

# DISASTER TIP SHEET

## WILDFIRES

HEALTHCARE  
READY

### 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.
- 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)

#### 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](https://www.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](https://www.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](#)

- **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](https://HealthcareReady.org/Rx-on-the-Run) to fill yours out!

## PROTECTING YOUR HEALTH DURING A WILDFIRE

- Use [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

- 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](https://www.disasterassistance.gov)