

Medical supplies and information to have on hand:

- Daily prescriptions recently refilled and on hand – *especially corticosteroid medications.*
- Medication List with strength and dosing of all prescription drugs
- Insurance Card
- An extra supply of steroids for daily use and stress-dosing
- Emergency Card handy with instructions in case of Adrenal Crisis
- Solu-Cortef injection kit ready and in a safe and waterproof location for ease of use (vials, syringes, needles)
- Check with pharmacy – do they have up-to-date correct insurance ID information and prescription information on file?
- Wear medical ID and/or have a current subscription to MedicAlert with instructions for emergency treatment.
- Discuss stress dosing during natural disasters with your doctor. Additional pressure, anxiety and overall stress to our bodies, can require a higher dose of steroids to compensate.

General Survival Kit for Emergencies (provided by FEMA):

Basic items needed for survival – food, water, clean air and any life sustaining items to maintain your health, safety and independence. It is recommended to create two kits – one kit with everything you will need at home, a second kit to take with you if you must leave your home.

FEMA recommends these basic emergency supplies include the following:

- Water, one gallon of water per person per day for at least three days, for drinking and sanitation
- Food, at least a three-day supply of non-perishable food and a can opener if kit contains canned food
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both
- Battery-powered or hand crank cell phone charger w Flashlight and extra batteries
- First aid kit
- Whistle to signal for help
- Dust mask to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place
- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Wrench or pliers to turn off utilities w Local maps
- Pet food, extra water and supplies for your pet

Please visit [ready.gov](https://www.ready.gov) for more information on how you can prepare.



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