

Checklist for emergency medical go bag for Deaf and hard of hearing people:

(See this ASL video by Oregon Deaf and Hard of Hearing Services for a full explanation of the go bag: https://youtu.be/Y6_RhQh2m4g)

- Small card that says, “I am Deaf or Hard of Hearing”
- Communication sheet from OHA – this allows you to add other information, including about any symptoms you may have
- Paper and pen to write back and forth
- A list of your medical conditions, medications you take, and your allergies
- Your smartphone or tablet, with any cords and chargers to keep them charged. Make sure you have up-to-date versions of VRI and/or speech-to-text apps that you know how to use. If you don’t know what apps to use, please contact Assistive Technologies, Inc (<https://www.accesstechnologiesinc.org>, info@accesstechnologiesinc.org, or call (503) 361-1201 (V/TTY)), download the apps, and ***practice using them now***, before an emergency.
- If you have an assistive listening device, keep it charged and ready to add to your go bag.
- A charged power bank, in case you don’t have access to a power outlet.
- Items for distraction and entertainment – a book, Sudoku, coloring book and colored pencils/pens.
- A bag that is easy to carry all these items in.