



Oxygen Therapy & Disaster Incidents

By Michele Ellis-Richards



Background

- Ret'd Fire Captain – 25 years Fire Service
- Emergency Medical Services – 36 Years
- California Certified Emergency Management Specialist
- Emergency Preparedness Coordinator – Walnut Creek – 2013
- Medal of Honor Recipient
- Owner/CEO – FIRST IN Emergency Training & Supplies





Oxygen Dependency

- COPD
- Pulmonary Fibrosis
- Pneumonia
- Asthma
- Cystic Fibrosis
- Sleep Apnea

Oxygen can be critical for survival depending on your medical condition. Stress can cause those conditions to be elevated.

Types of Oxygen Systems – Which is Yours?

- Cylinder (various sizes)
- Oxygen Concentrator (Stationary & Portable)
- Electricity and/or rechargeable batteries required.



Benefits of Pulse Oximeters

- Easy to Use
- Placed on Finger
- Identifies Oxygen Levels & Deficiency
- Purchase Online for Delivery





When the Power Goes Out...

- Pre-Planning – Be Proactive Not Reactive!
- Your requirements (lpm/flow)
- Cylinder vs. Concentrator

Planning Ahead



- Discuss with your **doctor** your minimum flow requirements in an emergency.
- Discuss with your **oxygen provider** your plan when the power goes out.
- Notify **PG&E** of your dependency on electricity/oxygen use.
- Create list of **Citizens in Rossmoor** who are oxygen dependent and their location. Provide list to CERT IC and City Emergency Preparedness Coordinator for EOC notification.



Generators

- Personal vs Rossmoor
- Use and Storage
- Safety – Gas vs. Chargeable (Solar/Vehicle)
- Charging sites



Support System



- Family
- Friends
- Neighbors
- Religious Affiliations

Have a plan for people to check on you and offer assistance if possible.



Questions and Thank you!
