



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

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