

PREPARE YOUR HEALTH: PRESCRIPTIONS

Many people depend on daily medications and medical equipment. Nearly half of Americans take at least one prescription drug, and one in four Americans take three or more medications. A pandemic or large-scale natural disaster, such as a hurricane, could make it difficult to get prescription and over-the-counter medicines so you and your family may need to rely on a prepared emergency supply.



THE BASICS:

- A **7 to 10 day supply** of prescription medications stored in a waterproof container.
- An **up-to-date list of all prescription medications**, including dosage amounts and the names of the generic equivalents, and known allergies.
- Over-the-counter medications**, including pain and fever relievers, diuretics, antihistamines, and antidiarrheal medications.
- A cooler and chemical **ice packs for storing and keeping medicines** cold in a power outage.

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QUICK TIPS:

Keep prescription medications somewhere that is **easy to get to, does not experience temperature extremes or humidity, and is Up and Away** from and out of view of children.

- Know the **shelf lives and proper storage temperatures** for your prescriptions.
- Find out if laws in your state permit pharmacists to dispense a **30-day refill of medications in an emergency**.
- **Pet owners:** Prepare a **two-week supply of any medications**, and a one-month supply of flea, tick, and heartworm preventative.
- Stay up to date on your immunizations and vaccinations. **Know the date of your last tetanus shot** in case of injury in an emergency.

WALLET CARD:

PERSONAL INFORMATION

Name Phone

Address

Age Height Weight Blood-type

EMERGENCY CONTACTS

Doctor Phone

Pharmacist / Pharmacy Phone

CURRENT MEDICATIONS

(INCLUDE OVER-THE-COUNTER MEDICATIONS)

<input type="text"/>
<input type="text"/>
<input type="text"/>
<input type="text"/>

ALLERGIES

MEDICAL CONDITIONS

ALLERGIES	MEDICAL CONDITIONS
<input type="text"/>	<input type="text"/>
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EMERGENCY PRESCRIPTION ASSISTANCE PROGRAM



The [Emergency Prescription Assistance Program](#) (EPAP) helps people who live in a federally-declared disaster area and do not have health insurance. Eligible people can receive a free 30-day supply of their medications for as long as EPAP is active. People can also use the program to receive vaccinations or to replace certain medical supplies or some forms of medical equipment that were lost or damaged because of the emergency or while evacuating.