

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**.