

Disaster can strike at any time and without warning. By preparing in advance, you can help make sure you'll have the medications you need and one less thing to worry about in an emergency.

Some Simple Tips

- Don't wait until you're almost out of medication to order more. Be sure to keep an adequate supply on hand. If a disaster forces you to leave your home, you'll need to take at least three days' worth of medication and supplies with you, and more if local authorities advise.
- Keep all your medications together so you can grab them quickly and take them with you if you need to evacuate.
- Make a list of your medications, and keep it in your wallet, along with your prescription drug ID card. This brochure includes a handy medication information card that you can use to record such information and other important facts that you may need to get your medication.
- Consider discussing your medication disaster plan with your doctor, especially if the medication you take has special shipping requirements or requires electronic equipment (such as a nebulizer) for administration.
- If you have a child who takes prescription medication on a regular basis, it's a good idea to speak with your child's daycare center or school about their plan for dealing with your child's medication and medication needs in an emergency.

Additional Information

For more information, visit the following websites:

American Red Cross
www.redcross.org

Florida Division of Emergency Management
www.floridadisaster.org

Federal Emergency Management Agency
www.fema.gov

My doctor
Name: _____

Telephone number: _____

My participating retail pharmacy
Name: _____

Telephone number: _____

My local post office
Address: _____

Telephone number: _____

TFP Wellness Systems
813-871-5161 or Toll-Free 1-866-871-5670



Creating a Medication Disaster Plan



Simple Tips for Planning Ahead

How TFP Can Help

If you find yourself without your prescription medications during a disaster, we can help get them to you as soon as possible.

Call us *right away* at 813-871-5161 or toll-free at 1-866-871-5670.

Delivery

During an emergency situation, including natural disasters, be sure to keep us informed of any changes in your location so that we may arrange for the delivery of your medications to an alternate address. Please remember to plan ahead, as these situations can make for delayed delivery times.

In the event of a missed treatment or delivery due to an emergency, the patient or caregiver should immediately contact our pharmacy to report the missed service and receive further instructions. A pharmacy team member will assess the situation, provide guidance to ensure patient safety, and arrange for rescheduled treatment or expedited delivery as soon as conditions allow. If the patient experiences urgent or life-threatening symptoms related to the missed treatment, they should call 911 or seek emergency medical care immediately.

Pick-up

Your medications may also be made available for pick-up at our retail location. During an emergency or natural disaster, if delivery is not available and you are not able to pick up your medications, we can always transfer your prescription(s) to a pharmacy nearest to you for your convenience.

Medication Information Card

Fill out the card below and keep it with your prescription drug ID card. That way, you'll have the information you need to get your medications during an emergency.

If other members of your household take medications on a regular basis, make copies of the card to use for their information, too.

Planning ahead for your medications means one less thing to worry about in an emergency.

TFP Wellness Systems
12470 Telecom Dr. Suite 110W
Tampa, Florida 33637
Phone: 813-871-5161
Toll Free: 1-866-871-5670



Medication I Take

List the drug name, strength (for example, 500 mg), dosage form (tablet, capsule or liquid) and directions for use for each medication you take.

Drug name: _____ Strength: _____

Dosage form: _____ Directions: _____

Drug name: _____ Strength: _____

Dosage form: _____ Directions: _____

Drug name: _____ Strength: _____

Dosage form: _____ Directions: _____

Special Considerations

By developing an emergency plan, you'll be one step ahead in a disaster situation. Here are a few other things you can prepare for ahead of time:

When medication requires refrigeration

Keep a cooler on hand that you can fill with ice so you can keep your medication at the proper temperature if you need to be away from your home.

When medication requires electronic equipment for administration

Be prepared to take action. If the power goes out, you'll need to take at least three days' worth of medication and supplies with you (more if local authorities advise) to the closest hospital or shelter.

When you must leave your home for a few days

Stock a disaster supply kit with any nonprescription medications you may need (for example, aspirin or other pain relievers, cold medicine and antacids). You may also want to keep a copy of your medication information card in this kit.

Help is available anytime, day or night.

Just call TFP at 813-871-5161, or toll-free, at 1-866-871-5670.