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Federal Healthcare Resilience Task Force Alternate Care (ACS) Toolkit: Third Edition Advertising Advertising Advertising Advertising Keep all your important information close to an emergency. Download our free printed emergency checklist and our emergency information wallet card. An emergency situation, such as a flood, fire, earthquake or hurricane, is difficult for everyone. Having cancer puts you at even greater risk because it can be difficult to get treatment or take care of yourself and your loved ones. You may also be at greater risk of infection if you are injured or have less energy to get to safety. This article will tell you how to prepare for an emergency or natural disaster if you or a loved one has cancer. Plan on Talk to your health care team about any natural disasters that can happen in your area. For example, are there hurricanes or forest fires in your area? If so, plan what to do in these situations. Consider finding out the following information: do I need additional medicines? What if I miss treatment? Where do I make an ambulance? Try calling your insurance company to find out. The checklist at the bottom of this page will help you create a plan. Also plan for family, friends and neighbors. The U.S. Department of Homeland Security (DHS) provides information about the family's emergency plan in English and Spanish. Talk to your neighbors about older family members and exchange phone numbers with them. A neighbor can check them if you can't. Create an emergency kit Having emergency supplies is especially important for people with cancer. You need nutritious food, enough water, and a way to contact emergency services if necessary. Cancer and its treatment may make you more likely to get infections, such as dirty water or other emergencies. So, a first aid kit with hand cleaner, disinfectant and antibiotic cream is important. Pack your spare supplies in a waterproof container, such as a sealed plastic bag or a bag. Do not use supplies that have touched flood water. Be prepared to make a call or leave home If you lose power, you may not be able to charge your phone for a while. Keep it loaded and ready. Also keep the fuel or electric charge in your car so you can easily get to a safe place if necessary. You should also keep a flashlight, emergency radio and contact information for neighbors and family members at hand. Take shelter safely You can stay at home in some emergencies, but you may not have water, electricity, heat or air conditioning. Think of the shoes and clothes you may need, including waterproof boots or shoes and blankets or coats. You need food and clean water for at least 3 days. Enough 1 to 2 weeks is even better. Have a way to boil or clean water, such as water purification tablets or a pot, a camping stove, and fuel. Put the opener your kit to open food cans. Also store food, water and medication for any pets, so you don't have to share your supply with them. You can buy food and supply kits from the American Red Cross and other organizations or make your own. Be sure to use waterproof containers. You can pack some of your food and water in a go bag to take if you leave your home. This bag should also contain medical supplies and your medical information. Keep your medical information in a safe place in your pocket, wallet, or portfolio at all times. Name and phone number of your doctor Information about your type and stage of cancer Type of cancer. Watch your local news on TV, radio or the internet to find accurate weather reports and emergency information. You can also view the social media pages of your local police, fire or sheriff's department. Keep in mind that you need extra time or help to get to a safe place. Find emergency cancer treatment Call your doctor's office as soon as possible to find out what to do. ASCO is a Resources for Disaster Assistance page with resources for assistance in an emergency. The National Cancer Institute (NCI) also has a website with emergency facilities for people with cancer in English and Spanish. If you have Medicare, their website will tell you where to get medication or dialysis in areas affected by natural disasters. The information is in English and Spanish. Preparing for the Covid-19 pandemic during the Covid-19 pandemic has made it even more important to prepare for the start of the season. If you are collecting water supplies and other items you need, be sure to be at hand if you need to protect yourself and your community from COVID-19 infection. The safest way to get hurricane supplies is to have them delivered. However, if you need to buy in person, avoid busy times of the day, wear a cloth face cover, and keep away at least 6 feet from other people. Be sure to wash your hands after shopping in public or use hand cleaning agent if you don't have access to soap and water. Add these important items to your preparation list this year: 2 or more cloth faces per person per household, hand cleaners, disinfectant wipes or other cleaning agent for disinfection, and cloth or paper towels for cleaning. There are certainly enough prescription and over-the-counter medications on hand to last at least a month. Identify the evacuation plan early. Contact local officials in your area to determine a possible shelter when you are in the evacuation zone. Due to the impact of COVID-19 in your area, your location may be different. If you plan to stay with friends or family if you need to evacuate, talk to them now about how best to keep you all covid-19 infection. If your family member is at greater risk of developing a severe COVID-19 infection due to underlying conditions, including chronic lung disease, cancer, heart disease, obesity or a history of transplantation, make a plan to keep this person as safe as possible. For example, staying with friends or family during hurricane evacuations, wearing masks at home, identifying a separate bedroom (if any) or sleeping with this high-risk person, washing hands and using a hand sanitizer frequently, and regularly cleaning high-touchscreen surfaces. You can use the emergency checklist below to prepare for an emergency. Download and print cancer.net's Emergency Checklist reminder of what to do to prepare for an emergency. I have spoken to my cancer treatment team about what the situation would be for me. I have medication and other medical supplies at hand if my doctor thinks I might need them, including enough medication for at least 1 week. I have a first aid kit, including antiseptic spray, rubbing alcohol, or hydrogen peroxide and antibiotic cream to help prevent infections. I have enough nutritious food and water in my home for at least 3 days, plus food and water for my pets. Food and water are stored in waterproof containers. I've been talking to family members, friends or neighbors about the help I need in a natural disaster, like flooding, fire, earthquake, hurricane, tornado or blizzard. I have a cell phone, an emergency radio or any other way to contact 911 if I have to. I'm writing about my type of cancer, my stage and my treatment. I also have my basic medical data and information on a flash drive or stored in a cloud. I know the passwords to get them. Related Resources Where to Call A Doctor During Cancer Treatment Top Food Safety Tips for Severe Weather After Hurricane: 6 Things People With Cancer Should Know About Coronavirus and COVID-19: What People With Cancer Need To Know More About Federal Emergency Management Agency (FEMA): Family Emergency Plan FEMA: Ready.gov Healthcare Ready National Cancer Institute: Help for Cancer Patients and Researchers Affected by Catastrophic Events Independent, Reliable Guide to Online Education Over 22 Years! copyright ©2020 GetEducated.com; Approved Colleges, LLC All Rights Reserved Getty Images There are more than 10,000 clinics that have sprouted up all over the country. They offer the possibility of a shorter wait and cheaper bill. The only problem: not all clinics are set up as equals. They range from nurses' staff to independent specials. Hobble into the first type, and you may have to carry a co-pay before being sent elsewhere to get an X-ray; the second type can be as costly as a hospital ER, even if your problem is relatively small. Here's how to make the right choice for your health and your First of all, call your doctor. If you are not facing a life-threatening emergency, call your doctor: You may be surprised by the hours your primary care physician is holding. In the Family Physicians survey, 72% of them offered one-day meetings on urgent issues, and 45% had extended hours outside standard 9 to 5. We don't want you up all night because you have a bladder infection or a child who cries for ear pain, says Robert Wergin, MD, a presidential candidate at the American Academy of Family Physicians. If you can not contact your doctor and are concerned the situation can be dire, you have three options outside the hospital ER: 1. Life-threatening problems ... Stand-alone emergency centers are open 24/7, so they are a boon to the true crisis if there is no nearby hospital or you want to avoid a long wait. ER doctors staff can deal with serious fractures and life-threatening problems such as uncontrolled bleeding, heart attacks, strokes, and poisonings. They're even helping deliver the baby. (And if they can't handle their problem, they can get you to the hospital.) While co-payment has changed, they've been around \$75 to \$100, although your total number may be much higher; you wouldn't want to go to one of these centers with conditions that could be treated elsewhere. They usually accept insurance, but make sure that the one you're headed for takes on your specific plan. One caveat: While almost all stand-alone ERs - such as hospital ERs - treat everyone regardless of coverage, some may turn away the uninsured. RELATED: 7 Aches You Should Never Ignore »2. For serious injuries... Urgent treatment clinics usually have a staff combination of MD's, medical assistants, and nurse practitioners, and they can handle serious - but not life-threatening - problems such as sprains, strains, and mild fractures (most are imaging devices). Staff at hand can also manage mild allergic or asthmatic reactions, infections and animal bites; sewn cuts; and prescribe all the medicines you may need. These clinics are open at least 10-12 hours a day, six to seven days a week; co-pays have been around \$35 to \$75 (though again, you want to check that the clinic accepts your insurance). 3. For minor problems... Retail clinics can often be found in pharmacies and big-box stores like Walmart, and they are usually staffed by nurse practitioners and medical assistants who are supervised by off-site MD. Clinics offer wellness treatments such as vaccinations, physicals, and blood tests, but they can also come in handy if you can't see a doctor for a worrying rash, questionable cut, small burn, ear pain, or persistent cold or flu symptoms. You will find that hours vary, but clinics are usually open for 10-12 hours a day. Co-pays have been in the \$15 to \$30 range - but be sure to confirm that insurance has been accepted. Go straight to ER if you have: All serious injuries to life or limb - especially one that triggers a sense of horror or doom, say doctors. The body releases substances such as stress chemicals after you have suffered severe trauma, so don't ignore that feeling. The following problems can trigger this thought: • Heart attack • Stroke • Severe allergic reaction • severe fever with neck stiffness • Sudden severe abdominal pain Is this an emergency? Sometimes you have a condition that is not minor (i.e. being treated at a retail clinic) or an obvious emergency. The table below will help you decide whether you need urgent treatment or ER: Getty Images Sources: David Weitzman, MD, American Academy of Urgent Care Medicine/Todd Taylor, MD, a spokesperson for the American College of Emergency Physicians NEXT: What is your Emergency Kit » This content was created and maintained by a third party, and imported onto this page to help users submit their email addresses. For more information about this and similar content, piano.io piano.io

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