

## What is a Medical Needs Shelter (MNS) ?

It's an emergency shelter that offers limited support for people with special medical needs and their adult caregivers. A MNS is for people with medical conditions that are not severe enough to require hospitalization but do require care that is not available at American Red Cross Shelters or other community shelters. Family members or adult caregivers should accompany each person who seeks safety in a MNS.

## Who can use an MNS?

If you have special medical needs and are able to live at home with assistance from a family or adult caregiver, you may seek shelter at an MNS. Admission to the shelter will be based on your medical needs and on the shelter's capacity to meet those needs. The MNS will also accommodate your caregiver. That caregiver should remain with you in the shelter at all times.

### For More Information:

Contact the Monmouth County Health Department at 732-431-7456 or the Monmouth County Office of Emergency Management at 732-431-7400

visit:

[www.visitmonmouth.com](http://www.visitmonmouth.com)  
[www.monmouthsheriff.org](http://www.monmouthsheriff.org)



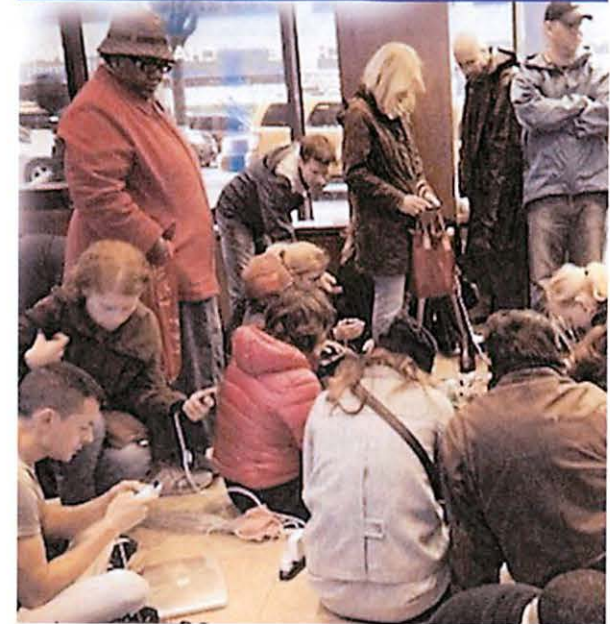
### For Federal Guidance and Resources

Visit:

[FEMA.gov](http://FEMA.gov) and [Ready.gov/shelter](http://Ready.gov/shelter)



## A Preparedness Guide



# Medical Needs Shelter

### Monmouth County Health Department

3435 Route 9  
Freehold, NJ 07728  
732-431-7456 (24 hours)



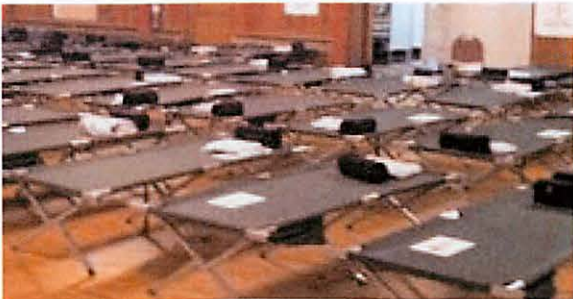


## Plan Ahead

A MNS is a shelter of "last resort." It is not like a home or hospital. An MNS should be used only when other options are NOT available. If you have special medical needs, it's best to plan ahead for possible emergencies. Talk to your doctor about the best place for you during a hurricane, storm, or other event. Make plans to have family members or adult caregivers stay with you from the time an evacuation is recommended until it is officially ended. If possible, make plans to stay with family, close friends or in a hotel away from the affected area.

Examples:

1. If you receive dialysis several times a week, you should identify dialysis centers in other parts of the state. Ask your doctor what you should do if you can't get to your preferred site. Make arrangements to stay near a dialysis center, either in a hotel, with family members or with friends.
2. If you have heart disease, consider staying with relatives in another part of the state to avoid the stress associated with sharing a small shelter space with others.



## What should I do to prepare if I have to evacuate my home?

Make a list of the items you need to take with you to the shelter and post it where you will be sure to see it before leaving your home. Use this list to help you get started.

You will need to take:

- Medical insurance cards and physician information  
Enough **medications** for seven days. Bring all prescription medications in the original containers even if your supply is low.
  - Enough **medical supplies** for seven days. These are items that you use on a daily basis such as glucometers, syringes, dressings, and bandages.
  - **Medical equipment** used at home such as wheelchairs, canes or walkers, hearing aids, and eyeglasses.
  - **Breathing devices** including oxygen concentrators, tanks or canisters.
  - Any **special food** items you need.
  - **Personal items** like a toothbrush, tooth paste, deodorant, diapers and clothing.
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If you have to use an MNS, remember to:

- Make arrangements with your durable medical equipment company to assure extra canisters or refills can be supplied if you are oxygen dependent. Be sure to bring the name and phone number of your supplier with you.

- Make arrangements with your home health agency to continue services while in the shelter. Have the name and phone number of your home health agency with you
- Bring blankets, sheets, pillows, and folding chairs. Some MNS do not have cots or beds.
- Make arrangements with your dialysis center for your next treatment. Bring the name and phone number of the center
- Bring an adult care giver with you to the shelter. The adult caregiver is expected to remain at the shelter for your entire stay.
- Inform family members where you will be during the storm.
- Bring a cell phone and charger if you have one. Your caregiver can make contact with your family members, if needed.
- Ask a relative or friend who lives more than 100 miles away to be your emergency contact person. Bring the name, address and phone number of your contact person.
- Keep in mind that a caller is more likely to connect with a long-distance number outside the disaster area than with a local number within it. Shelter workers will need this information in case of emergency.