



January Tip of The Month

Medications, Medical Treatment, and Medical Supplies What you need to know before a disaster

Medical services and supplies may be hard to come by after a disaster. Whether you are a senior, a youngster, or somewhere in between, here are some preparedness tips to make sure you have what you need medically should an earthquake or other disaster occur.

Items Needed for Your Emergency Kit

1. In your First Aid kit, have the basic over the counter medications for headaches, colds, intestinal problems, and infections. If you have kids, it a good idea to have Pediolite®.
2. Keep at least a one week supply of your prescriptions. It is important to keep your supply up to date and rotated so they stay fresh. Your doctor or pharmacist can work with you to make this happen.
3. If you undergo regular medical treatments at a clinic or hospital, talk to them about their plan to keep this service going in the event of a disaster.
4. Remember the simple items like eyeglasses, hearing aids, batteries for your equipment and extra oxygen.
5. Lastly, if you use medical equipment that requires electricity to operate, you will need an alternate source of power or a backup plan to use during a power outage.



For more information visit www.kitsapdem.org



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