



## PRESCRIPTION DRUGS and EMERGENCY PREPAREDNESS

### **Stockpiling Prescription Medicines:**

If you require prescription medication, it is imperative that you stockpile as much as you can, and AT LEAST 7 – 10 days worth of medicine and other necessary supplies. The question then arises, “How do I stockpile medicine?” The best answer to this question is that you refill your prescription on the earliest date that it can be refilled. This is going to be less than a thirty day interval. Then, refill it again at the earliest possible date. Continue to do this each and every time you refill your prescription. This way, you will get ahead of the game and get yourself a small stockpile to get you through a disaster and the aftermath until prescriptions can be filled again.

### **Getting Your Prescription Refilled After a Disaster:**

It is very possible that you will be unable to contact your Doctor, or that computer records will be lost, or that your pharmacy is not open after a disaster. The question then is, “How do I get my prescription refilled?”. You can make this task MUCH simpler by simply PHOTOCOPYING your most recent prescriptions before you bring them to your pharmacist. Keep these photocopies with your FEMA EFAK Paperwork, and another copy in your First Aid Kit or with your Grab n’ Go Backpack (which will be covered in the next class). This way, you have written proof of your prescriptions, which will make it much easier for another physician to write you a refill in the event your regular doctor can’t.

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