

BE SURE YOU HAVE THE MEDICINE YOU NEED IN AN EMERGENCY

It's a very good idea to **always carry a small bag with a few days of each of your medications** with you everywhere. You could put it in your purse or backpack or car.

One way to be sure you **always have fresh, unexpired medicine in your Evacuation Go Bag** is to fill two 7-day plastic pill boxes from your pill bottles.

1. Put one in your Go Bag.
2. Use the other one throughout the week, rather than taking pills from the bottles.
3. At the end of the week, refill that weekly box and put it into your Go Bag and take out and use the one that was in there before.
4. You start the new week using the box you just took from the Go Bag.
5. By rotating these this way, you always have a week's worth of pills stashed in your Go Bag, and they will not be expired.

To make sure you have enough medications available, talk with your doctor to

- **Get a two week supply** of your prescriptions, over the counter medicines, and medical supplies.
- At least every three months you should **rotate fresh medicines** in your emergency supplies.
- **Get** a copy of all your drug, vision, and medical supply **prescriptions** from your doctor or pharmacist.

