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

3 Health Tips to Prepare

- Gather enough food, water, and medical supplies to last at least 2 weeks.
- Prepare a 2-week 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.

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).