



STATE OF MARYLAND

DHMH PRESS RELEASE

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FOR IMMEDIATE RELEASE

Keep Important Medical Information Nearby

BALTIMORE, MD (September 23, 2005) -- Like the car keys or the bank card, most people have important medical information at their fingertips. If it is not sitting on the desk at home, it is only a phone call away.

But many of the thousands of Gulf Coast residents relocated away from their homes due to Hurricane Katrina no longer have access to their doctors and pharmacies. In their rush to evacuate the area, that important list of medications, along with one containing their doctors' names and phone numbers, was left behind.

The Department of Health and Mental Hygiene reminds Marylanders of the importance of medical information and how critical it is that individuals have easy access to it.

"In this information age, we take it for granted that anything we need is close at hand," said DHMH Secretary S. Anthony McCann. "Hurricanes Katrina and Rita have driven home the point that it may not always be available."

Individuals should prepare a list of important medical information and carry it with them at all times. People should carry the names of doctors and their phone numbers, along with the phone number of their pharmacy. They should have a list of all prescription medications, along with the dosages. A copy of the latest eye prescription, along with a list of allergies and chronic conditions is also necessary.

Much of this information is often easy to remember, but the stress of being displaced can cause many to become confused and forget that which is typically second nature.

It is easy to carry with you -- place it in a wallet, a date book or any other item that you are likely to have with you at all times.

Having this list handy will remove one stress from burdensome times. And it can go a long way toward keeping you healthy.

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