



home

## YOUR AT-HOME CARE GUIDE

# be ready in an emergency

Northern Illinois Hospice is first in supporting you with the resources you need to ensure the best care. This is one in our series of tip sheets on how to improve safety and well-being in the home environment.

## YOUR AT-HOME CARE GUIDE

- **Know your fire escape plan**, which should include at least two exits.
- **Have a plan for responding to a tornado warning**. Shelter in the basement, closet or interior hallway. Stay away from windows and open areas.
- **In case of power outage**, call Northern Illinois Hospice at 815.398.0500.
- **Have emergency supplies on hand in case of a winter storm**. This should include a battery-powered radio, cell phone, flashlights, blankets, medication, first aid kit, emergency phone numbers, medical information and enough emergency food and bottled water to last seven days.
- **Be prepared to shelter in place** and close, lock and board/seal windows and doors if necessary.
- **Have a plan for your pet**.
- **If local authorities issue a flood watch or evacuation order**, prepare to evacuate if needed and have a “grab and go” bag with emergency items prepacked.

