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Business and Consumer Services Agency
Department of Consumer Affairs
Gavin Newsom, Governor

Disaster Planning: Be Prepared in Case of Emergency Evacuation

If you are forced to evacuate during a natural disaster or other emergency, you may have little time to pack medications and other essential health care items. It's important to be prepared in case you are forced out of your home for an extended period.

BEFORE evacuation:

- **Pack a "patient care kit" in a waterproof bag**. Important items to pack include:
  - A list of your medical contacts – including your doctor's office and pharmacy.
  - A complete list of your current medications – including drug names, dosages, and allergies. Also include any over-the-counter drugs and supplements you are taking.
  - At least one week's supply of your prescription medications. **NOTE**: Periodically use and replenish this supply so the medications in your kit are always fresh and not expired.
  - Copies of your medication prescriptions.
  - Copies of your medical insurance, Medi-Cal or Medicare cards.
  - Specialized health care items you may use, including:
    - Extra hearing aid batteries.
    - Oxygen supply.
    - Insulin.
    - Catheters.
    - An extra pair of eyeglasses.
    - Wheelchair batteries.
- Go to Healthcare Ready at www.healthcareready.org to fill out and print a personalized wallet card with your prescriptions and important patient information.
- If you take medications that require refrigeration, have a cooler with ice packs available. Also add nonperishable food items if you must take medications with a meal.
- If you receive home health care or routine treatment administered by a clinic or hospital, ask about their emergency plans and whether they have back-up service providers within areas where you might be sheltered during an evacuation.
- Have a small amount of cash or traveler's checks to cover copayments or buy supplies.
- If you receive Social Security or other regular benefits, sign up to receive electronic payments. This will protect you in case mail service is disrupted during a disaster or you must stay out of your home for several days or weeks.
  - Have your benefits deposited directly into a bank or credit union account. You can sign up for direct deposit of federal benefits by phone at (800) 333-1795 or online at https://fiscal.treasury.gov/GoDirect/.
  - If you don't have a bank or credit union account, you can use a Direct Express® prepaid debit card. Sign up by phone at (800) 333-1795 or online at https://www.usdirectexpress.com/index.html.

- Have a basic survival kit packed: water, food, first-aid items, hygiene products, a flashlight and batteries, cell phone with a charger.
- Have copies of important documents in a waterproof container: insurance policies, Social Security numbers, bank and credit card statements, wills, power of attorney documents, family records, etc.

DURING evacuation:

- **Take your medications.** It is important to stay on your medication treatment plan.
- **Take care of your medications.** Make sure your medications are not exposed to water or extreme temperatures.
- **Find a pharmacy**: Go online to Rx Open to find an open pharmacy in areas impacted by disaster: www.healthcareready.org/rxopen. Be aware conditions may change rapidly, so call ahead if possible to verify the pharmacy is open.
- **Uninsured patients**: The Emergency Prescription Assistance Program (EPAP) helps people in a federally-identified disaster area who do not have health insurance get the prescription drugs, vaccinations, medical supplies, and equipment that they need. Find out if you are eligible and register for assistance by calling (855) 793-7470.

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