

Plan for emergencies



Do you have a plan for what to do about your medicines during an emergency?

One-week supply: Have a 7-day supply of medications and other medical supplies. Check expiration dates every six months.

Storage tips: Store medications in labeled, child-proof containers in a dry, cool place. For refrigerated medicines, plan for some temporary storage.

An important list: Include a medication list (prescription and non-prescription) and phone numbers for your doctors and pharmacies. Include copies of current prescriptions.

ID cards: Always keep health insurance and prescription drug cards with you to replace damaged or lost medication, if needed.

