

Are you and your medicines ready for hurricane season?

National Hurricane Preparedness Week is April 30 through May 6

Five tips for preparing your medicines ahead of a storm

The key to staying safe during hurricane season is to have a plan before you're in a storm's path. As you pack a disaster kit with food, water, baby supplies, battery-powered chargers, and pet supplies, don't forget to include medicines you and your family members take.

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 in the event of a major storm

