

# 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.

