

## PREPARING FOR A DISASTER

- Have a complete list of all your medications and medical devices including:
  - Name, strength, dose and instructions, prescribing physician, and indication.
  - Include prescriptions, over the counter items, vitamins, and supplements
  - List of your healthcare providers (physicians, therapists, pharmacists) and their contact information.
  - Model and lot numbers of your devices
- Identify medications and devices that you absolutely cannot do without:
  - Serious conditions that require ongoing control such as hypertension, seizures, diabetes, mental illness, arrhythmias, asthma, etc.
  - Blood glucose testing devices, insulin needles, insulin pumps, etc
- Start a kit with a small stockpile of information, medications and devices you cannot do without
  - Suggest at least a 3-7 day supply in properly labeled, child-proof containers.
  - Prioritize critical medications and rotate the date of the supplies in the kit (check dates twice a year).
  - Adequate supplies for your devices, including batteries and chargers.
  - Talk to your doctor and your pharmacist and come up with a plan in case of a disaster.
    - What to do if you run out of medication (e.g. switching insulins)
    - Learn about local laws that allow emergency medication fills
    - Storage conditions for the kit
      - Protect from excessive heat or cold
      - Protect from moisture
    - Plan ahead if a medication needs special handling (e.g. refrigeration). For example, insulin can be kept out of the refrigerator for 28 days, but it cannot be used if it had been frozen
  - Include a copy of a photo ID, insurance cards, list of medications and providers. Options for documentation include copies of prescriptions, packaging or similar with detailed medication and prescriber information, pictures of drug labels, etc. You can also scan and email yourself this information.
  - Include first aid items
  - Always take this with you when you are relocating due to a disaster
- Most states, including California, allow pharmacists to fill 30-day supply of medications without a doctor approval during a disaster. The medical information in your kit should provide adequate information to allow the pharmacist to do so safely. You may need to pay out of pocket for this medication and seek reimbursement later from your insurance carrier.
- Be prepared to boil and sanitize water (pot for boiling, containers for storing, measuring devices, and non-scented chlorine-based bleach for sanitizing).

ADDITIONAL RESOURCES:

- Handouts on [www.courtyardpharmacy.com](http://www.courtyardpharmacy.com)
- <https://www.cdc.gov/diabetes/managing/preparedness.html>
- California Department of Public Health [www.cdph.ca.gov](http://www.cdph.ca.gov)
- Find an open pharmacy during a disaster at [www.RxOpen.org](http://www.RxOpen.org)
- Low-income patients can find a community health center or clinic with charity Direct Relief. [www.directrelief.org](http://www.directrelief.org)
- Chemotherapy or other cancer treatments assistance during disaster, additional information at National Cancer Institute 800-4CANCER