

During an emergency, unforeseen circumstances and events can put your health at risk. While it may be impossible to prevent all health complications, it's critical to prioritize your health and minimize adverse effects. Remember that natural disasters can potentially disrupt operations for pharmacies, providers, and hospitals, so it's crucial to prepare in advance to take care of your health.

Staying Healthy During a Natural Disaster



Take necessary medications as prescribed. To help maintain regularly scheduled use of medicines, organize your prescriptions for the week and schedule a reminder on your phone to take them as prescribed.



Make sure your medications remain stable. It's important to make sure your medicines do not come into contact with water or become exposed to extreme temperatures. Some medicines must remain within a certain temperature range.



Use Rx Open to locate nearest open pharmacy if you run out of medicines or need a refill. If you have a chronic disease, disability, or are a senior and need emergency assistance, refer to the emergency resources below:

- **Healthcare Ready:** 1-866-247-2694
- **FEMA:** 1-800-621-3362
- **American Diabetes Association:** 1-800-342-2283
- **American Heart Association:** 1-800-242-8721
- **American Association of People with Disabilities:** 1-800-840-8844
- **American Stroke Association:** 1-888-478-7653
- **American Red Cross:** 1-800-733-2767



Drink plenty of bottled water and avoid skipping meals. Eat nutrient-rich, non-refrigerated foods such as fruits and vegetables.



Beware of floodwater contaminants:

- **Do not** drink floodwater; drink bottled water instead. If you don't have bottled water, boil (for at least 1 minute) or disinfect water to make it safe.
- **Do not** cook, clean or brush teeth with floodwater.
- **Cover** open wounds and limit exposure to floodwater at all times.



Do not eat foods that have expired, perished or come in contact with flood water. Perishable foods in the refrigerator will be unsafe to eat after 4 hours without power. Use dry or block ice to keep your refrigerator cold for longer or use an extra cooler.



Recognize symptoms of food or waterborne illness. If you experience vomiting, diarrhea, and abdominal pain, contact a healthcare provider immediately.

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 be impacted by a disaster visit www.healthcareready.org, email us at alerts@healthcareready.org, and contact us at 1-866-247-2694.