

Medical Considerations for Your Storm Preparations

You are stocked with water, non-perishable foods, flashlight, cellphone and batteries for the coming storm. Now it's time to review your medical plan:

Medical Contact List – Keep a hard copy of phone numbers for your medical providers (doctors, case manager, peer mentor, service providers, pharmacy and medical facilities)

List of Medications – Ask your local pharmacy or doctor to provide you a hard copy of your prescription medicines and medically prescribed devices.

Medical Records – Make hard copies and maintain electronic versions, including a portable thumb drive, medical insurance cards, Medicare or Medicaid card, a list of your allergies, and your health history.

Medical Alert Bracelet – If you own it, wear it!

Extra Pair of Glasses – This extra pair can be critical in an emergency.

Prescription Medications - Ensure you have at least a 1 week supply of your prescription medications on hand, 2 weeks if possible. Store your medications in watertight containers or bags.

Non-prescription Medications – Ensure you have an adequate supply of important non-prescription medications on hand (such as aspirin or non-aspirin pain relievers, antacids, anti-diarrhea medication).

Additional Medical Supplies – If you need any additional medical supplies such as blood testing strips, bandages or oxygen make sure you have a two week supply.

Electrically Powered Medical Devices. Ensure your medical devices are fully charged and you have additional batteries to power your devices for at least 72 hours.*

In Home Medical Care – contact your medical care provider and verify they are able to provide for your needs for the duration of the storm and afterwards.*

NOW is the time to ensure you have these items addressed. If you require electrically powered medical devices and / or in home care and cannot ensure they will be available before, during and after the storm you should work with your medical providers, family and friends and consider relocating to where these utilities and services are dependable during a storm.