

# Personal Medications

## Why You Should Always Carry Your Medications in Emergencies

Emergencies such as natural disasters, travel disruptions, or unexpected evacuations can occur with little or no warning. In such situations, access to pharmacies and healthcare facilities may be limited or entirely unavailable.

To stay safe and healthy, it's recommended that you carry a **personal supply of all essential medications you take regularly**. Ideally, keep enough for at least **3 to 7 days**, especially if you rely on daily prescriptions such as:

- **Blood pressure or heart medications**
- **Insulin or other diabetes treatments**
- **Asthma inhalers or breathing treatments**
- **Seizure, thyroid, or mental health medications**
- **Any medication prescribed for chronic or life-threatening conditions**

If you have known allergies, it's especially important to carry specific emergency medications like:

- **Antihistamines** – for mild to moderate allergic reactions
- **Epinephrine auto-injectors (EpiPens)** – for severe allergic reactions (anaphylaxis)

Also consider carrying a small, clearly labeled medication kit with a **list of your prescriptions, dosages, and medical conditions**. This can help first responders assist you if you're unable to communicate.

**Being prepared not only protects your health, but also gives peace of mind to you and those around you in case of unexpected events.**