

## Overview

Before a state of emergency, it's crucial to create a disaster preparedness plan for your healthcare needs. It may be impossible to predict outcomes during a natural disaster, but the following tips can prevent many life-threatening situations before they occur.

## Preparing for a Natural Disaster

-  **Pack all essential medications in a waterproof bag.** A freezer safe, re-sealable bag is great in a pinch.
-  **If possible, fill prescriptions ahead of time.** In a state of emergency, prescriptions can be filled up to 30 days without prior doctor approval.
-  **Make a prescription medicine plan.** Use Rx on the Run to print a personalized wallet card that includes your prescriptions with the latest dosage and necessary instructions for proper use.
-  **Purchase non-perishable food, water, and nutrient-rich items.** Apples, bananas and oranges are a great snack that don't require refrigeration and will last up to a week.
-  **Fully charge your electronic devices and pack spare batteries, chargers, and other essential items.** To conserve battery, limit the use of unnecessary apps and switch your phone to low-power mode when fully charged.
-  **Be aware of your closest healthcare resources, including pharmacies, hospitals, and urgent care clinics.** Use Google maps to drop a pin on nearby healthcare locations.
-  **Have a contingency plan for managing chronic conditions.** For patients with:
  - **DIABETES:** Ensure you have insulin and refrain from eating carbohydrates and other sugars.
  - **KIDNEY DISEASE:** Make sure you have access to dialysis treatment.
  - **CARDIOVASCULAR/PULMONARY DISEASES:** Keep a supply of oxygen with you at all times.
  - **DISABILITY:** Develop contingency transportation plans or identify a trusted caretaker if necessary.
  - **ELDERLY:** Post emergency numbers near every house and cellular phone.
-  **Make sure to have an evacuation plan in case you need to leave your home.** To find a shelter near you, text FEMA the word "shelter" along with your zip code to 4-3-3-6-2.
-  **Use Rx Open ([rxopen.org](https://rxopen.org)) to find open pharmacies near you.**

Healthcare Ready is here to help you stay prepared for a natural disaster, infectious disease outbreak or man-made event. Our online resources provide easy tips for what to do next when a disaster strikes and help make life-after as normal as possible. For more information on how your rare or chronic illness can impact your evacuation strategy, visit [www.healthcareready.org](https://www.healthcareready.org), email us at [alerts@healthcareready.org](mailto:alerts@healthcareready.org), and contact us at 1-866-247-2694.