Are You Prepared?

April 4, 2016 By Jennifer Morton

Everyone should make a plan for what to do in case of an emergency, but it's especially important for people who are living with HIV. When disaster strikes, it might be difficult for you to access your health care provider or your pharmacy so it's a good idea to keep a 10-14 day supply of medication on hand. POZ asked you about your emergency plans. Here are your responses.

In general, do you feel you are prepared to handle an emergency situation?

21% – Yes, I'm ready for anything

55% – Sort of, I'm somewhat prepared

24% – No, I'm not at all prepared

Do you keep a 10- to 14-day emergency supply of all your medications on hand?

64% – Yes

36% – No

Do you keep a copy of your medical records in a waterproof and fireproof container?

18% – Yes

82% – No

Have you ever had to deal with an emergency situation?

59% – Yes

41% – No

Do you keep an emergency supply of food and water in your home?

48% – Yes

52% – No

Do you keep a well-stocked and up-to-date first aid kit in your home?

49% – Yes

51% – No

Source: October/November 2015 POZ

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