

Keeping Personal Medical Supplies



Not having personal medical supplies in the event of a disaster can turn you – the first responder – into a victim very quickly, creating a disaster within a disaster. This can be avoided if you have adequate supplies of your essential medications.

- 1** First, do a personal needs assessment. Do you need medication or other medical supplies on a daily basis? In an emergency situation you may not have access to a medical facility or a drugstore. If you are deployed, you'll need to be self-sufficient for at least one week.
- 2** Construct two emergency kits: one to use at home for at least a week, and the other to take with you in case you are deployed. Include in both kits food, water and any life-sustaining items you need. Include with your supplies a copy of any prescriptions with dosage and treatment information. If you are unable to keep a week's supply, keep as much as possible.
- 3** Create a personal support network at work, so that in case you're deployed at least one co-worker knows your medical needs.
- 4** Remember that your disaster planning should include plans for your own health and well-being. Taking these simple steps will insure you are ready to face the unexpected.

For more information, visit our Web site:
www.SouthCentralPartnership.org