

Contact Information



www.co.cowlitz.wa.us/HHS



(360) 414-5599



1952 9th Ave.
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Mon-Thurs, 7:30am to 5:00pm
(closed Friday)



Cowlitz County Health & Human Services

Healthy People, Healthy Communities

Additional Questions?

Cowlitz County Health & Human Services

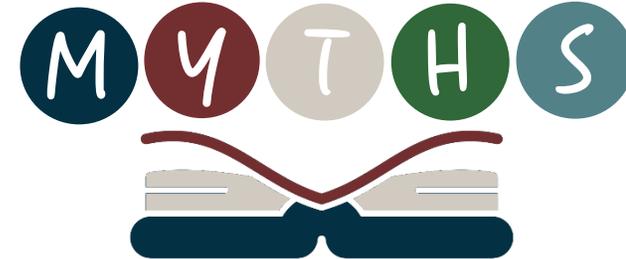
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*Healthy People.
Healthy Communities.*

Cowlitz County

Disaster Medication Preparedness



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Medication Preparedness Myths



1 Strategic National Stockpile has a back pile for all medications. **FALSE!**

Not all medications are in the National Stockpile (SNS). It mainly contains medications for bioterrorism incidents and does not keep a supply for chronic medical conditions. **Patients should be prepared to help themselves.**

The stockpile includes 12-Hour Push Packages (less than 5% of SNS inventory), broad-spectrum oral and intravenous antibiotics, other emergency medicines, IV fluids and administration kits, airway equipment (ET tubes, stylettes, oropharyngeal airways, ambu-bags, CO2 detectors), bandages, antibiotics, vaccines, antitoxins, and ventilators.

2 Always refrigerate insulin. **FALSE!**

- **Consult your healthcare provider or pharmacist:** Storage methods and lifespan can vary by insulin type.
- **Avoid extreme temperatures:** Do not use insulin exposed to heat or freezing, e.g., left in a hot car.
- **Mark the opening date:** Use a Sharpie to note the date when you first open a vial. Discard it after 10-28 days (check with your provider or pharmacist for specifics).
- **Refrigerate unopened vials:** Keep at 39°F (4°C).
- **Store opened vials at room temperature:** Maintain 68-72°F (20-22°C).

3 Pharmacies reopen immediately after disasters. **FALSE!**

During emergencies or natural disasters, pharmacies may be closed due to power outages, damage, or staffing issues. To prepare for unexpected closures, keep an “emergency supply” of medications.

Start by filling your current prescriptions five days early and storing the extras separately.

Maintain your emergency supply at the proper temperature and include a printed list of your medications from your healthcare provider.



4 You must have a paper prescription or call a doctor to get a refill during an active declared emergency. **FALSE!**

When the governor issues an emergency proclamation disrupting access to medications, **pharmacies can provide emergency supplies.** They may dispense up to a **30-day supply for non-controlled medications** or a **7-day supply for controlled substances** (*Schedules III, IV, V*). This is based on a valid prescription container with refills, confirmation from medical or pharmacy records, or the pharmacist's judgment. If prescriptions are expired or without refills, a one-time emergency refill of the last quantity or up to a 30-day supply of maintenance medication may be given. If no prescription is available, pharmacists can use their judgment based on a provider-reconciled medication list.

KEY TAKE AWAY NOTES

- ✓ Keep an updated medication list from your pharmacist or healthcare provider for easy prescription replacement.
- ✓ Prepare an emergency supply of medications for your “go” bag.
- ✓ Discuss syncing medication pick-ups or deliveries with your pharmacist.
- ✓ Store medications in water-tight containers to protect against flooding and water damage. Discard if contaminated.
- ✓ Use ice packs and a small cooler to keep refrigerated medications if the electricity goes out.