

## Prescription for Readiness

In an emergency or natural disaster first responders may be overwhelmed trying to respond to an event. In some instances you may be unable to reach a hospital or clinic. That's why it's important to keep medical records, supplies and prescriptions easily accessible and to learn simple first aid techniques. Creating a "stay healthy" kit will help you keep up with urgent medical needs. The kit should include:

- A week's supply of medicines in a plastic bag labeled with each family member's name;
- Place special tags on specialized equipment with operating instructions so someone unfamiliar with the item can provide help;
- [First aid supplies](#) such as bandages, aspirin and antiseptic cream; and
- A list of prescription medications, medical conditions and copies of medical insurance.

Use the household health information sheet in FEMA's "[Rx For Readiness](#)" guide to fill in medical information for each family member. Make copies of the sheet to keep in your home, car and workplace.

If a natural disaster disrupts basic services like water, contagious diseases can spread. Simple preventive measures including using alcohol-based hand sanitizer can help you avoid getting or spreading germs.