

# Western Reserve ILC Emergency Preparedness



## Lesson 3

**Store your emergency documents in sealed plastic freezer bags to keep them dry:**

1. Copy of your prescriptions
2. Your contact list
3. Health information (medications, allergies, special equipment needed, communication or mobility limitations, medical providers, preferred treatment).  
This will help you if you are unconscious or unable to speak.
4. Model and serial numbers of your medical equipment
5. Insurance and benefits cards (Health, Medicaid, Medicare, SSI award letter).
6. Several photos of loved ones if you wish

Send copies of these documents to your out-of-state contact person. Seal and mark them "Open in an emergency".