

处方准备

提示

当灾难发生，您可能无法获得药物。
请遵照这些提示，确保做好充分准备。

1. 创建个人健康摘要，追踪记录您的医疗信息。 要创建摘要，请访问 nyc.gov/health/healthsummary。将副本保存在您的钱包和应急包内。（应急包应放入逃生时所需携带的个人物品。请访问 nyc.gov 并搜索“go-bag”（应急包），以了解更多信息。）

2. 复印处方签、医疗保险卡和处方卡，或拍下其照片。 将这些记录的副本存放在应急包内，及/或将照片存放在手机内。

3. 随时备好至少七天的药物。 如果剩余药物量不足以支撑七天，请联系药房补充药物。如果您是通过邮购药房购买药物，并且在紧急情况下无法通过邮购补充药物，请将您的药物标签或标签照片带到当地药房；药剂师或许可帮助您获得有限的药物供应。

4. 逃生时，请带上所有药物。 将印有您姓名的原装带标签药瓶或药盒装入您的应急包。



如需深入了解如何为公共卫生紧急事件做好准备，
请访问 nyc.gov/health 并搜索“emergency prep”（紧急事件准备）。

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**.