

Emergency Preparedness for People With Chronic Diseases

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:

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](#)



Centers for Disease Control and Prevention
National Center for Chronic Disease Prevention and Health Promotion

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