

處方準備

提示

一旦災難發生，您可能無法取得藥物。
請依照這些提示，確認做好充分準備。

1. 建立個人健康摘要，以追蹤您的醫療資訊。 要建立摘要，請造訪 nyc.gov/health/healthsummary。將副本保存在您的錢包和逃生包中。(逃生包應放入逃生所需攜帶的個人物品。請造訪 nyc.gov 並搜尋「go-bag」(逃生包)，以瞭解更多資訊。)

2. 複印您的處方標籤、健康保險卡和處方卡，或拍下其照片。 將這些記錄的副本保存在您的逃生包中，及/或將照片儲存在您的手機中。

3. 隨時備好至少 7 天的藥物。 如果您的藥物剩餘量少於 7 天，請聯絡您的藥局，以續配處方。
如果您是透過郵購藥局取得藥物，且在緊急情況下無法透過郵購續配處方，請攜帶您的藥物標籤或標籤照片前往當地藥局；藥劑師或許可協助您獲得數量有限的藥物。

4. 逃生時，請隨身攜帶您的所有藥物。 將印有您姓名的原裝附標籤藥瓶或藥盒裝入您的逃生包中。



若要深入瞭解如何為公共健康緊急事件做好準備，
請造訪 nyc.gov/health 並搜尋「emergency prep」(緊急事件準備)。

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**.