# **Emergency Medical Preparedness**

This playbook provides guidance on managing medical conditions and ensuring access to necessary medications during emergency situations.

#### Step 1: Plan Ahead

Identify all medical needs such as daily medications, necessary medical supplies, and any medical devices that are essential for health. Create a comprehensive list including dosage, frequency, and any storage requirements.

#### Step 2: Create a Kit

Prepare an emergency medical kit that includes at least a week's supply of medications, copies of prescriptions, a list of medical conditions and allergies, and any pertinent medical information such as an advanced directive or a power of attorney for healthcare.

#### Step 3: Consult Professionals

Talk to healthcare providers about a plan for managing medical conditions during an emergency, especially if treatment requires regular clinic visits or there is a reliance on medical devices that need power.

## Step 4: Emergency Refills

Learn about the laws in your area regarding emergency refills of prescriptions during disasters. Some regions allow pharmacies to issue a 30-day emergency refill of medications without a doctor's confirmation in the event of a declared emergency.

#### **Step 5: Power Considerations**

If you depend on electricity for medical devices, establish a backup power plan. This could include having a generator, extra batteries, or making arrangements to relocate to a location with power if necessary.

## Step 6: Stay Informed

Keep abreast of emergency procedures by regularly checking local news, weather alerts, and instructions from local authorities. Have a list of emergency contacts, including doctors, pharmacies, and local emergency services.

### Step 7: Practice Drills

Regularly run drills to ensure that you and your family know what to do during different types of emergencies, such as power outages, natural disasters, or mandatory evacuations.

#### Step 8: Update Regularly

Revisit and update your plan, medical kit, and emergency contacts regularly, at least annually or whenever there is a change in medical condition, treatment, or medication.

## **General Notes**

#### **Special Needs**

Individuals with special needs or those who require caregiver assistance should tailor their emergency plans to accommodate these factors.

#### **Communication Plan**

Establish a communication plan with family, friends, and caregivers, outlining how to stay in touch or where to meet during an emergency.

#### **Medical ID**

Wear a medical ID bracelet or carry a card that contains important health information, which can assist first responders in case you are unable to communicate your needs.

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