Everyone Should Have A Plan
If you have a routine or daily prescription, it is important to plan ahead. During a pandemic, medications, and supplies may be delayed; this and can be life-threatening. Talk to your health care provider about which medical supplies you should have on hand during the pandemic.

How To Protect Yourself and Others
☐ Practice Social Distancing. Buy groceries and medicine, go to the doctor, and complete banking activities online when possible. If you must go in person, stay at least 6 feet away from others, and disinfect items you touch. Get deliveries and takeout, and limit in-person contact as much as possible.

☐ Protect Yourself and Others from COVID-19 and Illness. Stay at home as much as possible. Avoid close contact with others. Wear a face covering that covers your nose and mouth in public settings. Clean and disinfect frequently touched surfaces. Wash your hands often with soap and water for at least 20 seconds, or use an alcohol-based hand sanitizer that contains at least 60% alcohol.

☐ Prevent the Spread if You are Sick. Stay home when you are sick. Cover your cough or sneeze with a tissue, then throw the tissue away, and wash your hands. Clean and disinfect frequently touched objects and surfaces. Seek medical care to help relieve the symptoms. If you need medical attention, call ahead and alert care providers of your illness.

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.

☐ Know your area’s emergency and pandemic plan, including evacuation routes and shelter locations. Store information in your cell phone and in your emergency kit.

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.
Your 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
- **Battery Powered Radio** – and extra batteries
- **First Aid Kit** – one gallon of water per person, per day for at least three days
- **Dust Mask** – or cotton T-shirt, to help filter contaminated air
- **Wrench or Pliers** – to turn off utilities when necessary
- **Infant Formula and Diapers** – if you have an infant
- **Food** – at least a three-day supply of nonperishable food
- **Soap** – for frequent handwashing
- **Flashlight** – and extra batteries
- **Whistle** – to signal for help
- **Plastic Sheeting and Duct Tape** – to shelter-in-place
- **Can Opener** – to open canned food
- **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 or During a Pandemic

- 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 have not 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

- [www.MDEmergencyPrepNetwork.org](http://www.MDEmergencyPrepNetwork.org)
- [preparedness.health.maryland.gov](http://preparedness.health.maryland.gov)
- [mema.maryland.gov](http://mema.maryland.gov)
- [mncha.org](http://mncha.org)

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Office of Preparedness and Response and the Maryland-National Capital Homecare Association

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