

Family Emergency Plan Checklist

Make a plan. Make a kit.
Stay informed.

AmeriHealth Caritas Louisiana wants you to be prepared in a weather emergency. Use this checklist to keep you and your family safe.

Make a Plan

Think about where you and your family will go during a weather emergency. Put your plan in one place and share it with your family.

Emergency Contact Name: _____ Telephone Number: _____

Out-of-Town Contact Name: _____ Telephone Number: _____

Email: _____

Neighborhood Meeting Place: _____ Telephone Number: _____

Evacuation Location: _____ Telephone Number: _____

	Address	Telephone Number	Evacuation Location
Work:	_____	_____	_____

School:	_____	_____	_____
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Important Information

	Name	Telephone Number	Policy Number
Doctor(s):	_____	_____	_____

Pharmacist:	_____	_____	_____
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Homeowners/Rental Insurance:	_____	_____	_____
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Veterinarian/Kennel (for pets):	_____	_____	_____
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Other:	_____	_____	_____
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AmeriHealth Caritas Louisiana Member Services
(24 hours a day/7 days a week) **1-888-756-0004**
(TTY 1-866-428-7588)

www.amerihhealthcaritasla.com



Important Information (*continued*)

Name	Telephone Number	Policy Number
Medical Insurance:		
Medicaid ID Number:		
AmeriHealth Caritas Louisiana Member ID Number:		

Family Member	Name of Medication	Dose	Directions (How do you take it? How often?)	Notes (Reason for taking?)

Make a Kit

Top 10 Supplies

1. Water – 1 gallon per family member, per day, for at least 3 days.
2. Food – make sure it doesn't need to be cooked, like canned vegetables and fruit as well as protein, like beans and peanut butter. Pack a can opener.
3. Clothes – for 3 days and bedding for the family.
4. Medications – ask your doctor or pharmacist for a list of prescription medicines and pack a two-week supply.
5. Important Papers – keep all important papers in one place, so they are easy to grab in case you need to leave quickly.
6. Flashlight – pack extra batteries.
7. Radio – (*battery operated*) to listen to the latest weather and evacuation news.
8. Personal Care Items – toothbrush, toothpaste, soap and toilet paper.
9. First Aid Supplies – pain relievers, antiseptics and bandages.
10. Quiet Activities – books, cards and quiet toys for the kids.

Stay Informed

Tune in to the news and listen to latest weather and evacuation orders. Don't wait until the last minute to leave.

This is to help you learn about your health condition. It is not to take the place of your doctor. If you have questions, talk with your doctor. If you think you need to see your doctor because of something you have read in this information, please contact your doctor. Never stop or wait to get medical attention because of something you have read in this material.

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You can have this information in other languages and formats at no charge to you. You can also have this interpreted over the phone in any language. Call Member Services at **1-888-756-0004**. For TTY, call **1-866-428-7588**.

Quý vị có thể có thông tin này bằng các ngôn ngữ và định dạng khác miễn phí. Quý vị cũng có thể có thông tin này thông dịch ra bất kỳ ngôn ngữ nào qua điện thoại. Xin gọi Dịch vụ Thành viên số **1-888-756-0004**.

Puede obtener esta información en otros idiomas y formatos sin costo. También se le puede interpretar esto por teléfono en cualquier idioma. Llame a Servicios al Miembro al **1-888-756-0004**.

