

**Emergency Preparedness**



Being prepared for hurricane season includes having a plan for your medical needs and medications.

**Step 1: Get ready.**

- **Have a plan.** In Orleans Parish, the City-Assisted Evacuation Plan (CAEP) helps people who have no means of evacuating on their own. Register online at [nola.gov/ready/evacuspots/](http://nola.gov/ready/evacuspots/).  
**Call 311 if you are unable to register online.** If you have medical or mobility needs and cannot get to your closest evacuspot, you must also sign up for the Special Needs Registry online or by calling 311.
- **Sign up for alerts** from NOLA Ready alerts at [www.nola.gov/ready/alert/](http://www.nola.gov/ready/alert/).
- **Keep your prescriptions up-to-date.** Refill your prescriptions before the storm. Do not wait until the last minute. At all times, keep enough medication on hand to last you at least 14 days.
- **Ask your doctor to give you a copy** of helpful medical information—and keep it with you.
- **Consider signing up for a free MyChart account for easy online access.** MyChart allows you to view your upcoming appointments, request appointments, and request prescription renewals. Ask a nurse for your MyChart activation code to get you started. The code will print out on your “After Visit Summary” sheet.

**For emergencies, call 911.  
For non-emergency information  
and referrals in LOUISIANA, call 211.**

Hospitals and Clinics (alphabetical order by city)	Clinic Phone#	Pharmacy Phone#
<b>Alexandria</b> Tulane University Medical Clinic	318-484-4801	PH: 225-924-1930 FX: 225-924-3217
<b>Baton Rouge</b> Our Lady of the Lake EIC	225-987-9166	PH: 225-987-9111 FX: 225-987-9104
<b>Bogalusa</b> Our Lady of the Angels ID Clinic	985-730-6970	PH: 985-730-7219 FX: 985-730-7220
<b>Houma</b> Chabert Medical/Ochsner	985-873-1880 or 985-873-1234	PH: 985-873-2148 FX: 985-873-5192
<b>Independence</b> Lallie Kemp Medical Center	985-878-1681	PH: 985-878-1317 FX: 985-878-1548
<b>Lafayette</b> UMC/Lafayette General Medical	337-261-6480	PH: 337-261-6238 FX: 337-261-6237
<b>Lake Charles</b> Moss Center Urgent Care	337-480-8185	PH: 337-475-8275 FX: 337-475-8477
<b>Monroe</b> E.A. Conway Medical Center	318-330-7820	PH: 318-330-7819 FX: 318-330-7760
<b>New Orleans</b> University Medical Center ID Center/HOP	504-702-5700	UMC: 504-758-3718 Clinic FX: 702-3240
<b>Shreveport</b> LSU Medical Center/University	318-862-9977	PH: 318-813-1814 FX: 318-813-1810

**Listen to local radio before, during, and after evacuation for current updates.**

City	AM Radio	FM Radio
New Orleans	WWL 870	WLMG 101.9
Alexandria	KZMZ 580	KZMZ 96.9
Baton Rouge	WJBO 1150	WFMF 102.5
Lafayette	KVOL 1330	KTDY 99.9
Lake Charles	KLCL 1470	KNGT 99.5
Monroe	KNOX 540	KNOX 101.9
Shreveport	KWKH 1130	KRUF 94.5

Estimated evacuation drive times from New Orleans to:
Alexandria, LA— 16 hours
Baton Rouge—8 hours
Lafayette, LA—8 hours
Lake Charles, LA—16 hours
Shreveport, LA—20 hours
Hattiesburg, MS— 8 hours
Jackson, MS— 24 hours
Meridian, MS— 16 hours

New Orleans Metro News	Website
New Orleans Times-Picayune	nola.com
City of New Orleans	nola.gov
WVUE TV (FOX Channel 8)	fox8live.com
WWL TV (CBS Channel 4)	wwltv.com

**LSU Patient Relations: (877) 578-8255**



## Step 2: Evacuate when instructed and take:

- All of your medicines and supplements in their *original bottles*, with a back-up list of medications and dosages.
- Helpful medical information— your condition, diagnoses and allergies.
- Your clinic’s name, your doctor’s name and phone number.
- Your most recent hospital card, LDAP medication card (formerly called ADAP), insurance cards, etc.
- Picture identification, Social Security card, insurance policies, birth certificates & other important legal papers.
- Medical equipment & supplies (dentures, glucometers & strips, nebulizers, crutches, prostheses, etc.)
- First aid kit, battery powered radio, flashlight, extra batteries, cell phone and charger.
- Clothes, sleeping supplies, maps, and personal hygiene items.
- A three-day supply of water, non-perishable food and cash. Plan for your pet’s needs, too. 🌸🌸

## Step 3: Medication, medication, medication – bring all of your medications with you.

It’s a good idea to have enough to last 14 days or more. Do **NOT** skip dosages to stretch them out. Get refills as soon as possible.

- IF* you run out of one of your HIV medications stop them all until you get refills. But, keep taking your other medications to lower your blood pressure or cholesterol, to control your diabetes, or to treat your eye or lung infections.
- Ask your doctor, nurse, or pharmacist if you have questions about which medications you are taking for different conditions.
- If you are on LDAP, call (504) 568-7474 or the LA Statewide AIDS/STD Info Line at 800-992-4379 for assistance. You may be able to fill your prescriptions in your evacuation city.

## LOCAL PHARMACIES

PHARMACY	PHONE	FAX	WEBSITE
Avita New Orleans	(504) 822-8013	(504) 822-8141	avitapharmacy.com
Avita Baton Rouge	(888) 792-8482	(877) 284-8232	avitapharmacy.com
Mumfrey’s Chalmette	(504) 279-6312	(504) 279-6314	mumfreyspharmacy.com
Walgreens UMC New Orleans	(504) 758-3718	(504) 758-3720	umcno.org/walgreenspharmacy

## LOUISIANA HIV/AIDS SERVICE ORGANIZATIONS

CITY	AGENCY (* case management available)	PHONE #
Alexandria	Central LA AIDS Support Services*	318-442-1010
Baton Rouge	Family Services of Greater Baton Rouge*	225-927-9810
Baton Rouge	Volunteers of America	225-387-0061
Baton Rouge	HAART *	225-927-1269
Hammond	Southeast Louisiana AHEC	985-345-1119
Houma	Exchange Support Services*	985-223-4017
Lafayette	Acadiana Cares*	337-233-2437
Lake Charles	Southwest Louisiana AIDS Council	337-439-5861
Mandeville	Volunteers of America	985-674-0488
Monroe	GO CARE *	318-325-1092
New Orleans	New Orleans Regional AIDS Planning Council	504-821-7334
New Orleans	FACES* (of NO/AIDS Task Force)	504-821-4611
New Orleans	Crescent Care—NO/AIDS Task Force*	504-821-2601
New Orleans	Orleans Family Practice* NO East	504-208-8467
New Orleans	Priority Health Care (Marrero, Westbank)	504-309-6057
Shreveport	The Philadelphia Center*	318-222-6633

## OTHER STATES: HIV/AIDS SERVICE ORGANIZATIONS

STATE	CITY	AGENCY	PHONE #
Alabama	Birmingham	AIDS Alabama	205-324-9822
Alabama	Mobile	AIDS Alabama	251-471-5277
Arkansas	Little Rock	Arkansas AIDS Foundation	501-376-6299
Florida	Jacksonville	NE Florida AIDS Network	904-356-1612
Georgia	Atlanta	AID Atlanta	404-870-7700
Mississippi	Biloxi	South MS AIDS Task Force	228-385-1214
Mississippi	Hattiesburg	AIDS Services Coalition	601-450-4286
Mississippi	Jackson	MS Dept. of Health	601-576-7723
Tennessee	Memphis	Friends for Life Corp	901-272-0855
Texas	Austin	AIDS Services of Austin	512-458-2437
Texas	Dallas	AIDS Resource Center	214-528-0144
Texas	Houston	Montrose Counseling	713-529-0037
Texas	Houston	Thomas Street Health	713-873-4000
Texas	San Antonio	San Antonio AIDS Found.	210-225-4715