

MEDICATION IN DISASTERS

EMERGENCY PREPAREDNESS TOPIC

Disaster can strike at any time and without warning. By preparing in advance, you can make sure you will have the medications you need and one less thing to worry about in an emergency.

PLAN AHEAD

- Know what types of disasters are most likely to affect your area as this could affect your disaster plan.
- Discuss your medication disaster plan with your doctor.
- Talk to your doctor or pharmacist about the shelf life of medications.
- If you have a child who takes prescription medication on a regular basis, talk to your child's daycare center or school about their plan for dealing with your child's medication needs in an emergency.
- Don't forget about non-medication prescriptions: eye wear, hearing aids, etc. You may have to replace these items during the emergency or before you can return home.

SUPPLY OF MEDICATION

- Some medications can be easily stored, while others are impossible to keep for long periods of time.
- Keep at least 3-7 days' worth of medication.
- Store all medications together so you can grab them quickly and take them with you if you need to evacuate.
- Don't store your medications in areas that are susceptible to extremes in heat, cold, humidity, or chemicals. This could decrease the effectiveness of the medication.
- Rotate these medications whenever you get your prescriptions refilled to make sure they are used before their expiration date.
- Add disability related supplies to your emergency kit. These could include hearing aid batteries, patches for wheelchair tires, or an extra walking cane.
- Store your medication in their original bottles and carry the bottles with you.



LIST OF MEDICAL INFORMATION

- Make a list of your medications, and keep it in your wallet, along with your prescription drug ID card.
- Provide exact names, dosages, and other pertinent information on all medications that you and your family members are currently taking.
- Include physician and pharmacy information along with their contact information.
- If a family member has a communication barrier, make certain that this information is included in your evacuation material.
- Have a list of any allergies of all family members.

DISPOSAL OF MEDICATION

- Dispose of unused medication as soon as possible to avoid accidental ingestion.
- Transfer unused medication to authorized Take-back collectors for disposal.
- Dispose in the trash by mixing medications (do not crush tablets or capsules) with an unpalatable substance such as dirt, kitty litter, or coffee grounds. Place mixture in a sealed bag and put in your household trash. Scratch out personal details on the bottle and throw that out as well.

INFORMATION FORM FOR YOUR USE

NAME:		MALE or FEMALE
BIRTH DATE:	AGE:	RELATION:
HOME PHONE:	CELL:	WORK:
E-MAIL:		
HEALTH CONDITIONS, SPECIAL NEEDS, OR NOTES:		
MEDICATION NAME:		
MEDICATION DOSAGE AND INSTRUCTIONS:		
REASON FOR TAKING:		
DATE STARTED:		
WHERE MEDICINE IS KEPT:		
PHARMACY PRESCRIPTION NUMBER AND REFILLS REMAINING:		
ALLERGIES TO MEDICATIONS:		
OTHER ALLERGIES:		
DOCTOR'S NAME:		
DOCTOR'S PHONE:		
DOCTOR'S ADDRESS:		
PHARMACY NAME AND PHONE NUMBER:		
INSURANCE COMPANY:		
INSURANCE PHONE:		
INSURANCE ADDRESS:		
INSURANCE POLICY AND GROUP ID:		

MORE INFORMATION

[Fau.edu](#) – Creating a Medication Disaster Plan (pdf)

[Lshp.org](#) – Emergency Preparedness and Your Health (pdf)

[FDA.gov](#) – Disposal of Unused Medications: What You Should Know

[Caregiver.com](#) – Medication Management in Disaster Planning

*If electronic copy (with clickable links) is needed, e-mail your request to Michael.Bamberger@oregonstate.edu.
Content provided by Aimee Vrvillo. Publication design and content editing by Lindsey Hollinger.*