



## Public Health Brief

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## September is National Preparedness Month:

### Prescriptions

Many people depend on *daily* medications. [Nearly half of Americans](#) take at least one prescription drug, and one in four Americans take three or more medications. A [pandemic](#) or large-scale natural disaster, such as an earthquake or wildfire, could make it difficult to get prescription and over-the-counter medicines so you and your family may need to rely on a prepared emergency supply.

#### The Basics

- Talk to your doctor or pharmacist about creating an emergency supply of prescription medications.
- An up-to-date list of all prescription medications, including dosage amounts and the names of their generic equivalents, medical supply needs, and known allergies.
- Over-the-counter medications, including pain and fever relievers, diuretics, antihistamines, and antidiarrheal medications stored in labeled, childproof containers.
- A cooler and chemical ice packs for storing and keeping medicines cold in a [power outage](#).

#### Quick Tips

- Keep prescription medications somewhere that is easy to get to, does not experience temperature extremes or humidity, and is [Up and Away](#) from and out of view of children.
- Know the shelf lives and proper storage temperatures for your prescriptions, including [insulin](#).
- Find out if laws in your state permit pharmacists to dispense emergency refills of prescription medications.
- Pet owners: Prepare a two-week supply of any medications, and a one-month supply of flea, [tick](#), and heartworm preventative.



**Public Health**

Prevent. Promote. Protect.

Alpine County Health Department, 75-B Diamond Valley Rd., Markleeville, CA 96120

Alpine County Board of Supervisors, Phone: (530) 694-2281

District 1: Donald M. Jardine, District 2: Ron Hames, District 3: Katherine Rakow,

District 4: Terry Woodrow, District 5: David Griffith

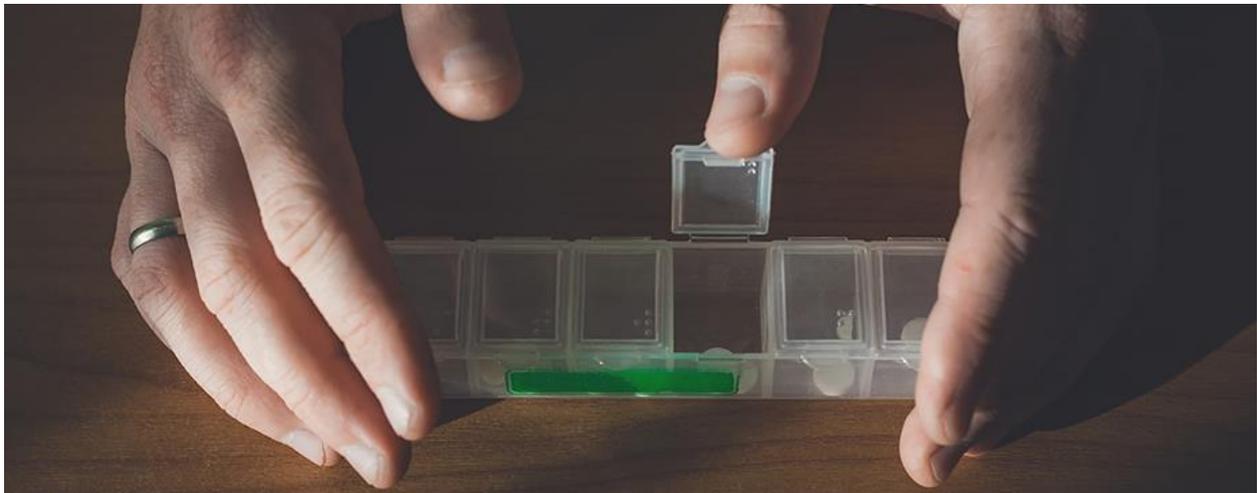
- Stay up to date on your vaccines for infections and illnesses, such as [tetanus](#) and [seasonal flu](#). Keep copies of vaccination records with your important [paperwork](#).

## Resources

- [Public Health Matters: Preparing Your Medicine Cabinet for an Emergency](#)
- [Emergency Preparedness for Vaccine Safety](#)
- [Safe Drug Use After a Natural Disaster](#) (FDA)
- [Information Regarding Insulin Storage and Switching Between Products in an Emergency](#) (FDA)
- [Emergency Preparedness: Keeping Medications Safe](#) (FDA)
- [Natural Disaster Preparedness and Response: Drugs](#) (FDA)

## Emergency Prescription Assistance Program

The [Emergency Prescription Assistance Program](#) (EPAP) helps people who live in a federally-declared disaster area and do not have health insurance. Eligible people can receive a free 30-day supply of their medications for as long as EPAP is active. People can also use the program to receive vaccinations or to replace certain medical supplies or some forms of medical equipment that were lost or damaged because of the emergency or while evacuating.



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