



Charlie Crist  
Governor

Ana Viamonte Ros, M.D., M.P.H.  
State Surgeon General

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Contact: Susan Smith  
(850) 245-4111

## Medications in Disaster Situations

TALLAHASSEE— In the event of a tropical storm or hurricane, you may need to evacuate your home and regular health and medical services may be temporarily limited. To ensure that you are able to continue taking your medications under such circumstances, the Florida 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.
- Keep your prescription medications in the issued labeled containers. This will assist providers if refills are needed. Place bottled and packaged medications in a plastic bag to keep them dry and protect them from extreme temperatures.
- 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 with you.
- 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.

### Sources:

American Pharmacists Association (2008). Disaster supply kit checklist. Retrieved from [www.aphanet.org/](http://www.aphanet.org/)

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