

# Preparedness Can Help Make Disasters Less Stressful

Wildfires, hurricanes, blizzards, floods, and other disasters can have a devastating effect on providers and disrupt normal operations, putting health and safety in jeopardy. Even though these events are often unpredictable, preparedness can help protect those in your care before, during, and after a crisis.

Because continuous availability of life-or-death medications is essential, here are steps you can take to ensure a dependable supply, even if an emergency affects the pharmacy's ability to make deliveries as usual:

- 01** Stock a 5 to 14-day supply of medications along with diabetic testing supplies and a few days' supply of PRN medications.
- 02** Secure expanded or extra emergency drug kits (be sure to plan for security safeguards for kits with controlled medications). Be sure to unplug any on-site medication cabinets.
- 03** Maintain a profile of each resident or individual that includes the names of their medications, dosages, and frequencies; if you have an electronic MAR, print out a paper copy.
- 04** Develop a process to collect and transport all medications in case evacuation becomes necessary; include steps to keep temperature-sensitive medications cool.
- 05** Develop a plan for gathering medications to be put in go packs or survival kits.
- 06** Maintain regular medication schedules with medication reminders.

## The Role of Your Pharmacy

For more information, or to start building a disaster plan, talk to your pharmacy about what you can do now to ensure that medications are available if disaster strikes, such as:



**Filling upcoming prescriptions in advance**



**Modifying delivery schedules as needed**



**Securing alternate transportation and delivery routes**



**Identifying backup pharmacy locations**



**Providing the pharmacy with a mobile phone number in case land lines are down**