

Medicines during disrupted services

ACTION CHECKLIST

Keep essential medicines, a written medication list and the supplies needed to administer them accessible. Follow each product's storage instructions and protect medicines from floodwater, freezing and excess heat. Contact a pharmacist or clinician for a product-specific shortage or storage problem; do not change doses or substitute medicines on your own.

[] Write the essential list

Record the medicine name, strength, usual dose, prescriber, pharmacy and allergies. Keep a paper copy with the medicine and a copy with a trusted contact.

[] Count usable supply

Track what remains and identify which medicine interruption is most urgent. Include inhalers, needles, testing supplies and batteries, not just tablets.

[] Protect storage

Use the product label and pharmacist advice for temperature limits. Avoid direct heat and sunlight; do not let temperature-sensitive medicines freeze against ice packs.

[] Contact alternatives early

Try a reachable pharmacy, clinician or verified medical aid provider before the supply is exhausted. Ask about the exact product; replacement rules vary.

[] Keep treatment unchanged unless advised

Do not ration by skipping or doubling doses without professional direction. Seek urgent medical help for deterioration rather than trying an unverified substitute.

WATCH FOR

A medicine can be unsafe after heat or flood exposure even when its package looks normal. Product-specific advice matters; there is no universal safe unrefrigerated storage period.

IF HELP IS UNAVAILABLE

Use the written list to seek qualified advice through a reachable pharmacy or verified clinic. Preserve safe storage and track supply. If a life-critical treatment cannot be maintained, prioritise relocation to care before the last dose or battery is used.

Updated 2026-10-02 | Civilian educational guidance. Seek qualified help when reachable and safe; do not delay immediate protective action.

Full guide: <https://ospreyzero.com/preparedness/medication-continuity/>

FDA · Keeping medications safe in emergencies

CDC · Diabetes care during emergencies