

DOSHER MEMORIAL HOSPITAL

The *Heart* of your *Healthcare*

Hurricane Preparedness Medical Considerations

Medical preparedness is important for all of us, and critical for those with special health needs. Here are some things to consider:

1. Make a list of **medical information** that includes the following:

Healthcare providers: Names, contact information, and the reason you see them.

Medications: Name, dosage, prescribing doctor, and medical condition. Keep all medications in their original labeled bottles. Make arrangements for additional medications – a minimum of a 14-day supply. Refill a few days before a storm. Have additional copies of your prescriptions – necessary if you are out of the area for a while and need medicine. Note medications that are in the refrigerator. Have a refrigerated bag or cooler on hand to store them, if necessary.

2. List **specific medical devices** you need, including life support and assistive equipment – glasses, hearing aids, augmentative communication devices, canes, and walkers. Make certain they are labeled and laminated instruction cards are attached. Have extra batteries and chargers.
3. List of **allergies and sensitivities**.
4. List of **communication or cognitive difficulties** you have.
5. Copies of **health insurance cards**.
6. Copies of pertinent **medical reports**.
7. List of emergency **out of town contacts** and phone numbers.

Review and update your medical information and plans on a regular basis.



Courtesy The State Port Pilot