PREPARING YOUR HEALTH FOR WILDFIRES

☐ Fill prescriptions on time or ahead of time, if you can
  • Call your pharmacist to ask if your prescriptions can be filled early
  • When filling prescriptions at the pharmacy, use mail-order delivery or call in your prescriptions ahead of time, and use drive-thru or curbside pickup options when available.

☐ 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
    • COVID-19 Testing Centers

☐ 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, important documents, cash if possible, and supplies to protect you and others from COVID-19 including multiple masks for everyone 2 years and older, soap and disinfectant wipes
  • Pack all medications in a resealable, waterproof bag

☐ Have an evacuation plan
  • Use your state emergency management agency and RedCross.org/Shelters website 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 back-up 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
  • If you need to stay at a shelter or evacuate, practice COVID-19 public shelter safety precautions and general COVID-19 safety precautions on transportation like wearing a mask, washing hands often with soap and water, and staying six feet apart from others.
  • Pay close attention to local guidelines about updated evacuation plans and emergency sheltering.

☐ 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

Find additional resources at healthcareready.org
**PROTECTING YOUR HEALTH DURING A WILDFIRE**

- Use [RxOpen.org](http://RxOpen.org) to find open pharmacies near you
- 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
- Stay indoors to limit exposure to smoke in the air
  - When outside, wear a KN95 mask to keep the air your breath free from harmful particles; know that cloth masks will not protect you from wildfire smoke

**RECOVERING AFTER A WILDFIRE**

- Wait for an alert from authorities that water is safe to drink before drinking tap water without boiling it first
- Watch weather alerts for information on the air quality
- 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

Find additional resources at [healthcareready.org](http://healthcareready.org)
• Be careful of ash, embers, and burning debris
• 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
• When checking up on friends and family, don’t forget to continue practicing COVID-19 safety precautions like wearing a mask, washing hands often with soap and water, and staying six feet apart from others.”

☐ 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