



# HEALTH CONCERNS AFTER A FLOOD

## *Checklist for Patients, Caregivers and Providers*

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### ***What challenges should we expect after a flood?***

- ✓ New injuries and illness
- ✓ Exacerbations in chronic illnesses or conditions
- ✓ Lost/destroyed prescriptions and/or medical devices/equipment
- ✓ Disrupted access to medical care, mental health care and substance use treatment services
- ✓ Disruption in access to water, food, clothing, shoes, furniture, housing, school/work, community support services and transportation (including loss of personal cars and bicycles)

### ***What needs should we think about and plan to address?***

- Basic needs:**
  - Clean water, food, formula, dietary supplements
  - Clothing, shoes, sheets/blankets, towels, furniture, and other goods
  - Diapers, sanitary napkins, and other hygiene supplies
  - Shelter/housing
  - Transportation
- Appointments** – assistance in rescheduling services to ensure ongoing care
  - Hemodialysis
  - Infusion pharmacy services
  - Substance use treatment, methadone clinic, needle exchange services
  - Vaccinations (critical if living conditions high risk for communicable disease)
  - Mental Health, Primary Care, Specialty Care, Hospice/Palliative Care
  - Occupational therapy (OT), Physical therapy (PT), Speech Language Pathologist (SLP)
- Home care services** – assistance with activities of daily living
  - Hygiene, feeding, respiratory care, safe transfers, and ambulatory assistance
  - Medication management, disease monitoring and other nursing care
- Medical devices** – access to service/repair or replacement and associated supplies
  - Breast pump or other infant feeding supplies
  - Dentures/false teeth or other assistance with eating/drinking
  - Eyeglasses or other visual assistance
  - Hearing aids or other hearing assistance
  - Oxygen, CPAP/Sleep Apnea “Breathing Machines”, and other respiratory devices
  - Pacemakers or other cardiac devices
- Medical equipment** – access to replacement/prescription(s)
- Prescriptions** – Patients who have lost/misplaced or run out of medications should call their pharmacy for additional refills. Pharmacies can electronically submit most medication refill requests to the provider/prescriber. If the patient’s usual pharmacy is closed, a patient may need help from a prescriber via telemedicine, primary care or an urgent care.

**Safety, Planning & Supplies**

- Pregnancy, infants, and children – feeding, hygiene, care & injury prevention
- Inter-personal/domestic violence
- Gun/weapon safety

**Mental Health – both new and chronic conditions:**

- Access to regular provider
- Guidance for anticipated worsening/complications
- Urgent access for emergencies
- Daily medications/prescription(s)
- “As needed” medications/prescriptions(s)
- Care navigator resource from your health plan/insurance or health care delivery system:

**Physical Health – both new and chronic conditions:**

- Access to regular provider
- Guidance for anticipated worsening/complications
- Urgent access for emergencies
- Daily medications/prescription(s)
- “As needed” medications/prescriptions(s)
- Care navigator resource from your health plan/insurance or health care delivery system:

**RESOURCES**

**211 HOTLINE & WEBSITE:** Access critical health and human services available in Merced and other counties by calling the free and confidential 211 hotline that is available 24 hours a day, 7 days a week, and provides services in all languages. Services, assistance, and resources can be searched online at: [California 2-1-1 Get Connected. Get Answers. \(211ca.org\)](https://www.211ca.org)

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**Access to nurse or provider:**

- Use the health plan’s telemedicine, case management or care navigation services.
- Medi-Cal’s Medi-Nurse Line (877-409-9052) is available free of charge, 24 hours per day, 7 days per week to help with symptom triage, access to care and COVID-related concerns.
- Medi-Cal info: <https://www.dhcs.ca.gov/services/medi-cal/Pages/ApplyforMedi-Cal.aspx>