



**HURRICANE
SEASON**

MEDICAL REMINDERS TO HELP YOU PREPARE

**June marks the beginning of hurricane season.
Make sure your family's hurricane emergency
plan covers medical needs.**

**Make sure you have a 30-day supply of
necessary supplies.**

Give yourself ample time to prepare your emergency food, water, and medicine supplies. Speak with a health insurance representative, pharmacist or your physician about options to acquire extra medications.

**Call your dialysis center for a temporary
plan of care.**

If you are on dialysis, call your center to make a plan of action for your care. Try not to miss a treatment prior to bad weather and make sure to follow your doctor-ordered diet very closely. Your physician will provide you with information to assist you and phone numbers to the End Stage Renal Disease Network. Your doctor can recommend if it is medically safe for you to miss treatments and can advise you on whether or not you should be admitted to a hospital during a hurricane.

**If you are oxygen dependent, fill your
oxygen tanks and have a two-day supply.**

Stay Safe!



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**Visit parrishhealthcare.com/hurricane
for more information on preparing for a hurricane.**