

Emergency Preparedness For

# PEOPLE WHO HAVE MULTIPLE CHEMICAL SENSITIVITY



## MULTIPLE CHEMICAL SENSITIVITY . . .

After a major quake, fire or disaster, an excess of smoke, dust, molds, gas leaks, diesel from idling rescue vehicles, flashing lights, radio waves, electromagnetic fields, and airborne toxins may trigger stronger reactions than you normally experience.

- **Be specific** and clearly explain your sensitivities and reactions, helpful treatments, **and treatments which are harmful**. Keep in mind that some reactions (disorientation, aphasia, panic) may be viewed, diagnosed, and treated by first responders as something other than chemical sensitivity. Plan how you can communicate your needs if you are unable to speak.
- **Have laminated communication cards with pre-written messages** if you feel an attack coming on or if you are being evacuated to an area that may affect you, such as “I cannot be near idling cars, the fumes make me ill, please help me find a clear area or oxygen,” “my epinephrine is in my backpack,” etc.
- **Include business cards** for personal care attendants (PCA), support service providers (SSP), sign language interpreters (SLI), other service agencies, and any other individuals or organizations that may be able to provide assistance to you.
- **Keep a copy of your Health Information Card** and pre-printed cards with critical messages in your purse, wallet, or backpack. This can assist in proper identification and response.
- Keep additional medications including inhalers, epinephrine shots, and anticonvulsants in your medical supply kit at home, your car, office, as well as in your purse, briefcase, or backpack.
- Ensure you have copies of your prescriptions and Treatment Authorization Request (T.A.R.'s) from your doctor for unusual, orphan, or hard-to-find medications. Scan and e-mail them to yourself or store on a flash drive so that you can easily access them from a computer or mobile device with Internet Service or Wi-Fi.