

Hurricane Preparedness for Texas HIV Medication Program Clients

As you prepare for hurricane season, you need to make plans in advance for your medical needs, including your medications. Fill out the back of this form and review it annually (or anytime your medication regimen changes).

Step 1: Get Ready

- Keep your prescriptions up-to-date.
- Ask your doctor to give you a copy of helpful medical information, and keep that information with you.
- Keep track of approaching storms via weather forecasts, and be sure to refill your prescriptions a few days before a storm arrives; ***do not wait until the last minute!***

Step 2: Evacuate when instructed and take:

- All of your medications in their original bottles (with labels attached).
- A back up list of all medications you take and their dosages (you can use the back of this form).
- Helpful medical information.
- Your clinic's name, your doctor's name and phone number.
- Your medical and insurance cards.
- Picture identification, Social Security card and any important legal papers.
- Medical equipment and supplies (dentures, glucometers & strips, nebulizers, and crutches).
- Personal hygiene items.
- Water, non-perishable food and cash.
- This information sheet with your medications and important numbers listed on the back.

Step 3: Medication, Medication, Medication

- Make sure you bring all medications with you.
- If your HIV medications are running out, do not skip doses to stretch them out. Get refills as soon as possible!
- If you run out of one of your HIV medications – stop all of your HIV medications until you are able to get refills. Taking incomplete doses of your HIV regimen could lead to therapy complications later.
- Do not stop taking other medications for other medical conditions unrelated to your HIV infection; seek refills from a local provider or pharmacy.
- If you evacuate or your normal pharmacy is closed, call the Texas HIV Medication Program at 1-800-255-1090 and speak to any staff person to find out how to get your medications.



