

Three Easy Ways to Prepare Your Medicine Cabinet for an Emergency

Because a large-scale disaster, such as hurricane, could make it difficult to find an open pharmacy and/or get your prescription filled, it is important that you organize and protect your [prescriptions](#), over-the-counter drugs, and vitamins in preparation for an emergency. Here are ways to get started:

1. Have *at least* a 7- to 10-day supply of medications and medical supplies. Find out if laws in your state authorize pharmacists to dispense a 30-day refill of medications as part of an emergency declaration.
2. Keep a list of all your medications, dosages, and contact information for your doctor and pharmacist with your other important paperwork.
3. Don't let the medications in your emergency supply kit expire. Check the dates at least twice every year.

For more information, tips, and lists, visit [cdc.gov/prepyourhealth](https://www.cdc.gov/prepyourhealth).