



STATE OF MARYLAND

DHMH

Maryland Department of Health and Mental Hygiene

201 W. Preston Street • Baltimore, Maryland 21201

Martin O'Malley, Governor – Anthony G. Brown, Lt. Governor – Joshua M. Sharfstein, M.D., Secretary

*** * * Fact Sheet * * ***

Medication Planning

The Maryland Department of Health and Mental Hygiene (DHMH), offers this health reminder notice. As Hurricane Sandy approaches, remember that you may need to evacuate your home and regular pharmacy services may be temporarily limited. To ensure that you are able to continue taking your medications under such circumstances, the Department recommends that you plan now by taking the following actions:

- Make sure you have a supply of your prescription medications.
- Make a list of all your medications: how they should be taken, what time, etc. Make copies of the list. Put one copy with the medications; give one to a friend, and keep one with you at all times. Make sure to list any allergies, as well as foods you need to avoid. Your doctor's name and emergency phone number should also be on this list.
- If you use over the counter items like pain reliever/ Ibuprofen, antacid, laxative/suppositories, Imodium, Benadryl, decongestant, antibiotic ointment, lubricating eye drops, be sure you have those items on hand.
- If you are on a special diet or require special supplements, gather those items together.
- Pack your medications now to have ready to take with you at a moment's notice.
- If you are using respiratory medications with a nebulizer, bring it with you.

For more preparedness tips, visit the DHMH's Storm website at: www.dhmh.maryland.gov.

###

Toll Free 1-877-4MD-DHMH – TTY/Maryland Relay Service 1-800-735-2258

Web Site: www.dhmh.maryland.gov