



Prepare to Manage Your Asthma During Emergencies

If you have asthma, you need to prepare to care for yourself during emergency situations like hurricanes, tornadoes or ice storms. Your family should have a Disaster Plan. Download an example at: <http://www.healthmys.com/msdhsite/static/resources/2071.doc>.

What can You Do to Prepare for Emergencies?

- Gather the supplies you need to care for yourself if asked to evacuate. (If you can't evacuate, have these supplies on hand for persons with asthma.) Pack the items into a small, light, waterproof bag (your Asthma "To-Go" Bag) to store or carry.
- Prepare an Asthma "To-Go" Bag that includes:
 - A one to two week supply of asthma medicine including pills, syrups, and inhalers (quick-relief and/or daily)
 - Spacer
 - Peak flow meter
 - Mask for use with nebulizer or oxygen
 - Addresses and phone numbers for your doctor, pharmacy, medical equipment provider, and nearest hospital
 - Prescriptions for refills of medicines (Ask your doctor to leave the expiration date blank and use the words "as needed" in the prescription.)
 - Copy of your health insurance card
 - A list of all medicines you use, how much you use, and how often (including non-respiratory medicines, vitamins, and herbal supplements)
 - Cash for insurance co-pays and other costs



For more information, contact:

Mississippi State Department of Health
Asthma Program
570 E. Woodrow Wilson
P. O. Box 1700
Jackson, MS 39215-1700
Phone: 601-576-8165
Fax: 601-576-8168
Website: <http://www.healthmys.com/asthma>



MISSISSIPPI STATE DEPARTMENT OF HEALTH