

# EMERGENCY

## Resources and Tips

**Preparing** your medications for an emergency to decrease the risk of a life-threatening situation:

**Make a list** – Keep a current list of medications you are taking, including dose and directions and phone numbers of your doctor and pharmacy.

**Have your card** – Keep your health insurance and drug card with you at all times.

**Start a stockpile** – Make sure you have at least 7-10 days of your medications and other medical supplies. Refill your prescriptions as soon as you are able so you can set aside a few extra days' worth in your emergency kit. Also, consider any over-the-counter medications that you may need (ex. pain relievers, cold medications, antacids).

**Storage matters** – Keep your pills in labeled, child-proof bottles in a secure place that does not experience extreme temperature changes or humidity. Consider placing medicine bottles in waterproof bags when flooding is a concern.

**Check the date** – Do not let medications in your emergency kit expire. Check dates twice a year.

**Talk about a plan** – Talk to your doctor or pharmacist about what you should do in case you run out of medicine during an emergency.

**Plan ahead** – Make sure you know the shelf-life and optimal storage temperature of your medications because some medications can only be at room temperature for certain periods of time.

**Check before using** – Before using medications in your emergency kit, check to make sure the look or smell hasn't changed. If you are unsure about the

**During** an emergency:

**Call WVU Medicine Home Infusion** for guidance on handling medications during times of natural disaster or personal emergencies.

**To find an open pharmacy**, visit RxOpen.com (it maps open and closed pharmacies during disasters)

**Medicare recipients who need dialysis treatment** should contact the End-Stage Renal Disease Network (ESRD), or call 800-Medicare to get ESRD Network contact information.

**People who need chemo and other cancer treatments** should call 800-4CANCER to help locate cancer centers/providers.

### References:

*Preparing Your Medicine Cabinet for an Emergency: A Checklist* – [cdc.gov](https://www.cdc.gov/emergency-preparedness-response-recovery/prepare/medications/)  
*How to Get Your Prescription Drugs During a Disaster* – [aarp.org](https://www.aarp.org/living/health/medication/article/2017/06/01/how-to-get-your-prescription-drugs-during-a-disaster/)