

# Are you and your medicines ready for an emergency?

## Five tips for preparing your medicines ahead of an emergency

The key to staying safe during an emergency is to have a plan in place before a crisis strikes. Whether you're facing a natural disaster, power outage, or unexpected evacuation, it's essential to be prepared. As you gather essentials like food, water, baby supplies, battery-powered chargers, and pet necessities, don't forget to include the medicines you and your family members rely on.

## Follow these five tips to help meet your family's medicine needs in an emergency:



1. Make a list of your medicines, including why you take them and dose.



2. Include both prescription and over-the-counter medicines in your disaster kit.



3. Write down your pharmacy and doctor contact information.



4. Keep prescriptions, pharmacy and doctor information, and a copy of your health insurance ID and pharmacy ID cards in a waterproof container.



5. Have a plan for medicine that needs to be refrigerated.

**Together, CarelonRx and The American Red Cross encourages everyone to be prepared for a disaster. Have your emergency kit — including medicines — ready to go at any time**

