**PREPARING YOUR HEALTH FOR WINTER STORMS**

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

- **Know the signs of hypothermia and frostbite**
  - Frostbite: Numbness, pale/gray/yellowing skin and firm/waxy skin
  - Hypothermia: Shivering, confusion/memory problems, fatigue, trouble speaking, or if your temperature drops below 95°F

- **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 and granola, and dried fruit are great snacks to have
  - If possible, try to keep some food, water, and can openers in your “go-bag”

- **Keep a list of your local healthcare facilities, with addresses, phone numbers, and emails/websites**
  - Consider these facilities:
    - Hospitals/ERs
    - Pharmacies

- **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

Find additional resources at [healthcareready.org](http://healthcareready.org)
PROTECTING YOUR HEALTH DURING A WINTER STORM

- Use RxOpen.org to find open pharmacies near you

- If you believe you have frostbite or hypothermia, stay in a warm room
  - Frostbite:
    - Soak in warm water and use body heat to warm yourself
    - Do not massage the skin or use heating pads
  - Hypothermia:
    - Warm the center of your body first before your limbs
    - Wrap yourself (and you head and neck) in a warm blanket and stay dry

- Stay indoors and avoid driving, if possible
  - Wear thick clothing and multiple layers if you must go outside

- 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!

- If you are driving and get trapped in your car, stay inside the car

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

- 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

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