



# Visit Your Firehouse Week

February 15-21, 2010  
Texas



In support of emergency medical treatment for individuals affected by adrenal insufficiency, we encourage all affected individuals and their families to visit their firehouse this week.

- WHO:** All individuals and families affected by adrenal insufficiency
- WHAT:** Visit your local firehouse and/or one near your child's school or your place of work.
- Introduce yourself and tell them where you live
  - Share with emergency personnel information about your condition, the life-threatening nature of adrenal insufficiency and your emergency medical needs
  - Show them your medical id, emergency care instructions from your doctor, and medications
  - Encourage them to support the inclusion of protocols to allow them to help you in case of emergency and to let their supervisors know of your visit
- WHEN:** At your convenience during "Visit Your Firehouse Week," February 15-21, 2010
- WHERE:** Your local firehouse and/or one near your child's school or your place of work.
- WHY:** February 24-25, 2010, our appeal for the inclusion of adrenal insufficiency treatment in state-wide EMS protocols will be heard by Texas EMS. Through visits to local firehouses, we hope to encourage the word of our community's needs to travel up the chain of command to EMS representatives who are considering this appeal.

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## ***TIPS***

Use NON-EMERGENCY phone numbers (3-1-1 in many areas) to determine which firehouse serves your community as well as to arrange for a meeting with appropriate personnel.

Bring a copy of CARES Foundation's [Emergency Instructions](http://www.caresfoundation.org/productcart/pc/images/EmergencyInstructions.pdf) brochure (available online at: <http://www.caresfoundation.org/productcart/pc/images/EmergencyInstructions.pdf>) to help explain emergency medical needs of individuals with adrenal insufficiency.

If you have any questions or want to let us know how it went and what you learned, please contact CARES member Jessica Hall Upchurch who is spearheading this effort in Texas at email: [jhallupchurch@virtuoso.com](mailto:jhallupchurch@virtuoso.com) or phone: 817-915-8868.