

# 5 Tips for Prescription Preparedness

*Disasters can prevent you from getting your medications. Follow these tips to make sure you're prepared!*

**1. Keep phone numbers for your doctor and pharmacy in your wallet and Go Bag.**

**2. Make a list of your medications.** Keep a list of your prescriptions, over-the-counter medications and supplements in your wallet and Go Bag. Make sure you include how much and how often you take each medication. You can make a personalized medication wallet card here:

<http://www.rxresponse.org/rx-on-the-run>



**3. Always have enough medication to last for at least seven days.**

If you have less than seven days, contact your pharmacy to get a refill.

**4. Take your medications with you, if you evacuate.** Whenever possible, bring your medications in the original, labeled bottle with your name printed on it. This will help you get refills if you need them.



**5. Make copies of your prescriptions, health insurance cards and prescription cards.** Keep these in your wallet and Go Bag. Keep pictures of prescriptions or prescription bottle labels stored in your phone.

**Learn more about preparing for public health emergencies:**

Visit [nyc.gov/health](http://nyc.gov/health) and click on Emergency Preparedness

**Learn more about preparing a Go Bag:**

Visit [nyc.gov](http://nyc.gov) and search for Go Bag