

Asthma Care

Be Prepared for Natural Disasters

Asthma Care Before, During, and After a Hurricane, Tropical Storm, or Flooding

During and after a hurricane, tropical storm, or flooding you may need supplies to keep your family safe and healthy. Be prepared. Stock up on everything you might need and keep these things in waterproof containers, including:

- At least a 3-day supply of asthma medications and supplies.
- Copies of important documents such as insurance cards, immunization records, doctor's contact information, and prescriptions (and asthma action plans, if available).

Learn more from Centers for Disease Control and Prevention (CDC) about preparing for disasters: www.cdc.gov/disasters/hurricanes [1-800-CDCINFO (1-800-232-4636)].



Avoid common asthma triggers during and after a disaster

- If possible, stay away from places that have mold
If your home was flooded and you were not able to dry your home (including furniture and other items) within 24-48 hours, you probably have mold growth. Breathing in mold can trigger an asthma attack. If you have asthma try to stay away from moldy sites and stay out of buildings where mold clean-up is being done. Learn more from CDC's website (listed above) about how to recognize mold and how to clean up mold safely.
- Keep your hands clean to prevent illness
Illnesses such as colds or the flu can trigger an asthma attack. Keeping hands clean helps prevent the spread of these germs. Learn more from CDC's website (listed above) about handwashing during or after emergencies, when finding clean, safe running water can be difficult.
- Take steps to cope
It is natural to feel different emotions following a disaster. Strong emotions can trigger an asthma attack. Taking care of your emotional health during an emergency will help you think clearly to meet the urgent needs to protect yourself and your family and help long-term healing. Learn more from CDC's website (listed above) about how to take care of yourself and your family's emotional needs.

Use safe asthma medications and devices during and after a disaster

- Inspect all drugs
Drugs exposed to floods or any unsafe water may become contaminated, leading to serious health effects. Learn more from the U.S. Food & Drug Administration about checking your medications to protect your health: <https://go.usa.gov/xQnCv> [1-888-INFO-FDA (1-888-463-6332)].
- Find out how uninsured people may get assistance with prescriptions
The Emergency Prescription Assistance Program (EPAP) can help some people in a disaster area who don't have health insurance get their prescription drugs, medical supplies, or medical equipment. EPAP is only available when activated in a federally-identified disaster area. Learn more about EPAP: <https://go.usa.gov/xQnr3> [1-855-793-7470]. (People with health insurance are not eligible for EPAP assistance.)
- Find out how to use your Medicare drug plan
Replace damaged, left behind, or lost drugs quickly. People with Medicare drug plans may need information about how to replace medications. Learn more from Medicare about getting prescription medications in a disaster or emergency: <https://go.usa.gov/xQnrj> [1-800-MEDICARE (1-800-633-4227)].

Want to learn more?

www.cdc.gov/disasters/hurricanes
<https://go.usa.gov/xQnCv>
<https://go.usa.gov/xQnr3>
<https://go.usa.gov/xQnrj>



Centers for Disease Control and Prevention
National Center for Environmental Health