

Emergency Preparation

Weather-related emergencies can happen at any time. If you or someone you know has an SCI, plan ahead!

- Discuss an emergency or evacuation plan with your family, neighbors, and home health aide, including meeting places.
- Check wheelchair tire tread. Replace if worn, or use a more aggressive tire tread when it is slippery outside.
- Make an emergency kit. At minimum, include:

In Your Kit

SCI Essentials

- Catheter, bowel, and dressing supplies** to last a week.
- Medications** for one week.
- An extra battery** for a power chair or a back-up manual wheelchair; spare inner tubes & tools.
- Prepare an emergency information card.** List your essential health information that someone may need if you are in distress.
- Consider a Medical ID Bracelet.** Your information will be stored in a secure database that is a phone call away for emergency providers.

Other Essentials

- Flashlight & Utility Knife
- Extra Batteries
- Whistle/First Aid Kit
- Extra Food/Bottled Water
- Battery-operated Radio
- Cash (at least \$50-\$100)
- Local Map/Contact Lists
- Eyeglasses/Hearing aids
- Blanket/Rain Gear/Warm Clothes/Jacket
- Important Documents/ID/Extra Keys

Have you moved? Please contact: SCIResearch@kesslerfoundation.org

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EMERGENCY INFORMATION CARD

Name _____

Medications _____

Allergies _____

Insurance Provider _____

Insurance # _____

Blood type _____

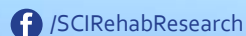
Adaptive Equipment _____

Physician _____

(Phone number) _____

Emergency Contact _____

(Phone number) _____





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