

5 Tips for Prescription Preparedness

*Disasters can prevent you from getting your medications.
Follow these tips to make sure you're prepared!*

1. Keep phone numbers for your doctor and pharmacy in your wallet and Go Bag.

2. Make a list of your medications. Keep a list of your prescriptions, over-the-counter medications and supplements in your wallet and Go Bag. Make sure you include how much and how often you take each medication. You can make a personalized medication wallet card here:

<http://www.rxresponse.org/rx-on-the-run>



3. Always have enough medication to last for at least seven days.

If you have less than seven days, contact your pharmacy to get a refill.

4. Take your medications with you, if you evacuate. Whenever possible, bring your medications in the original, labeled bottle with your name printed on it. This will help you get refills if you need them.



5. Make copies of your prescriptions, health insurance cards and prescription cards. Keep these in your wallet and Go Bag. Keep pictures of prescriptions or prescription bottle labels stored in your phone.