During natural disasters and other emergencies, people with chronic diseases can face special health challenges. The general and specific tips below can help you prepare.

3 Tips to Prepare for a Natural Disaster

- Gather enough food, water, and medical supplies to last at least 72 hours.
- Prepare a 7- to 10-day supply of prescription medications.
- Collect and protect important documents and medical records.

If you are living with one of the following chronic diseases, these resources can help:

<table>
<thead>
<tr>
<th>Cancer</th>
<th>Diabetes</th>
<th>Epilepsy</th>
<th>High Blood Pressure</th>
</tr>
</thead>
<tbody>
<tr>
<td>Preventing Infections in Cancer Patients</td>
<td>Disaster Preparedness for People With Diabetes</td>
<td>Epilepsy and Disaster Preparedness</td>
<td>Emergency Preparedness for People With High Blood Pressure</td>
</tr>
</tbody>
</table>

Needs during a disaster can also be shaped by your stage of life. Read more to be prepared.

- Emergency Preparedness for Older Adults
- Food Safety for Infants
- Preparedness for Expectant and New Parents

These general resources can help you prepare or recover in the event of a natural disaster or other emergency:

- Personal Health Preparedness
- Plan Ahead for Disasters
- Wash Your Hands
- Keep Food and Water Safe After a Natural Disaster

For more resources, check the Federal Emergency Management Agency (FEMA) website.