

Evacuation Preparedness

Health-focused guidance for people who may need to evacuate for any hazard — hurricanes, wildfires, floods, and more

When an evacuation order comes, having a plan for your health needs — not just your belongings — can make the difference in a safe outcome. Use this checklist to prepare before, during, and after an evacuation.

1 BEFORE YOU EVACUATE

- ☐ Know your evacuation zone and routes, and sign up for local emergency alerts and warnings.
- ☐ Build a **Go-Bag** with a 7-day supply of medications, sealed in a resealable, waterproof bag.
- ☐ Keep an updated list of medications, dosages, and allergies. Use Healthcare Ready's **Rx on the Run** to track your prescriptions and access them anywhere.
- ☐ Maintain a list of local healthcare facilities — hospitals, pharmacies, and dialysis or infusion centers — with addresses and phone numbers.
- ☐ Pack copies of insurance cards, IDs, and medical records in a waterproof folder.
- ☐ Caring for an infant or young child? Pack extra formula or food, diapers, comfort items, and any pediatric medications.
- ☐ If you have a disability, mobility need, or care for an older adult, identify accessible transportation and shelter options in advance, and register with your local/state registry for residents who may need evacuation assistance, if one is available.
- ☐ Plan for pets and service animals — keep vaccination records handy, since many shelters require proof.
- ☐ Create a family communication plan, including one out-of-area contact everyone can check in with.
- ☐ Charge phones and battery packs, and keep backup power ready for medical devices such as oxygen concentrators, CPAP machines, or refrigerated medications like insulin.

2 DURING THE EVACUATION

- ☐ Leave early — don't wait for a mandatory order if conditions are worsening near you.
- ☐ Follow official evacuation routes and instructions from local authorities; avoid shortcuts.
- ☐ Bring your Go-Bag, medications, medical equipment, mobility devices, and important documents.
- ☐ Turn off utilities (gas, water, electricity) only if instructed to and it is safe to do so.
- ☐ Use text messages instead of phone calls — texts often get through even when networks are overloaded.
- ☐ Check in with your out-of-area contact once you reach safety.
- ☐ If you go to a shelter, tell staff about any medical conditions, equipment, or medication needs right away.
- ☐ Can't find an open pharmacy on the way? Check Healthcare Ready's **Rx Open** map for up-to-date pharmacy and dialysis center status.

3 AFTER EVACUATION & RETURNING HOME

- ☐ Wait for official confirmation that it is safe to return before heading home.
- ☐ Refill or replace medications that were lost, damaged, or expired — many pharmacies can provide emergency refills without a prescription during a declared disaster.
- ☐ Follow up with your healthcare provider if you missed treatments, dialysis sessions, or doses.
- ☐ Inspect food and water for safety before consuming, and watch for hazards like mold, debris, or gas leaks at home.
- ☐ Watch for signs of stress, anxiety, or trauma in yourself and family members — support is available and reaching out is a sign of strength.
- ☐ If you experienced losses, apply for FEMA Disaster Assistance at [DisasterAssistance.gov](https://www.disasterassistance.gov) or 1-800-621-3362.

MANAGING CHRONIC CONDITIONS

Diabetes: Pack extra insulin and supplies. Without refrigeration, insulin can generally remain stable between 59–86°F for up to 28 days.

Dialysis / Kidney Disease: Know your dialysis center's emergency plan and ask about sister facilities near your evacuation destination.

Asthma / COPD: Pack inhalers, nebulizers, and a battery backup for equipment.

Cardiovascular Conditions: Bring a full medication list and recent records if possible.

Immunocompromised: Pack masks, hand sanitizer, and extra medication supply.

FREE HEALTHCARE READY TOOLS

Rx on the Run: Securely store your medication list and share it with any pharmacist or provider, even offline.

Rx Open: Up-to-date map of open pharmacies and dialysis centers near you during an active disaster. healthcareready.org/rxopen

Alert Hub: Up-to-date situation reports and threat updates for active disasters. healthcareready.org/alert-hub

KEY CONTACTS

Healthcare Ready Alerts
alerts@healthcareready.org

FEMA Disaster Assistance
1-800-621-3362

Disaster Distress Helpline (call/text)
1-800-985-5990

Local Help & Services (if uninsured)
2-1-1

KHARES Kidney/Dialysis Support
866-446-3507

American Diabetes Association
1-800-342-2383