169 / Hospitalizations: 188
- Case increase: Less than 50% in the previous 10 days

**Community level is Medium**

**Masks strongly recommended in indoor public settings.**

If you are at high risk for severe illness (immunocompromised, have certain disabilities, or have underlying health conditions), talk to your healthcare provider about what precautions to take.

# COVID-19 in Philadelphia

## Federal Guidance

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- You may be eligible for [Evusheld](#), a medicine given by your healthcare provider to help prevent you from getting COVID-19.
- Use [CDC's COVID-19 booster tool](#) to learn if and when you can get boosters to stay up to date with your vaccines.
- CDC recommends everyone ages 5+ get an updated booster to provide improved protection against newer variants.

# COVID-19 in Philadelphia

## Paxlovid

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- Paxlovid has been shown to reduce the risk of hospitalization among older adults and those with certain underlying conditions, including:
  - Asthma
  - Some kidney, liver, and lung diseases
  - Some forms of diabetes
  - Cerebral Palsy
  - Intellectual and Developmental Disabilities
  - Spinal Cord Injuries
- For more information, ask your doctor or [click here.](#)

# COVID-19 in Philadelphia

## Resources

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- To be vaccinated outside of your home, visit [phila.gov/vaccine](https://phila.gov/vaccine) or [vaccines.gov](https://vaccines.gov), or call 3-1-1 (dial 711 for TRS/TTY assistance).
- In-home COVID-19 vaccines are available to anyone 12+ who faces access barriers. Visit [bit.ly/homeboundvaccinephl](https://bit.ly/homeboundvaccinephl) or call 3-1-1 or 215-685-5488.
- Health insurance companies are required to reimburse for test kits. For more information [click here](#).



# Thank you

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FOR MORE INFORMATION ON ANYTHING  
DISCUSSED OR FOR A COPY OF THESE SLIDES,  
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