

## For Your Health

If you need medical assistance during a disaster, paramedics and other professional responders may not be immediately available, and hospitals and clinics may not be accessible. 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 to manage minor medical needs until help arrives. Your kit should include:

- A list of prescription medications, medical conditions, and copies of medical insurance documentation;
- [First aid supplies](#), such as bandages, aspirin, and antiseptic cream; and
- A week's supply of medicines in a plastic bag labeled with each family member's name.

If your [medicine requires refrigeration](#) and the power goes out, [most medicines](#) can be kept in a closed refrigerator for several hours and still be safe to use. Be sure to contact your doctor or pharmacist if you have questions about your medication.

As with other hazards, there are specific steps that you can take before and during an influenza pandemic to protect yourself and your loved ones. For example, simple [preventive measures](#), such as using alcohol-based hand sanitizer, can help protect you from germs and prevent you from spreading them to others.