

MEDICAL,

Medication, Oxygen & Power Needs

Adult planning page for health needs during outages or evacuation

Ask doctors, pharmacists, and equipment suppliers about backup plans before hurricane season. This page is for planning, not medical advice.



Doctors & Pharmacy Doctor/pediatrician: _____ Specialist: _____ Pharmacy: _____ Backup pharmacy: _____ Insurance nurse line: _____	Medication Plan Medication list stored: _____ Refill date: _____ Refrigerated medicine: _____ Cooler/cold packs location: _____ Copy of prescriptions: _____
Oxygen & Medical Equipment Oxygen supplier: _____ Equipment supplier: _____ Backup battery location: _____ Charging plan: _____ Power company medical contact: _____	Evacuation & Registry Special needs registry: ☐ yes ☐ no ☐ N/A Power-access destination: _____ Medical transport plan: _____ Caregiver/contact: _____ Instructions printed: _____



SAFETY FIRST!

If a medical device, oxygen, or refrigerated medication depends on power, make a backup plan before a storm is on the way.

Ask a doctor, pharmacist, or equipment provider about medical backup plans.

Medication Plan

What we need to have ready before a storm.

Medication / Item	Dose or Instructions	Refill / Location
Pharmacy		
Doctor/prescriber		
Allergies		
Medication list stored		
Copies of prescriptions stored		



PARENT/GUARDIAN TIP:

Ask your doctor or pharmacist how early you can refill important prescriptions before hurricane season.

Ask a doctor, pharmacist, or medical professional about medication backup plans.

Chilled Medication Plan

For medicine that needs to stay cool.

Some medication may need a specific temperature range. Plan this before power is out or evacuation is rushed.

Medication requiring refrigeration	
Required storage instructions	
Cooler location	
Cold packs / ice source	
Backup pharmacy	
Doctor/pharmacist instructions	
Evacuation location with cooling option	
Plan if power is out too long	



SAFETY FIRST!

Do not guess about medication safety after a power outage. Ask a doctor, pharmacist, or medical professional what to do.

Ask a doctor, pharmacist, or equipment provider about medical backup plans.

Oxygen & Power-Dependent Medical Equipment

Adult/medical planning page.

This page is for families who use oxygen, powered medical equipment, mobility devices, refrigerated medicine, or other supports that may be affected by outages or evacuation.

Medical equipment	
Equipment supplier	
Supplier emergency phone	
Oxygen supplier	
Backup battery location	
How long backup power lasts	
Power company medical needs contact	
Special needs registry completed?	
Evacuation location with reliable power	



PRO TIP:

Call equipment suppliers, doctors, and local emergency management before hurricane season to ask what backup options are available.

Ask a doctor, equipment supplier, or local emergency management office about medical backup planning.

Medication List

Write it down before you need it.

Medication	Dose	Time	Prescriber / Pharmacy	Refill needed?
				☐
				☐
				☐
				☐
				☐
				☐
Item			Information	
Pharmacy name/phone				
Backup pharmacy				
Medication list location				
Insurance card location				
Allergies				
Who manages medication during evacuation				



SMALL WIN:

Take a photo of medication bottles and keep a printed list in the waterproof document bag.

Ask your doctor or pharmacist how to prepare prescription refills before a storm.

Chilled Medication Cooler Plan

Some medicine needs a temperature plan before the power goes out.

If anyone in your family uses refrigerated medication, talk to a doctor, pharmacist, or equipment supplier before hurricane season. Do not guess about whether a medicine is safe after it gets warm or frozen.

Need	Our Plan
Medication requiring refrigeration	
Safe temperature instructions	
Cooler location	
Cold packs location	
Backup power option	
Evacuation location with refrigeration	
Pharmacy/doctor to call	
What to do if medicine gets too warm	



SAFETY FIRST!

Do not freeze medications unless a doctor or pharmacist tells you to. When in doubt, ask a medical professional before using medication affected by heat.

Talk to a medical provider about refrigerated medicines and power outage plans.

Power Outage Plan

Think through light, food, medicine, devices, and heat before the lights go out.

Need	Our Plan
Flashlights/lanterns location	
Battery/radio location	
Power banks location	
Medical device backup power	
Refrigerated medication plan	
Food safety plan	
Cooling plan if the house gets hot	
Charging location outside home if needed	



PRO TIP:

Keep shoes, a flashlight, and a phone near your bed during a storm. If the power goes out at night, you do not want to walk through the house barefoot in the dark.

Stay away from downed power lines and report outages through official utility channels.

Fridge & Freezer Safety

Keep doors closed and know when food may be unsafe.

During a power outage, cold air escapes every time a refrigerator or freezer door opens. Use this page to plan what to eat first and when to throw food out.

If power is out...	What to remember
Refrigerator	Keeps food cold for about 4 hours if unopened.
Full freezer	Can hold safe temperature for about 48 hours if unopened.
Half-full freezer	Can hold safe temperature for about 24 hours if unopened.
When unsure	When in doubt, throw it out.
Before the Storm	During/After Outage
☐ Freeze water bottles	☐ Keep doors closed
☐ Group freezer items together	☐ Use fridge food first
☐ Set fridge/freezer colder if safe	☐ Check temperatures if possible
☐ Have cooler and ice plan	☐ Discard unsafe perishables



SAFETY FIRST!

Do not taste food to see if it is safe. If you are not sure, throw it out.

Follow official food safety guidance after power outages and flooding.

Cooler & Ice Plan

Use coolers for food and chilled medication planning.

During a power outage, cold air escapes every time a refrigerator or freezer door opens. A cooler can help protect selected food or medication for a limited time when power is out. Decide what must stay cold, where ice or cold packs will come from, and how food and medicine will remain separated and labeled. Use this page to plan what to eat first and when to throw food out.

Item	Our Plan
Cooler location	
Ice/cold pack location	
Who fills cooler	
Food to move first	
Medication needing cooling	
Where to buy ice if available	
Backup place with refrigeration	
Thermometer location	



PRO TIP:

Frozen water bottles can help keep a freezer or cooler cold and later become drinking water when they melt, if the water was stored safely.

Keep food, medicine, and pet items separated and labeled when possible.