

Konsèy pou Prepare

Preskripsyon

Yon dezans ka anpeche ou jwenn medikaman ou yo. Swiv konsèy sa yo pou asire w ou prepare.

1. Kreye yon Rezime Sante Pèsonèl pou kenbe tras enfòmasyon medikal ou. Pou kreye youn, ale sou nyc.gov/health/healthsummary. Kenbe kopi nan bous ou ak sak pou deplase ak li a. (Yon sak pou deplase ak li gen tout bagay pèsonèl ou bezwen deplase ak yo si ou bezwen evakye. Ale sou nyc.gov epi chèche "go-bag" (sak pou deplase) pou jwenn plis enfòmasyon.)

2. Fè kopi oswa pran foto etikèt preskripsyon ou yo, kat asirans sante ou ak kat preskripsyon ou yo. Kenbe kopi dosye sa yo nan sak pou deplase ou a ak/oswa anrejistre foto yo nan telefòn ou.

3. Toujou gen ase medikaman ki pral dire pou omwen sèt (7) jou. Kontakte famasi ou pou w ka resevwa yon renouvèlman medikaman si ou gen medikaman pou mwens pase sèt (7) jou. Si ou jwenn medikaman ou yo nan yon famasi ou kòmande pa lapòs, epi ou pa ka jwenn renouvèlman medikaman pa lapòs la ann ijans, pote etikèt medikaman ou a oswa yon foto etikèt la nan yon famasi lokal; famasyen an ka anmezi pou ede ou jwenn yon rezèv limite.

4. Si ou evakye, pote tout medikaman ou yo avèk ou. Ranje flakon oswa boutèy orijinal medikaman orijinal ak etikèt la ak non ou enprime sou yo nan sak pou deplase ou a.



Pou jwenn plis enfòmasyon sou fason pou prepare pou ijans sante piblik, ale sou [visit nyc.gov/health](https://nyc.gov/health) epi chèche "emergency prep" (preparasyon pou ijans).

Tips for Prescription Preparedness

Disasters can prevent you from getting your medications. Follow these tips to make sure you are prepared.

1. Create a Personal Health Summary to keep track of your medical information. To create one, visit nyc.gov/health/healthsummary. Keep copies in your wallet and go-bag. (A go-bag has personal items you need to take with you if you have to evacuate. Visit nyc.gov and search **go-bag** to learn more.)

2. Make copies or take pictures of your prescription labels, health insurance card and prescription cards. Keep copies of these records in your go-bag and/or save the pictures to your phone.

3. Always have enough medication to last for at least seven days. Contact your pharmacy to get a refill if you have less than seven days' worth of medication left. If you get your medications through a mail-order pharmacy and you cannot get refills by mail in an emergency, take your medication label or a picture of the label to a local pharmacy; the pharmacist may be able to help you get a limited supply.

4. If you evacuate, take all your medications with you. Pack the original, labeled medication bottles or boxes with your name printed on them in your go-bag.



To learn more about how to prepare for public health emergencies, visit nyc.gov/health and search **emergency prep**.