Hurricane Preparedness

Medical Considerations

Medical preparedness is important for all of us, and critical for those with special health needs. Here are some things to consider:

1. Make a list of medical information that includes the following:
   - Healthcare providers: Names, contact information, and the reason you see them.
   - Medications: Name, dosage, prescribing doctor, and medical condition. Keep all medications in their original labeled bottles. Make arrangements for additional medications – a minimum of a 14-day supply. Refill a few days before a storm. Have additional copies of your prescriptions – necessary if you are out of the area for a while and need medicine. Note medications that are in the refrigerator. Have a refrigerated bag or cooler on hand to store them, if necessary.

2. List specific medical devices you need, including life support and assistive equipment – glasses, hearing aids, augmentative communication devices, canes, and walkers. Make certain they are labeled and laminated instruction cards are attached. Have extra batteries and chargers.

3. List of allergies and sensitivities.

4. List of communication or cognitive difficulties you have.

5. Copies of health insurance cards.

6. Copies of pertinent medical reports.

7. List of emergency out of town contacts and phone numbers.

Review and update your medical information and plans on a regular basis.