

# *Don't Forget!*

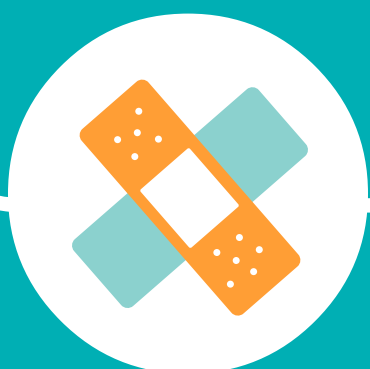
## A SPECIAL EVACUATION TIP SHEET FOR THOSE WITH CANCER



Pack your medications along with instructions on how to take them, such as dosage and time of day.



Fill your scripts. Have as much supply of your medication as you can get.



Pack any equipment you need. For example, if you have just had a mastectomy, be sure to pack your post-surgical bras.



Know how to access your electronic medical records and contact info for your doctors. If unable, pack a recent hard copy.



Bring all of your insurance information.

Make a list of emergency contacts and legal power of attorney, should you need it. Email it to a relative who is not in the affected area so that it can be accessed during an emergency.



Always remember to follow all normal evacuation procedures, such as making sure you have a full tank of gas and following recommended evacuation routes.



**LOUISIANA**  
CANCER PREVENTION &  
CONTROL PROGRAMS