Disaster Preparedness Guidelines for Patients with Adrenal Insufficiency

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.

For more information:
Emergency Alert NADF Emergency Alert Link
Stress dosing NADF Stress Dosing Link

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 for more information on how you can prepare.

The National Adrenal Diseases Foundation
P.O. Box 95149, Newton, MA 02495
(847) 726-9010
www.nadf.us • NADFmail@nadf.us

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