



## **ARE YOU PREPARED FOR A MEDICAL EMERGENCY? GET A "TO GO BAG" READY**

These are difficult times for everyone. An emergency trip to the hospital is a frightening experience, even under "normal" circumstances. In the current Covid-19 health crisis, visitors are not being allowed in hospitals.

Be prepared and have an emergency "To Go Bag" ready, including as many of the following items as you can.

1. A current list of all medications, including the complete name of the medication (including any initials after the name), dosage, and frequency. Include any over-the counter medications or supplements. Also note any medication allergies or sensitivities.
2. A copy of your Health Care Proxy, HIPAA Authorizations, Living Will, MOLST form or any other documents pertaining to advance directives.
3. Name and contact information for primary care physician and any other specialist caring for you, such as your cardiologist or neurologist.
4. Copies of all of your medical insurance cards, including Medicare, Medex and Medicare D prescription plan.
5. A current list of emergency contacts and telephone numbers, including land lines and cell numbers, as applicable.
6. If you have a pacemaker or defibrillator, a copy of the pocket information card that states the brand, model number, MRI compatibility, etc.
7. If you have asthma or COPD, bring your inhalers, as the hospital may run out.
8. Extra batteries for your hearing aid or any other medical device.
9. A cell phone charger if you bring a cell phone, as it will gradually lose power. A trip to the ER could last for hours, and an admission could be an extended stay.
10. A good toothbrush and personal grooming items. Hospital toiletries, if available, are not the best quality.
11. Several changes of underwear. Naturally, this can vary on your condition, but if not in critical condition, the comfort of one's own undergarments can relieve stress.
12. Reading material, again, as applicable depending upon your condition.