

**Mission:**

To protect, promote & improve the health of all people in Florida through integrated state, county & community efforts.



**Rick Scott**  
Governor

**John H. Armstrong, MD, FACS**  
State Surgeon General & Secretary

**Vision:** To be the **Healthiest State** in the Nation

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## Include medications in disaster preparations

In the event of a flood, you may need to evacuate your home and access to regular health and medical services may be temporarily limited. To ensure that you are able to continue taking your medications under such circumstances, the Florida Department of Health in Sarasota County recommends that you be prepared and plan now by taking the following measures:

- Call your doctor now and request a 30-day supply of the medication you are taking, if possible.
- Keep your prescription medications in the issued labeled containers. This will assist providers if refills are needed. Place bottled and packaged medications in a plastic bag to keep them dry and protect them from extreme temperatures.
- Make a list of all your medications: how they should be taken, what time, etc. 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. Your medical professional or caregiver should be able to assist you in this. Make copies of the list. Put one copy with your medications; give one to a friend, and keep one with you at all times.
- Pack your medications now to have ready to carry with you at a moment's notice.
- If you are taking prescription narcotic pain medications, keep them with you at all times.
- If you are on a special diet, or require special supplements, have a two week supply on hand to take to the place where you will be sheltering.
- Bring over the counter items that you may also need including: Pain reliever/ Ibuprofen, antacid, laxative/suppository, Imodium, Benadryl, decongestant, antibiotic ointment, lubricating eye drops.
- If you are using respiratory medications with a nebulizer, bring it with you.

For more information, please call the Florida Department of Health in Sarasota County at 941-861-2900. Websites for additional information:

- [www.FloridaDisaster.org](http://www.FloridaDisaster.org)
- <http://www.bt.cdc.gov/disasters/hurricanes/>

To sign up for the CodeRed Emergency Notification System that is available to property owners and occupants in Sarasota County, please call the Sarasota County Call Center, 941-861-5000 or visit [www.scgov.net](http://www.scgov.net). To follow the Emergency Operations Center (EOC) alerts on Twitter, go to <http://twitter.com/scgoveoc>.