



Preparing for extreme weather is a burden for anyone in the path of a storm or fire. People with Parkinson's disease (PD) and their caregivers should take these tips into consideration to ensure that all PD-related needs are accounted for when preparing for a hurricane or any other natural disaster:

## Emergency Preparedness Checklist

1. **Check all your medications.** Take inventory of all medications and reorder any that are running low.
2. **Write your medication list down.** Write down or print a list of all your medications (not just PD medications). Print our [customizeable medication form](#).
3. **Make a list of your doctors.** Include their contact information and take the list with you if you need to evacuate your home.
4. **Download [hospital safety materials](#).** In the event you need to educate an emergency responder or health care professional about your PD needs, have your hospital safety guide ready to go. [Download and print](#) contents today.
5. **Gather water and food.** Medications may require that they be taken with a meal or water. Buy enough water and food to last three to five days in the event of a weather emergency.
6. **Have your Medical Alert Card handy.** [Print yours here.](#)
7. **Practice anxiety reduction techniques.** Stress can worsen PD symptoms. Download a meditation app or distract yourself with books or activities.
8. **Know your nearest shelter.** Visit the [Red Cross website](#) to find yours.
9. Prepare for power loss and evacuation. [Read our full article.](#)