





Emergency Checklist


Use the checklist below to get ready for an emergency.


- ☐



1 I have talked with my cancer care team about what situation would be an emergency for me.
- ☐


2 I have medicines and other medical supplies on hand if my doctor thinks I might need them, including enough medications for at least 1 week. The medications are stored in resealable plastic bags to keep them dry.
- ☐


3 I have a first aid kit, including antiseptic spray, rubbing alcohol, or hydrogen peroxide and antibiotic cream to help prevent infections.
- ☐


4 I have enough nutritious, non-perishable food and water in my home for at least 3 days, plus food and water for my pets. Food and water are stored in waterproof containers.
- ☐


5 I have talked with family members, friends, or neighbors about the help I might need in a natural disaster, such as a flood, fire, earthquake, hurricane, tornado, or snowstorm.
- ☐


6 I have a cell phone, emergency radio, or other way to contact 911 if needed.
- ☐


7 I carry written information on my type of cancer, the stage, and my treatment. I also have my basic medical records and information on a flash drive or stored in the cloud. I know the passwords to get them.