

## Emergency Preparedness Tip of the Week

By: Ed Mayer, Shady Cove Emergency Manager

Family preparedness for a disaster or emergency isn't complete without planning for medical and medication needs. In developing your family emergency kit be sure to include both prescription and over the counter medication and medical supplies for every member of your family for at least 3 days. Depending on your insurance or method of payment for medication and health supplies, often it is difficult to obtain additional meds. By setting aside one or two tablets of every prescription each month, you can create a supply of medication for your family emergency kit. Be certain to keep the medication in its prescription bottle and rotate it occasionally as recommended by the manufacturer. Store the medication as suggested by your pharmacist or doctor. Don't overlook other medical needs such as diabetic or incontinent supplies.

Supplemental oxygen should additionally be considered. Check with your doctor or supplier on how to obtain an emergency supply for at least 3 days. The American Red Cross has reported that local oxygen inventories are limited and often are not greater than a few days' supply for our region. In the event of a major disaster where transporting supplies into our region is disrupted, supplies would run out quickly.