

HEATWAVE, ENVIRONMENTAL AND NATURAL HAZARDS EMERGENCY TOOLKIT

◆ INFORMATIONAL

Key medical facts, contacts, and instructions to guide your care during an emergency.

- Summary of cancer diagnosis and treatment plan
- List of all medications and dosages
- Emergency contact list (doctors, caregivers, family)
- Printed instructions on when to seek emergency care or call a doctor
- USB drive or waterproof folder with scanned medical records
- List of nearby hospitals or clinics with oncology services

◆ MEDICAL SUPPLIES

Essential medications, equipment, and health items tailored to your cancer care needs.

- 14–30 days' supply of all essential medications
- Anti-nausea and pain medication
- Supplies for port/central line care (if needed)
- Face masks and hygiene gloves
- Medical alert bracelet or tag
- Blood pressure or glucose monitor (if applicable)
- Thermometer (body and room temp if possible)

◆ COOLING AND HYDRATION

Tools and tips to stay cool and hydrated when temperatures rise or power is lost.

- Bottled water (at least 1 gallon/person/day for 7 days)
- Oral rehydration salts or electrolyte packets
- Refillable water bottles or thermoses
- Cooling towel or neck wrap
- Wide-brimmed hat or head covering
- Spray bottle for misting the skin
- Light, breathable clothing

◆ NUTRITION

Shelf-stable, easy-to-digest foods that help maintain strength and energy.

- Shelf-stable, high-protein snacks (shakes, bars, tuna, etc.)
- Small, easy-to-digest meals
- Manual can opener
- Salted snacks (to help retain electrolytes)

◆ POWER AND LIGHT

Backup chargers, lighting, and power for essential devices and safety.

- Solar-powered or crank charger
- Battery-powered backup or power bank
- Flashlight
- Extra batteries
- Backup batteries for medical

◆ HYGIENE AND COMFORT

Items to keep clean, comfortable, and calm during displacement or outages.

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- Alcohol-based hand sanitizer (for disinfection)
- No-rinse body wipes
- Toothbrush and hygiene kit
- Light blanket or sleeping mat (for warmth/rest)
- Journal, book, or comforting item

◆ COMMUNICATION AND SAFETY

Ways to stay informed, connected, and able to call for help when needed.

- Phone with emergency apps or SMS alerts
- Printed contact list (in case of phone loss)
- Cash in small bills
- Radio (battery or solar powered) for updates
- Whistle or bell for emergencies

◆ HEATWAVE-SPECIFIC ESSENTIALS

Strategies to reduce heat stress and protect your health during extreme temperatures.

- Battery-powered or solar fan
- Thermal/blackout curtains or reflective window covers
- Water basin or shallow bucket for foot or hand soaking
- Sleep with a damp towel or cloth to stay cool
- Identify nearest air-conditioned shelter or “cooling center”
- Plan to limit activity during peak heat (11am- 4pm)
- Clothing made of light-colored, breathable fabrics
- Fridge thermometer to monitor food safety (if power fails)
- Know early signs of heatstroke, dehydration, and fatigue

View on Your Phone



Use your phone’s camera to access this and other resources.

CARIBCARES.uvi.edu/Toolkits

USVI Cancer Coalition



Provides comprehensive resources for cancer patients and their caregivers.

USVICancerCoalition.org

Essential Contacts

Emergencies

Police, Fire, EMS: [911](tel:911)

Health Dept

St. Croix [\(340\) 718-1311](tel:(340)718-1311)

St. John [\(340\) 776-6400](tel:(340)776-6400)

St. Thomas [\(340\) 774-9000](tel:(340)774-9000)

VITEMA

St. Thomas [\(340\) 774-2244](tel:(340)774-2244)

St. Croix / St. John [\(340\) 773-2244](tel:(340)773-2244)

Police (Non-Emergency)

St. Croix [\(340\) 772-9111](tel:(340)772-9111)

St. Thomas / St. John [\(340\) 772-9110](tel:(340)772-9110)

Water and Power Authority (VIWAPA)

St. Thomas/WI: [\(340\) 774-3552](tel:(340)774-3552) St. Croix: [\(340\) 773-2250](tel:(340)773-2250) St. John: [\(340\) 776-6446](tel:(340)776-6446)