



# My Emergency Preparedness Guide



*A guide for individuals with maintenance prescriptions*

## EVERYONE SHOULD HAVE A PLAN

If you have a daily prescription, it's important to plan ahead. In an emergency, lost or damaged medication can be life-threatening. Talk to your health care provider about which medical supplies you need to have when disaster strikes.

## EMERGENCY PREPAREDNESS CHECKLIST FOR PATIENTS WITH PRESCRIPTIONS

- Prepare a home emergency kit that is portable, waterproof, and durable. Include prescription medications, non-prescription medications (such as pain relievers, cold medications, and antacids), and other medical supplies (such as bandages or diabetic supplies)—enough to last 2 weeks. Check your kit every 2-3 months and watch for expiration dates.
- Save a copy of your complete personal medical information, contact information for your health care providers and pharmacies, and other important documents (such as legal papers, a list of medications and dosages, and insurance information). Store these papers in a sealed food storage bag or other waterproof container.
- Keep your health insurance and prescription-drug benefit card with you at all times.
- Reorder prescriptions as soon as possible. Consider ordering a 90-day supply of medication through your plan's home-delivery pharmacy.
- Keep your medications together in their original containers with original labels. Place prescription bottles in a waterproof bag or container.
- Plan ahead for special needs, such as medication requiring refrigeration. Prepare a plan for temporary storage and administration.
- Develop a medication disaster plan with your doctor, especially if your medication needs special shipping or refrigeration. Make plans for your child's medication with their daycare provider or school.
- Safely store opioids and other prescribed pain relievers in their original packaging inside a locked cabinet, lockbox, or other secure location. Note when and how much medicine you take to track how much is left. If you think someone has taken your medicine, contact the police immediately to file a report.
- Find a Prescription Drop Off Collection Site to safely dispose of unused and expired medications (maps may be found here: <http://BeforeItsTooLate.Maryland.gov/resources-2/>).

### Who to Call

Keep your home care/hospice company's number near the phone in case you need help. In a true emergency, call 9-1-1.

## PREPARE AHEAD OF TIME

- During storms and power outages, stay aware of alerts, warnings, and emergency communications. Monitor media announcements through TV, radio, web, and social media. Sign up for your community alert and notification system.
- Keep emergency phone numbers close, including your county's emergency management agency, fire, and police non-emergency phone numbers.
- Know your area's emergency plan, including evacuation routes and shelter locations. Store the information in your cell phone and in your emergency kit.

## Emergency Supply Kit

In addition to your emergency kit, be sure to keep these items on hand for emergencies:



**Water** – one gallon of water per person, per day for at least three days



**Food** – at least a three-day supply of nonperishable food



**Battery Powered Radio** – and extra batteries



**Flashlight** – and extra batteries



**First Aid Kit** – be sure to check expiration dates of the contents and keep them up to date



**Whistle** – to signal for help



**Dust Mask** – or cotton T-shirt, to help filter contaminated air



**Plastic Sheeting and Duct Tape** – to shelter-in-place



**Wrench or Pliers** – to turn off utilities when necessary



**Can Opener** – to open canned food



**Infant Formula and Diapers** – if you have an infant



**Local Maps** – including a map of your area and a map for where you plan to go if you are evacuated

## Other Considerations Following an Emergency

- Inspect your medication to see if the look or smell has changed; excessive moisture or heat can damage medications or make them less effective. If you are unsure about the safety of your medication, contact a local pharmacist or your healthcare provider.
- If you haven't been able to take your medication, contact a doctor or pharmacist as soon as possible—even if you're not experiencing any negative health effects. Never take additional doses to make up for those you've missed before talking to a healthcare practitioner. Do not take medications that were not prescribed to you or share your medications with others.

## More Information and Online Resources

- [preparedness.health.maryland.gov](http://preparedness.health.maryland.gov)
- [mema.maryland.gov](http://mema.maryland.gov)
- [mncha.org/emergency-preparedness](http://mncha.org/emergency-preparedness)
- [BeforeItsTooLateMD.org](http://BeforeItsTooLateMD.org)  
Maryland's statewide effort to bring awareness to the heroin, opioid, and fentanyl crisis



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WRITE THE NAME AND PHONE NUMBER OF YOUR HOME CARE/HOSPICE COMPANY IN THIS BOX.