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

**Before an Emergency**
- Keep an up-to-date list of medications, including dose and indicated use.
- Know how much medication you have on hand.
- Obtain early refills if you anticipate access to pharmacies will be disrupted.
- Place medication bottles or packages in water-tight containers (such as plastic containers with lids) if there is a possibility of flooding or other water damage.
- Have ice available for medications that need refrigeration.

**Things to Remember**
- 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.
- Do not store your medications in areas that are susceptible to extremes in heat, cold, humidity, or chemicals.
- 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.
- Make and keep a list of your medications.

**After an Emergency**
- The effectiveness of drugs can be destroyed by high temperatures from a fire. If you think your medicines have been exposed to excessive heat, consider replacing them.
- Drugs exposed to flood or unsafe municipal water may become contaminated. This contamination may lead to serious health effects.
- Drugs that have to be reconstituted (made into a liquid using water) should be mixed only with purified or bottled water.
- If electrical power has been off for a long time, the drug should be discarded.

**Disposal of Medication**
- Dispose of unused medication as soon as possible to avoid accidental injection.
- 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.

For more information please visit Ready.gov