



## Week Four: Protect your health in an emergency.

Bad weather, stress and unfamiliar surroundings can make a trying situation like evacuation even worse. Don't take chances with your health. Whether you have special medical needs or not, you can prepare now for the possibility of being displaced due to a disaster.



Did you know? In an emergency the state will open special needs shelters for those that need them. Typically, the person with special needs and one family member or friend is allowed to be at the shelter. Check the [Department of Health and Hospitals](#) for more information.

### Tips for Getting Your Health Needs in Order:

- Review your health insurance policy to become familiar with what you should do in the event of an emergency.
  - Identify your network hospital. Find out from your provider what coverage your plan provides when you are displaced and need medical care outside of your area.
  - Identify the pharmacy you are most likely to use and have their contact information on hand.
  - Have the name and phone number of your medical supply company on hand and, if possible, make arrangements with them ahead of time to assure you have adequate supplies.
  - If someone is on dialysis, locate dialysis centers in other parts of Louisiana or nearby states and have your records sent to that center and make arrangements to stay in that area.
- Collect an emergency supply of items like eyeglasses, contact lenses, hearing aid batteries, dentures and any over the counter medicines you may need. Pack a general first aid kit to take with you in case of an evacuation.
- If you have online accounts for your insurance policy and pharmacy, keep a hard copy of your log-in and password information on hand so you can be able to access it from anywhere.
- Keep your prescriptions in their original containers and make sure they are properly stored in case some need refrigeration.
- Keep any important health related documents in a waterproof protector such as copies of prescriptions, unfilled prescriptions, prescription cards, health insurance cards and policy information.
- Have the name and contact information for an emergency contact, next of kin, and any medical provider who is currently treating you, where it could be easily located by others.



If you receive Medicare, the Louisiana Department of Insurance can help you locate your policy. Just call our SHIP office at 1-800-259-5300.

See the Louisiana Department of Insurance's flyer [Hurricane Health Insurance Preparedness](#) and [Medicare Information for Disaster or Emergency Areas](#) to find out more.



Find out if your doctor will give you a written prescription for any important medications you may need to fill away from home such as insulin or heart medications.