

Don't Forget Your Meds!

Be sure to include your prescription medications in your disaster supply kit.

Rx



For details, visit:
www.polk-county.net

PGTV
POLK'S GOVERNMENT TELEVISION
Bright House 622 or Comcast 33
24-hour webstreaming: www.polk-county.net



Preparing for Disaster

Packing your medications

Plan Ahead

When preparing your family disaster supply kit, remember to include a waterproof container with the following:

- ◆ Doctor's name and contact
- ◆ A list of your current medications and their proper dosages
- ◆ A 3 day supply of medications



Keep in mind that heat, sunlight, and humidity can degrade the effectiveness of the medicine, so try and keep it in a controlled climate.

For more information, please visit www.polk-county.net or call Emergency Management at 863.534.5600.

Prescription Drugs Survival Kit

Include the following:

- ◆ Food (canned goods and nonperishable foods)
- ◆ Infant care items
- ◆ Drinking water in nonbreakable containers (1 gallon per person per day)
- ◆ Special dietary food, if required
- ◆ Identification, valuable papers, policies & photographs in a waterproof container
- ◆ Books, magazines, cards, toys, games
- ◆ Personal hygiene items
- ◆ Crackers, cookies, candy, and energy/granola bars
- ◆ Utensils, including manual can opener
- ◆ Sleeping bag, blanket, sheets & pillow
- ◆ Extra personal aids, such as eyeglasses & hearing aids
- ◆ Prescription medicines
- ◆ Change of clothes
- ◆ Battery operated items (radio, flash light, etc.)
- ◆ Credit cards, cash & extra set of car keys
- ◆ Chlorinated bleach
- ◆ Matches

Store all items in containers that are easy to transport and won't easily tear or break. DO NOT use plastic or paper bags or pillow cases. Use waterproof containers to store items that would be damaged if wet.

Prescription Drugs First Aid Kit

Include the following in your first aid kit:

- ◆ First Aid Manual
- ◆ Sterile bandages in assorted sizes
- ◆ Antiseptics, such as hand cleaners
- ◆ Antibiotic ointment products
- ◆ Tweezers
- ◆ Scissors
- ◆ Needle
- ◆ Latex gloves
- ◆ Roller bandages in assorted sizes
- ◆ Safety pins
- ◆ Thermometer
- ◆ Sunscreen
- ◆ Non-prescription pain relievers
- ◆ Non-prescription antihistamine
- ◆ Prescription medications
- ◆ Eye glasses or contact lenses
- ◆ Personal hygiene items

Special Needs Program

The *Special Needs Program* is designed to provide sheltering at specific locations for clients with medical or physical conditions who require assistance during an emergency. The program also provides transportation to shelters for those unable to evacuate on their own. Pre-registration in the program is preferred by contacting Emergency Management at (863) 534-5600. Persons with medical equipment that require electrical power or are oxygen dependant are assigned to these specially designated Special Needs Shelters: Haines City Adult Day Care, Lakeland Adult Day Care Center, and Polk County Health Department Bartow Specialty Care Unit.



Important Contact Information

Polk County Citizen's Information Line
863.534.0321 or toll free 866.661.0228

Polk County EMS/Fire/Sheriff's Office
(Emergency) **9-1-1**

Polk County Emergency Management
863.534.5600