## Other essential items

**Water and Food.** Calculate one gallon of water per person, per day, for ideally two weeks. You will also need food. Consider food that requires minimal preparation and doesn't require water. You will also need a can opener, and disposable utensils and paper plates. Some medications must be taken with food.

**Cash**. Banks may be closed and/or ATMs not working due to power outages. Have cash in small denominations such as \$1, \$5 and \$10. At minimum, we suggest \$100 with \$500 not too much. Of course, store the money where it's safe.

**Documentation.** Prepare your documentation and put it in a waterproof bag. You will need hard copies as a printer may not be available. Include the name, address and phone numbers of your physicians, list of current medical problems (if any), list of allergies or history of adverse drug reactions, name and phone number of your pharmacy, and current medication list.

**First Aid Kit.** At minimum, have over-the counter medications for pain relief and simple wound treatment. Also add supplies such as bandages, tweezers, gloves, masks and protective eyewear.



## **About MPC Ready**

The MPC Ready organization's mission is to work collaboratively to help build disaster prepared, and climate-change ready, neighborhoods through advocacy, education and training, resources, organization and support.

In a disaster, studies show that our most immediate source of help will be the neighbors living closest to us. Emergency response personnel will be overwhelmed and there won't be nearly enough to go around.

Neighborhood-level disaster preparedness efforts, such as those from MPC Ready, help to meet *major gaps* in community-wide disaster preparedness. These efforts will increase our community's resiliency and hasten recovery following a disaster.

### For More Information

Visit <u>www.mpcready.org</u>. Call 650-380-3028 or email <u>info@mpcready.org</u>.

Daniel P. Aldrich. *Building Resilience:* Social Capital in Post-Disaster Recovery.

Kathleen Tierney. Disasters: A Sociological Approach.

Amanda Ripley. *The Unthinkable: Who Survives When Disaster Strikes – and Why.* 2008.

Oregon Office of Emergency Management: Two Weeks Ready & Central United States Earthquake Consortium: Two Weeks Ready

## Medication Preparedness



Revised 14 April 2022



## Introduction

Preparing for disasters can be done over time. The traditional advice to have three days' worth of supplies is a good start and helpful for short-term power outages or a temporary evacuation. These are emergencies that the local authorities can usually handle.

However, a large earthquake may leave much of our region's transportation routes severely impacted.

Delivery of assistance and supplies may be difficult or impossible initially. People will have to count on each other in the community, workplace and at home in order to be safe until help can arrive. Experts recommend that families, neighborhoods and communities strive to be self-sufficient for two weeks.

Getting prepared includes medication and medical device preparedness!



## **Prepare before disaster strikes**

Preparation includes:

- Vaccinations
- Water & food
- Personal hygiene supplies
- First aid supplies
- Medication storage and ancillary supplies
- Consulting helpful websites and other references

Vaccinations. Be up-to-date with your Tdap (Tetanus, diphtheria, acellular pertussis) and Shingles vaccinations. If you need to leave your home, you may go to a crowded living situation which increases the potential for spread of infectious diseases. Stress can also exacerbate disease or stimulate an outbreak of shingles. Check with your doctor about other vaccines.

**Personal hygiene supplies**. Keep a supply bag ready and stocked with what you will need should you be evacuated.

**Power Needs.** Some medical equipment, needs power. Plan ahead by having extra batteries stored and consider getting one that can be re-charged via solar power.

Medication Storage. Add a measuring device for liquid medications and an insulated pack with cold pack for cold storage. Check with your pharmacist and what you need to safely store your medications, such as insulins. Add anything else you need, such as syringes, needs, alcohol wipes.

Medication list. Your list should include the names of all medications, including vitamins and other health supplements. List the names, strength, dosage, directions for use and the prescriber. Include medications taken on an as needed basis. Also include an extra pair of eye glasses and your eye prescription. Keep the latter current! Also include copies of insurance cards, Medicare, MediCal, Durable Power of Attorney for Healthcare and POLST.

**Extra Supplies of Medications.** If you are forced out of your home during a disaster evacuation, take your medications with you. As soon as you are settled, find a pharmacy to replenish supplies.

The organization Healthcare Ready can help you find open pharmacies and provide aid in other ways. When activated by a public health emergency, RX Open is available online.

Chain pharmacies can also access your prescription profile from any of their locations. Be prepared for a busy signal when you call. An open pharmacy in a disaster area is overwhelmed with requests.

# Date Updated: Pharmacy #: Medication Dosages How often used Wikish Dostor Prescribed! Phone Num Prescribed: Phone Num

Medication List