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## **TROPICAL STORM FAY \*\***

### **MEDICATIONS IN DISASTER SITUATIONS**

**PENSACOLA** – In the event of a tropical storm or hurricane, you may need to evacuate your home and regular services may be temporarily limited. To ensure that you are able to continue taking your medications under such circumstances, the Department of Health (DOH) recommends that you **plan now** by taking the following measures:

- Call your doctor now and request a 30-day supply of medication if possible.
- Get a pill organizer and pack enough pills for two weeks – get assistance in this from your caregiver or medical professional in making sure you have packed enough of the medications you will need.
- Make a list of all your medications: how they should be taken, what time, etc. Make copies of the list. Put one copy with the medications; give one to a friend, and keep one with you at all times. Make sure to list any allergies, as well as foods you need to avoid. Your doctor's name and emergency phone number should also be on this list. Your medical professional or caregiver should be able to assist you in this.
- Pack your medications now to have ready to carry with you at a moment's notice.
- If you are taking prescription narcotic pain medications, keep them with you at all times.
- If you are on a special diet or require special supplements, take a two week supply.
- Over the counter items that you should also bring with you: Pain reliever/ Ibuprofen, antacid, laxative/suppository, Imodium, Benadryl, decongestant, antibiotic ointment, lubricating eye drops.
- If you are using respiratory medications with a nebulizer, bring it with you.

For more information, visit the Escambia County Health Department website at [www.EscambiaHealth.com](http://www.EscambiaHealth.com)

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