PREPARING YOUR HEALTH FOR HURRICANES

☐ Fill prescriptions on time or ahead of time, if you can
  • Call your pharmacist to ask if your prescriptions can be filled early

☐ Keep a “go-bag” of emergency supplies ready, including your medications
  • Suggested items: first aid kit, flashlight, portable radio, NOAA weather radio, batteries, whistle, blankets, sanitation items, important documents, and cash if possible
  • Pack all medications in a resealable, waterproof bag

☐ Try to keep non-perishable food, water, and can openers on hand
  • Go for canned meats, fruits and vegetables that are ready to eat and can be used in a renal diet
  • Protein bars, cereal, granola, and dried fruit are great snacks to have
  • If possible, try to keep some food, water, and can openers in your “go-bag”

☐ Fully charge your electronic devices, and pack spare batteries and chargers
  • To conserve battery: limit the use of unnecessary apps and switch your phone to low-power mode when fully charged

☐ Have an evacuation plan
  • Use your state emergency management agency and RedCross.org/Shelters to find local shelters
  • Identify back-up locations, such as the homes of loved ones or motels
  • If you have pets, look for places that accept pets
  • Plan several routes to your alternative locations
  • Use RxOpen.org to locate pharmacies near your alternative location
  • Follow the instructions of local officials
  • Have a communication and reunification plan with everyone in your home
  • If you are unable to evacuate, alert local emergency management officials and your loved ones or caretakers

☐ Make sure you know your prescription medication and health information - use Rx on the Run to keep a list of your prescriptions
  • Rx on the Run is a personalized wallet-sized card that lists your prescriptions with the latest dosage and instructions
  • Visit HealthcareReady.org/Rx-on-the-Run to fill yours out!

Find additional resources at healthcareready.org
Plan for any chronic conditions you may have

- **Diabetes:** Talk to your pharmacist about keeping a supply of insulin on hand - Try to refrain from eating sugar and other carbohydrates
- **Kidney disease:** Make sure you have access to dialysis treatment and use the renal diet
- **Cardiovascular disease & hypertension:** Try to refrain from high-salt and fatty food and aim for 30 minutes of activity a day to manage your blood pressure
- **Pulmonary disease:** Work with your supplier to understand options for keeping resupplies of oxygen with you
- **Disability:** Develop alternative transportation plans and identify a trusted caretaker if necessary
- **Aging:** Post emergency numbers near every house phone and cellular phone
- **Asthma:** Have a plan to ensure you have a supply of your asthma medications and supplies
- **Cancer:** If you have a cancer survivorship care plan, keep a copy handy and take steps to lower your risk for infections

Keep a list of helpful hotlines

- FEMA Disaster Assistance Helpline: 1-800-621-3362
- Disaster Distress Helpline: 1-800-985-5990 (or text “TalkWithUS” to 66746)
- Kidney Community Emergency Response (KCER): 1-866-901-3773
- Red Cross: 1-800-733-2767
- American Diabetes Association: 1-800-342-2283
- American Heart Association: 1-800-242-8721
- American Association of People with Disabilities: 1-800-840-8844
- American Stroke Association: 1-888-478-7653

Ensure your medications remain stable

- Some medicines must remain within a certain temperature range
- Tip: insulin can remain stable between 59°F and 86°F for up to 28 days¹

Use RxOpen.org to find open pharmacies near you

Beware of floodwater contaminants

- Do not drink floodwater
- Do not cook, clean, or brush teeth with floodwater
- Do not use medication or eat food that has been contaminated with floodwater
- Cover open wounds and limit exposure to floodwater, especially if you have cancer or are otherwise immunocompromised

DISASTER TIP SHEET
HURRICANES AND TROPICAL STORMS

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- Drink plenty of bottled water and avoid skipping meals or eating spoiled food
  - Eat nutrient-rich, non-perishable foods such as fruits and vegetables
  - Perishable foods in the refrigerator will be unsafe to eat after 4 hours without power
  - Use dry or block ice to keep your refrigerator cold for longer or use an extra cooler

- Recognize symptoms of food- or waterborne-illness
  - If you experience vomiting, diarrhea, and abdominal pain, contact a healthcare provider immediately

- Do not run gas-powered generators, grills, or heaters indoors (Gas build up can be lethal!)

RECOVERING AFTER A HURRICANE

- Dispose of food and medicine that may have spoiled or been contaminated with floodwater
  - Without power, perishable foods only last for 4 hours in the refrigerator and 24-48 hours in the freezer

- Check home for mold, gas leaks, and insects
  - Mold can cause irritation and inflammation of existing respiratory conditions, like asthma
  - Poisonous and disease-carrying insects are more common after floods

- Disinfect cooking and eating surfaces
  - Use boiling water or a solution of one-tablespoon bleach to one-gallon clean water to clean pots, pans, countertops, dishes and silverware

- Use caution when cleaning up debris and don’t overexert yourself
  - Always wear gloves, masks, and protective eyewear, and beware of glass, nails, and other sharp objects

- If you are cut or scraped, clean and disinfect the wound thoroughly and keep it covered, especially if you have cancer or are otherwise immunocompromised

- Contact family and friends to let them know you are safe
  - Check in on your loved ones that may need support
  - Use text messages instead of phone calls because phone lines might be down

- Check with your health insurance provider for emergency support resources and hotlines
  - Start by calling the number on the back of your insurance card for assistance
  - If you don’t have insurance, call 2-1-1 and ask about local services that may be able to help
  - If there is a disaster declaration, you can also try to apply for FEMA Disaster Assistance for financial support by calling 800-621-3362 or visiting DisasterAssistance.gov

Find additional resources at healthcareready.org

This tip sheet was created thanks to generous support from the Eli Lilly and Company.