









Running Out of Medications during a Hurricane or an Ice Storm... That Would be a Disaster!

During natural disasters – hurricanes, floods, winter storms – the last thing anyone would want is to run out of medications. Don't take a chance, take a few easy steps today that may save your life tomorrow.

-  Always fill prescriptions before they run out.
-  Most insurance plans allow you to refill monthly medicines 3 – 7 days in advance. If possible **refill early once or twice a year** to create an extra supply for emergency situations.
-  If you take medications that require special storage such as refrigeration, **talk with your health care providers now** to learn how to handle them safely during power outages.
-  If you take medications that require a prescription each time, such as Percocet and Ritalin, ask your doctor about writing a special prescription marked for use only during a declared state of emergency in your home area, then store the prescription with your emergency documents.
-  Everyone should keep a small **Grab & Go Bag**, ready to take with you in an emergency. Store your extra medications there, including over-the-counter items such as pain relievers and vitamins, in waterproof zippered bags. Keep each item in its original container and **be sure to update twice a year – checking for expired or discontinued medications.**
-  Everyone should have a **detailed list of medications**, how they are taken, and who prescribed them. This list should be updated at least twice a year and kept waterproof in your Grab & Go Bag. You should also give a copy of this list to your emergency contact person. Work with your pharmacist or doctor using the guidelines on the back of this page.
-  During disaster events, call **CARE-LINE at 1-800-662-7030 or 1-877-452-2514 (TTY)** for information about emergency services and shelters in your area.
-  If you have **pets**, be sure to include their medications, records, and photos in your Grab & Go Bag.

These recommendations are provided by Triangle J Council of Government's Area Agency on Aging and Triangle United Way thanks to generous funding from the Blue Cross and Blue Shield of North Carolina Foundation.



Triangle J Council of Governments
Area Agency on Aging



BlueCross BlueShield
of North Carolina
Foundation



Triangle United Way