

# Emergency Preparedness Planning for CAREAssist Clients

This plan is intended to help you get treatment and HIV medications in an emergency. Please save a copy of the plan in a place where you are able to easily find it. In an emergency, you can also get information at [www.healthoregon.org/careassist](http://www.healthoregon.org/careassist).

## Step 1: Get ready

- Keep your medicines and health information up-to-date. Ask your doctor or case manager to make a copy of your prescription and health information (including doctor, pharmacy and CAREAssist information). Complete the second page of this guide.
- Fill your prescriptions as early as possible.
- Make a plan for emergencies and build an emergency kit. Keep food that doesn't spoil and water, blankets and other sleeping supplies in the kit. There are guides at [www.ready.gov](http://www.ready.gov) or ask your case manager for help.



## Step 2: Locate a pharmacy

If you cannot fill your prescriptions at your pharmacy, there will be other pharmacies for you to use. In a state- or CAREAssist declared emergency response, most pharmacies will be able to fill your prescriptions (including pharmacies at Safeway, Walgreens, Rite-Aid, Bi-Mart, Fred Meyer, Sav-on, and Target). Make sure you present your CAREAssist ID card. You may have to tell the pharmacy they should bill Ramsell for the medication.

Programs like CAREAssist are in every state. If you are displaced to a nearby state, contact the ADAP in that state directly for help.

<i>State</i>	<i>ADAP/HIV Services Contact</i>
California	1-888-311-7632
Washington	1-360-236-3426 or 1-877-376-9316
Idaho	1-208-514-2505
Nevada	1-775-284-8989 or 1-877-385-2345

This document can be provided upon request in an alternate format for individuals with disabilities or in a language other than English for people with limited English skills. To request this publication in another format or language, contact CAREAssist, 1-971-673-0144 or 1-800-805-2313 or 711 for TTY.

## Step 3: Medication, medication, medication

- Keep all of your HIV medications with you.
- If your HIV medications are running out, do not skip doses to stretch them out.
- If you run out of one of your HIV medicines, stop ALL of your HIV medicines until you can get refills. Not taking all your HIV medicines could lead to complications later.
- If you cannot get to your pharmacy, try another pharmacy that is closer to you. Be sure to bring all your medication bottles, with accurate names and dosage, if you have them.
- Do not stop taking medications for other conditions not related to your HIV infection. Refill them from a doctor or pharmacy.
- Although you should try to take your medications correctly 100% of the time, don't panic if you have to stop taking them for awhile. You shouldn't have any immediate impacts to your health. Just try and refill them as soon as you are able, keeping your safety in mind.

If you need help getting treatment or HIV medication, or a doctor needs medical information concerning your care, call CAREAssist 1-971-673-0144 or 1-800-805-2313.

[www.healthoregon.org/careassist](http://www.healthoregon.org/careassist)

## Resources

Please complete this table and update it as needed. Keep a copy of this information in your emergency kit.

Name:	Date:	CAREAssist ID:
Doctor's Name:	Phone Number:	
Clinic Name:	Phone Number:	
Case Manager:	Phone Number:	
Pharmacy Name:	Phone Number:	
Ramsell (for help with filling your medications)	Phone Number: 1-888-311-7632	
CAREAssist Caseworker:	Phone Number: 1-971-673-0144 1-800-805-2313 Fax 1-971-673-0177	
Medication(s):	Dosage:	