

Emergency Preparedness

STAY INFORMED!

Find the best ways to get disaster information from local authorities:

- Find out how to get local emergency alerts
- Learn about your community's warning signals
- Tune in to reliable news sources and radio stations

Visit: <https://emergency.cdc.gov>

DO YOU HAVE A PLAN?

You never know what may be around the corner, be sure to think about your medications in your emergency planning.

Here are some tips to be prepared:

1. **Make a medication list** – keep a current med list with doses and doctors phone numbers
2. **Carry your prescription card** – keep your health insurance cards with you at all times
3. **Order early** – order refills early so you don't run out
4. **Keep your medications together** – keep your pills in their bottles or use a waterproof pill box to store them
5. **Refrigeration** – have a plan for how to store medication that needs to stay cold
6. **Have a person to contact** – know the number of a friend or family member who can be reached in case of an emergency

"He who fails to plan, is planning to fail."

– Winston Churchill



SAFE DRUG USE

After a natural disaster, it is crucial to inspect all drugs. Drugs exposed to extreme temperatures or flooding may be unsafe to use.

Excessive heat (such as a fire) – if exposed, consider replacing medications

Power outage – drugs that need refrigeration may lose potency when not kept cold for long periods of time

Unsafe water – if pills get wet, they may no longer be safe to use and may need thrown away¹

CONTACT US – 877-388-0507 – 24/7 AVAILABILITY

¹CDC Centers for Disease Control and Prevention : Emergency Preparedness and Response
<https://emergency.cdc.gov/>

Please retain a copy for yourself and mail the original to: Restore Rx, Inc.,
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