

Appendix d: Emergency Action Plan

Fill in 1. and post this document prominently in your PwME's room.
Complete 2. post-emergency.

1. Immediate Response by Caregiver

- a. Administer prescribed rescue medications: (Medications and instructions)

- b. **Call 911 if needed:** *Specify ME/CFS as a complicating factor.*

- c. Reduce stimuli: Dim lights, silence devices, limit movement.

- d. Monitor vital signs (heart rate, blood pressure).

- e. Notes: _____

- f. Contact support as needed (Primary or Backup Emergency Caregiver).

- g. If a hospital or emergency doctor visit is needed, put this document and the "Care Team" list in the "Go Bag".

- h. When you are able, alert the Chief Information Officer (CIO) to activate the communication tree.

2. Post-Emergency Follow-up

- a. **Debrief with Medical Team:**

Schedule a follow-up within 48 hours to adjust the care plan.

- b. **Update Emergency Plan:**

Revise based on lessons learned (e.g., missing items in Go Bag).