



A proud sponsor of the first Jefferson Parish Hurricane Expo

West Jefferson Medical Center provides a number of **Hurricane Preparedness** tips and information from the medical perspective. Some of the activities and information available from our hospital family** include:

West Jefferson Medical Center Case Management - Call 349-1875

- Laminated cards
 - “Hurricane Preparedness for Patients with Medical Equipment Needs”

West Jefferson Medical Center Diabetes Services – Call 349-2222

- Literature:
 - My Doctor says I should plan for Diabetes care during a disaster--What do I need to do?
 - Foot care do's and don'ts
 - My doctor says I need a diabetes travel plan--How will this help?
 - My doctor says stress is bad for my Diabetes--What can I do about it?
 - My doctor says I should learn sick day rules--What are they?

West Jefferson Medical Center Elder Plus Seniors Program - Call 349-6262

- Literature:
 - Watch Your Step (Ladder Safety)
 - What YOU Can Do To Prevent Falls
 - What You Need to Know About Falls
 - HEALTH PASSPORTS (Booklets and waterproof sleeves courtesy of LOPA with health information history)
- Specialty items:
 - Band-Aid Dispenser
 - Hand Sanitizer – pocket size antiseptic hand wash

West Jefferson Medical Center EMS Office – Call 349-6688 {as always, call 9-1-1 for emergencies}

- CPR Anytime kits and other Training
 - Purchase from WJMC EMS (or in the **Hospital Gift Shop – 349-1124**)
 - CPR training for Citizens and Companies

The West Jeff Fitness Center – Call 348-0055 or 349-6908

- Literature and program information
 - Healthy Snacks on the Go
 - Food Safety and Food Facts
 - Consumers Guide
- Activity on Stress / Walk / Move / Stretches / Breathing / Food Safety
- Complimentary One-Day Passes flier
- Door Prize drawings (have forms initialed at tent and inside WJMC booths)
- Cold Pack Bags (courtesy Dietary Services and Sodexo)

West Jefferson Rehab Connection – Call 349-1894

- DVT Prevention Literature

The Family Doctors - Call 349-6990 for literature below {call 349-6824 for Appointment Center}

- Literature - a handout featuring information:
 - How to store food safely
 - How to make sure water is safe
 - How to perform first aid for injuries
 - Avoid Carbon Monoxide poisoning
 - Preventing musculoskeletal injuries
 - Coping with stress after a hurricane
 - Pet Plan
 - Evacuation Supply Kit List
 - ✓ Water
 - ✓ Food
 - ✓ First Aid Kit
 - ✓ Non-prescription drugs
 - ✓ Tools and supplies
 - ✓ Sanitation
 - ✓ Clothing and bedding
 - ✓ Special Items
 - ✓ Important documents
 - ✓ Safe drug use after a disaster
 - ✓ Drugs exposed to unsafe water
 - ✓ Lifesaving drugs
 - ✓ Reconstituted drugs
 - ✓ Drugs that need refrigeration

- Vials of Life
- USB Drive preloaded with *The Family Doctors* Health Information Form ** While supplies last

(Thank you, WJMC Pharmacy, Information Technology, and Guest Services for assistance with our Hurricane Prevention initiative)
You can also find Emergency Preparedness info for your family at www.ready.gov