

# Preparation for RV Emergencies

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## PERSONAL HEALTH

### MEDICATIONS:

Supply for the trip plus one additional week

Medications **must** be in original containers if narcotics

Original containers should be with you for reference

Keep list of all medications with you for use in case of visit to an Urgent Care or emergency room. List **MUST** include all prescriptions and all vitamins and minerals used to include frequency and strength.

Name, address, phone, fax number, and email if available of all health care providers and who treat you

Medical history: all surgery & dates, diseases including date diagnosed, treatment and outcomes

Preventative inoculations (i.e. Flu, tetanus, Pneumonia, Shingles, etc.) and dates

SUGGESTION: Put all information on a thumb drive or in an app on your phone.

(i.e. CareZone) If you use a thumb drive, add to your key ring so it is with you.

SAFETY: Night lights, throw rugs, obstructions

Disinfect the water line connections

**POISON CONTROL NUMBER: 800-222-1222**

PERSONAL: Hydration all the time. Source of water (Zero Water Pitchers and filters; rig filters)

Be very aware of how much you are taking in daily.

Medical Alert Bracelets, necklaces etc. Be sure you have them.

## WEATHER

Many apps available to assist you: Examples: Radarnow.com, Rainalert.com, The Weather Channel

Watch the clouds, movement and color; if weird color be prepared to act

Get a weather alert radio

Watch your animals; they will alert to storms

Take care of awnings, loose furniture, rugs, tables, flags and poles etc.

Know where you are for weather alerts- Closest city and county (App: WhereAml);

In case of severe weather know where the shelter is. If not in campground

check on ([www.mapdevelopers.com](http://www.mapdevelopers.com)) for the closest shelter

"GO BAG" See handout

## DRIVING

Cameras - both in car and RV

Tow Bar Safety

Tow Car Issues

Accidents-Take pictures right away

## FIRE EMERGENCIES & PREVENTION

Circuit breakers and Surge Protectors

Tires: Dates, Manufacturer

Refrigerators: Check and double check for recalls and act on them

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## FIRE EMERGENCIES & PREVENTION (cont')

Smoke and CO Detectors: Change batteries regularly; pick a date; reminder on phone calendar

Fire Extinguishers: Check for recall if a Kiddie Brand

Fire Escape/Emergency Exit Window: - Can you open yours and get out of it

Picnic table under emergency window

## PETS

SAFETY: Pets should be chipped. Have name, address, phone and fax numbers, email address, and your account number of the company

Always on 6 ft. or less static leash (DO NOT use retractable leashes)

DOCUMENTATION NEEDED: Current picture of your animal with you and also with you and your rig (May want to carry in your phone)

Book with plastic page protectors with the following info: 1. Copy of current picture; 2. Annual Health Certificate; 3. Rabies Certificate; 4. Certification of current shot record; 5. Animal licensing information; 6. Information for Chip provider

MEDICATION/PREVENTATIVES: Supply for the trip plus at least a week more

**POISON CONTROL FOR ANIMALS:** \$\$ **888-426-4435** (\$65 fee may be charged- 3/2019)

OTHER NEEDS: Food - the length of your trip plus at least a week

Extra Leash -- **Not** a retractable leash

Extra bags for waste disposal (Please always pick up after your dog(s) no matter where you are)

Collapsible bowls for "Go Bag"

Crate if they are crate trained

Sweater for cold weather

Relaxing Music (Google Play store has a free app "Relax my Dog-Music for Dogs") or google "**relaxing dog music**" for many options

Leave on TV or Radio when going out

Do not let your dog bark incessantly

SAFETY: **If you cannot walk on pavement with bare feet then neither can your pet;**

Survey paws after walk; if burned/blistered, get to vet

Be aware of wild animals in areas where you camp

Check with owners of other dogs before introducing yours to a strange dog

Have sign made for your side window: "In case of Emergency contact me at XXX-XXX-XXXX"

If you have slick floors, consider throw rugs

MISC ISSUES: If needing to be gone for long periods of time, consider dog walker or check with Park office

Add a "My pet is home alone" tag to your key ring. Just google it and you will find multiple choices and prices for them

Find out animal's normal temperature from your vet. Add a rectal thermometer to your first aid kit so you can check if you think your animal is overheated or hypothermic.

**PERSONAL MEDICAL INFORMATION**

**Date Completed** \_\_\_/\_\_\_/20\_\_\_

**Name** \_\_\_\_\_ **Date of Birth** \_\_\_\_\_ **Sex:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Phone: (H)** \_\_\_\_\_ **(C)** \_\_\_\_\_ **Email** \_\_\_\_\_

**SSN** \_\_\_\_\_ **Marital Status** \_\_\_\_\_ **Race:** \_\_\_\_\_ **Blood Type** \_\_\_\_\_

**EMERGENCY CONTACT:**

**Name** \_\_\_\_\_ **Relation:** \_\_\_\_\_

**Phone: (H)** \_\_\_\_\_ **(C)** \_\_\_\_\_ **Email** \_\_\_\_\_

**Name** \_\_\_\_\_ **Relation:** \_\_\_\_\_

**Phone: (H)** \_\_\_\_\_ **(C)** \_\_\_\_\_ **Email** \_\_\_\_\_

**HEALTHCARE PROVIDERS:**

**Primary Care Physician:** \_\_\_\_\_ **Phone:** \_\_\_\_\_

**Specialty Physician** \_\_\_\_\_ **Phone:** \_\_\_\_\_

**Specialty Physician** \_\_\_\_\_ **Phone:** \_\_\_\_\_

**Specialty Physician** \_\_\_\_\_ **Phone:** \_\_\_\_\_

**ALLERGIES: List medications allergic to and reaction from them:**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**MEDICATIONS:            Name            Dose            Frequency:**

**Prescriptions:** \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Over the Counter:** \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**IMMUNIZATIONS/DATES:** Tetanus \_\_\_\_\_; Annual Flu \_\_\_\_\_ Shingles \_\_\_\_\_

Pneumonia \_\_\_\_\_ Other: Name/Date \_\_\_\_\_

Other: Name/Date \_\_\_\_\_

# GRAB AND GO

**A 'go bag' can make all the difference in an emergency. Here's how to be ready to run at a moment's notice**



**1 BASIC ELECTRONICS**  
Pack an extra phone charger in case you're fortunate enough to have electricity, and a portable battery pack in case you're not. Also stash a long-lasting LED flashlight. Pack a small hand-cranked or battery-operated AM/FM radio (with extra batteries).

**2 PERSONAL NEEDS**  
While getting ready for a typical day, list every toiletry you use, then buy a travel-size version of each. Pack backup eyeglasses, as well as a first-aid kit, baby wipes and a multipurpose tool with a knife and can opener.

**3 CLOTHING**  
Pack a few days' worth. Include layers you can add or remove, plus lightweight rain gear and waterproof boots.

**4 YOUR MEDS**  
Pack about three days' worth of each of your prescriptions. If you need larger items, such as an oxygen tank, make sure you have a portable version.

**6 FOOD AND DRINK**  
Bottled water is essential. Granola or energy bars are great because they are small and filling, and they come in a variety of flavors.

**5 CASH**  
In addition to enough money for a few days, include small bills and a roll of quarters. If you need to buy something out of a vending machine, you don't want to start asking equally desperate strangers for change.

**8 THE PERFECT BAG**  
Think small and portable. A backpack is ideal, but a lightweight suitcase with wheels will also do. Just remember, you may literally be running with it.

**7 PAPERWORK**  
Fill a zip-top waterproof bag with photocopies of your birth certificate; driver's license; Social Security and Medicare cards; power of attorney and will; any marriage, adoption or naturalization certificates; proof of address; insurance, medical and immunization records; and information about your credit and ATM cards.

BY JEFF ROSSEN

**R**ecent natural catastrophes, from hurricanes to western wildfires, are a fresh reminder that disaster can strike at any time. And no area of the country is immune, when you factor in the threat of tornadoes, earthquakes and human disasters like toxic spills. While the

circumstances may differ, there's one tip that every person needs to take from all these situations: how to pack a "go bag."

A go bag is a packed case that you grab on your way out the door, and that will help keep you safe and comfortable in the coming hours and days. Stopping to hunt for your medications or other important needs can cost you critical seconds in an evacuation.

Pack a separate go bag for yourself and every member of your household, and keep them stored in the same location.

I've interviewed hundreds of disaster victims, and compiled their recommendations in the graphic above.

*Jeff Rossen of NBC News is the author of new survival and fraud-fighting book *Rossen to the Rescue*.*