



Emergency Preparedness & Your Health:

Tips from the Louisiana Society of Health-System Pharmacists

Medical Information

There are many parts to a personal disaster plan. Medical information is an important part of the plan. LSHP suggests making an emergency information list of the following information:

- Medical and emergency contact information
- Emergency out-of-town contacts
- Names, telephone numbers and email addresses of everyone in your network/family
- Name and number of a relative or friend who lives more than 100 miles away from you
- Carry a health information card if you have special needs
- Evaluate your capacities, limitations, needs, and surroundings
- Determine the type of help you may need during an emergency
- If you have a communication disability, make sure your emergency information list notes the best way to communicate with you
- Attach copies of health insurance cards and related information to your medical information list.
- Fill out a medical information list. Include information about:
 - Medical providers
 - Adaptive equipment and/or body system support equipment you use
 - Allergies and sensitivities
 - Communication of cognitive difficulties
 - Medication lists

Emergency Preparedness and Medications:

LSHP recommends that consumers be aware of their medication needs as they prepare for any emergency. Following the tips below can help you be ready:

- Keep a list of all your medications in your wallet (include lists for your immediate family members, and drug name, strength, dosage form, and regimen).

LSHP has provided a form for you on the following page.

- Keep at least a seven-day supply of essential medications with you at all times. Remember to include all those you take on a daily or as-needed basis. Carry these with you, if possible, in a purse or briefcase in labeled containers.
- Have extra copies of prescriptions, or leave a copy of your prescriptions on hold with a national pharmacy chain or with a relative/friend some distance away.
- Talk with your doctor or pharmacist about what you should do if you do not have enough medicine after a disaster. Also, find out the shelf life of your medication and the storage temperature it needs.
- Determine how often you should replace stored medication.
- Wear your medical-alert bracelet or necklace.
- Don't store your medications in areas that are susceptible to extremes in heat, cold, and humidity (e.g. car or bathroom). This could decrease the effectiveness of the medication.
- Use child-resistant containers and keep your purse or briefcase secure.
- Rotate these medications whenever you get your prescriptions refilled to make sure they are used before their expiration date.
- Refill your prescriptions while you still have at least a 7 day supply of medications left. Keep in mind that some sources, such as mail-order pharmacies, have a longer lead time to refill.
- If your child takes medications, talk to your school system to find out their emergency preparedness plans.
- If you are being treated with a complex medication regimen, talk to your physician or pharmacist to create appropriate emergency preparation plans. Such regimens include injectable medications, including those delivered by pumps (e.g. insulin, analgesics, chemotherapy, parenteral nutrition), medications delivered by a nebulizer (e.g. antibiotics, bronchodilators) and dialysis.
- Be cautious of writing prescription numbers of drugs such as narcotics and others that could be stolen.
- As you finish each part of your preparation, note the date on the form on the next page. Review and update this plan regularly.

Health & Emergency Supplies Checklist:

- *Personal Health & First Aid*
 - Spare eyeglasses/hearing aids and batteries
 - Vitamins
 - First aid kit
 - Tweezers
 - Toilet paper: two rolls in separate plastic bag
 - Tissues
 - Elastic bandage
 - Pre-packaged handwipes
 - Insect repellent
 - Sunblock with SPF 30 minimum
 - Bottled water
- *Non Prescription Drugs*
 - Aspirin/non-aspirin/ibuprofen/etc.
 - Anti-diarrhea medication
 - Antacid: liquid/tablet
 - Laxative
- *Documentation*
 - Copies of important documents & account information (e.g. credit cards, mortgage, insurance, bank accounts)
 - Small photo album: photos, important address/phone #'s and document copies (computer disk is highly suggested)
- *Other Useful Items*
 - Currency: Cash & 2 credit cards (divided between 2 locations)
 - Radio: battery-powered or hand-cranked
 - Flashlight and batteries
 - Sewing Kit



