



AETNA BETTER HEALTH® OF LOUISIANA

Emergency preparedness and evacuation checklist

Food

Non-perishable foods for 5-7 days with a manual can opener

- Fruit: canned, dried, roll-ups
- Meats: canned or dried
- Vegetables: canned
- Powdered milk
- Juices: canned or boxed
- Water: bottled
- Soup: canned
- Crackers or chips
- Energy or cereal bars
- Snacks

Baby supplies

- Diapers and wipes for 5-7 days
- Formula, baby foods, etc.
- Clothing
- Toys
- Portable crib
- Disposable bottles with liners
- Nursing supplies
- Medications

Personal items

- Medications: A two-week supply of ALL medications (in the original container), as ordered by your doctor(s)
- Important papers, valid identification (ID) and insurance cards with current address
- Hygiene: Soap, deodorant, toothbrushes, toothpaste, tampons, pads and diapers
- Eyeglasses, contacts, hearing aid (batteries), and dentures
- Medical equipment and supplies: wheelchair, walker, nebulizers, diabetic testing supplies, etc.
- Toilet paper
- Liquid detergent
- Wash cloths and towels

Clothing, bedding and gear

- Clothing and shoes for 5-7 days
- Flashlight and batteries
- Cell phone charger
- Sleeping bags, blankets and pillows

Children's supplies

- Quiet toys, puzzles, books
- Coloring books with crayons
- Music or game players with earphones and extra batteries