



# Medication Checklist for Emergency Preparedness

**When emergencies occur, you may not be thinking about your medications. The following checklist will help you stay prepared in times of uncertainty and disaster.**



Keep an up-to-date list of prescription and nonprescription medications. Include why you take the medication, the dose and how often you take it.



Place medications in water-tight containers if there is a possibility of flooding or other water damage.



Stay aware of how much medication you have on hand.



Keep medications protected from extreme hot or cold temperatures.



If possible, order early refills of your medication if you expect access to your usual pharmacy will be interrupted.



Keep a cooler and ice packs ready for medications that require refrigeration, such as insulin.



Check the expiration dates of medications regularly and inspect their appearance before you take them.



If evacuation is a possibility, pack your medication in hand-carried baggage rather than luggage, which could get misplaced.



Keep distilled water and/or water bottles on hand for medications that need reconstitution.



Have the name and contact information for your primary health-care provider and your usual pharmacy written down and kept in a safe place.



**If you do not have access to your medications during an emergency, evacuation or a pharmacy closure, visit any pharmacy near you for support in accessing an emergency supply.**



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# Grab & Go Medication Bag

In addition to basic supplies such as water and non-perishable food, prepare a grab & go bag with your medications and other supplies so you're ready for any emergency.

## Your grab & go bag should include:



Prescription medications  
(e.g., pills, eye drops,  
creams)



Emergency medications  
(e.g., Epipen, asthma  
inhalers)



Nonprescription medications  
(e.g., pain relievers, antacids)



Medical supplies as necessary  
(e.g., glucometer, test strips,  
syringes, extra batteries)



Up-to-date list of  
medications



Personal documents  
(e.g., identification,  
insurance card)



Personal hygiene  
supplies



First aid kit

## My Medications

Medication	Purpose	Dosage	Frequency



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