

DISASTER TIP SHEET

WINTER STORMS



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
- View Healthcare Ready's blog on the refill-too-soon laws by state: [HealthcareReady.Org/A-Review-of-State-Emergency-Prescription-Refill-Protocols](https://www.healthcareready.org/A-Review-of-State-Emergency-Prescription-Refill-Protocols)

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

- Urgent care clinics
- Ancillary care:
 - Dialysis Centers, Cancer Treatment Centers

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

- Healthcare Ready: 1-866-247-2694
- 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

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!

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 your 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

- 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