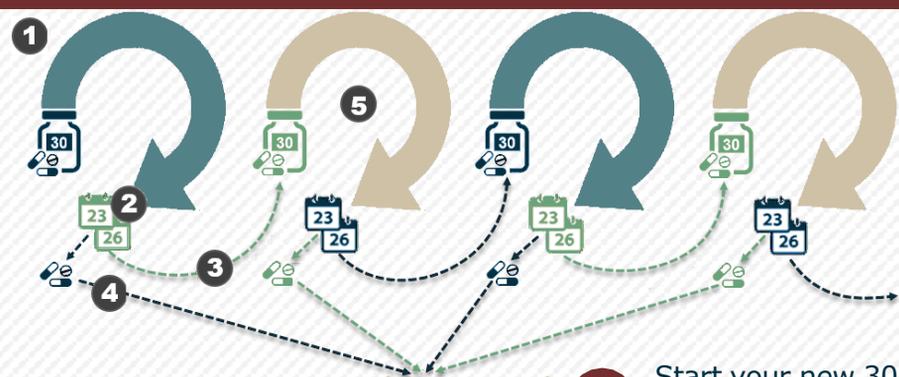




MEDICATIONS

Do you or your loved ones take daily medications? What happens after a disaster when pharmacies are unable to open, and supply chains are disrupted? Be sure your preparedness supplies include at least 7-10 days of all daily medications.

Are you curious how to go about getting extra prescription medications for your household preparedness kit? Follow these five safe (and legal) steps:



- 1 Start your normal 30 day prescriptions as usual.
- 2 Refill 30 day prescriptions at the earliest possible date allowed by your pharmacy and insurance plan (typically 23rd day for most medications and 26th day for controlled substances).
- 3 Start your new 30 day prescriptions as soon as you receive the medications.
- 4 Place the remaining pills from the previous 30 day prescription in your disaster preparedness first aid kit.
- 5 Repeat.

 **SET YOUR CLOCKS**

CHECK YOUR STOCKS 

Don't forget that just like food and water, both over-the-counter and prescription medications expire too. **Be sure to rotate all your medications every six months.**



Contact

askcowlitzhealth@CowlitzWa.gov

PHONE: (360) 414-5599
FAX: (360) 425-7531

 1952 9th Ave.
Longview, WA