Prepare for hurricane season by planning for your medical needs and medications.

**Step 1: Get ready. Have a plan.**

Register for assisted evacuation if you have no way of evacuating on your own.

- **In Orleans Parish**, register online with the City-Assisted Evacuation Plan (CAEP) at [ready.nola.gov/plan/hurricane/#cae](http://ready.nola.gov/plan/hurricane/#cae)
  - **Call 311 if you are unable to register online.** If you have medical or mobility needs and cannot get to your closest Evacspot, you must also sign up for the Special Needs Registry online or by calling 311
- **Sign up for NOLA Ready alerts** at [ready.nola.gov/stay-connected/emergency-alerts/](http://ready.nola.gov/stay-connected/emergency-alerts/)

- **In Jefferson Parish**, register online at [jeffparish.net](http://jeffparish.net) or call 504.349.5360
  - Sign up for JP Alerts online or by phone

- **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.
- **Sign up for a free LCMC Health Patient Portal account online.** The LCMC Health Patient Portal lets you to view your upcoming appointments. You can also request prescription renewals. Ask a nurse for your 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.
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, and other important legal papers
• Medical equipment and supplies (dentures, glucometers and 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

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 all HIV medications** until you get refills. But, take your other medications which lower your blood pressure or cholesterol, control your diabetes, or 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