



Emergency Preparedness for People With Chronic Diseases

During natural disasters and other emergencies, people with chronic diseases can face special health challenges. The tips below can help you prepare.

3 Tips to Prepare for a Natural Disaster



Gather enough food, water, and medical supplies to last at least 72 hours.



Prepare a 7- to 10-day supply of prescription medications.



Collect and protect important documents and medical records.

If you are living with one of the following chronic diseases, these resources can help:

Needs during a disaster can also be shaped by your stage of life. Read more to be prepared.

[Emergency Preparedness for Older Adults](#)

[Food Safety for Infants](#)

[Preparedness for Expectant and New Parents](#)

These general resources can help you prepare or recover in the event of a natural disaster or other emergency:

[Personal Health Preparedness](#)

[Plan Ahead for Disasters](#)

[Wash Your Hands](#)

[Keep Food and Water Safe After a Natural Disaster](#)

