

Health Bulletin

NEW YORK CITY DEPARTMENT OF HEALTH AND MENTAL HYGIENE

#100 in a series of Health Bulletins on issues of pressing interest to all New Yorkers

Stay Healthy in Emergencies: Plan Ahead



Have you thought about your health needs in an emergency?

Prepare in advance: Make a health plan, and connect with your neighbors.



Make a family emergency plan.

- Choose two meeting locations for your family to go to during an emergency: one near your home and the other farther away, in case your neighborhood is affected.
- Keep a list of prescriptions, phone numbers for your doctor and pharmacy, and copies of health insurance cards in a Go Bag that you can take with you.
- Stock enough supplies (like medicine, bottled water and food that will not go bad) to last a week.
- If you or a family member has special medical needs, talk to your healthcare provider about what daily medical supplies you will need in an emergency and how to get them.



Connect with your neighbors.

- Get to know your neighbors, and exchange contact information. The person who may be most helpful in an emergency might live next door or run a local business.
- Talk with your neighbors about:
 - Plans to help each other out.
 - Back-up places to get your medications or medical supplies, in case your regular pharmacies or stores are closed.
 - Ideas from those who have lived in the community for a long time and have experienced other emergencies.

Talk to your family about an emergency plan, including meeting locations and special medical needs.

**DIAL
311**

For copies of any Health Bulletin

For all Health Bulletins, visit nyc.gov and search for **Health Bulletins**.

For a free email subscription, visit nyc.gov/health/email.



Important phone numbers:

Health insurance company:

Policy number:

Doctor's name and phone number:

Pharmacy name and phone number:

Durable medical equipment (oxygen, walkers, etc.):

Prescription medicine (including name, dosage and how often it is taken):

Take pictures of your medication bottles to store in your Go Bag. Don't have a camera? Store your empty bottles instead.

Keep key medical documents in water-proof containers.

Post important health information and phone numbers on your fridge as a reminder to your family.



Stay safe and look out for others during an emergency.

- Stick to your emergency plan.
- If it is safe to do so, check on people who may be alone, especially the elderly and those with medical conditions.
- Get information from a credible source (like nyc.gov or 311).
- Use a battery powered radio to listen to news reports if power or cellular service is down.

It is normal to feel scared or overwhelmed because of an emergency. If you or someone you know needs help, call LifeNet (800-543-3638), a free 24-hour, seven-days-a-week confidential hotline.

Health Needs: Emergency Checklist

Tear off this page, and post it on the fridge.

Meeting place near home:

Meeting place away from home:

Important phone numbers:

Health insurance company:

Policy number:

Doctor's name and phone number:

Pharmacy name and phone number:

Durable medical equipment (oxygen, walkers, etc.):

Prescription medicine (including name, dosage and how often it is taken):

More Information

New York City Department of Health and Mental Hygiene: nyc.gov/health

New York City Office of Emergency Management: nyc.gov/oem



City of New York: [@nycgov](https://twitter.com/nycgov)

NYC DOHMH: [@nychealthy](https://twitter.com/nychealthy)

NYC OEM: [@nycoem](https://twitter.com/nycoem)

NotifyNYC (for alerts): [@notifynyc](https://twitter.com/notifynyc)



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**Stay Healthy in Emergencies:
Plan Ahead**



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