Emergency Preparedness for People With Chronic Diseases

During natural disasters and other emergencies, people with chronic diseases can face special health challenges. The 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:

- **Cancer**
  - Be Prepared for an Emergency
- **Diabetes**
  - Disaster Preparedness for People With Diabetes
- **Epilepsy**
  - Epilepsy and Disaster Preparedness
- **High Blood Pressure**
  - Emergency Preparedness for People With High Blood Pressure

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](https://www.fema.gov).