



Disaster can strike at any time and without warning. By preparing in advance, you can make sure you will have the medications you need and one less thing to worry about in an emergency

- Keep at least 3-7 days worth of medication
- Store all medications together so you can grab them quickly and take them with you if you need to evacuate
- Do not store your medications in areas that are susceptible to extremes in heat, cold, humidity, or chemicals
- Rotate these medications whenever you get your prescriptions refilled to make sure they are used before their expiration date.
- Add disability related supplies to your emergency kit
- Make and keep a list of your medications

BEFORE AN EMERGENCY

- Keep an up-to-date list of medications, including dose and indicated use
- Know how much medication you have on hand, obtain early refills if you anticipate access to pharmacies will be disrupted
- Place medication bottles or packages in water-tight containers (such as plastic containers with lids) if there is a possibility of flooding or other water damage
- Have ice available for medications that need refrigeration

