

Actionable Checklist: Prepping for a Physical Health Crises

Mission 1: Establish Your Health Baseline

Your goal: To create a single, comprehensive document with all your vital health information.

[] Create Your Personal Health Profile:

- [] List Personal Info:** Full Name, Date of Birth, Blood Type.
- [] List Medical Team:** Names and phone numbers for your PCP, specialists, dentist, and pharmacy.
- [] List Emergency Contacts:** At least two trusted people with their phone numbers.
- [] Create a Medication List:** For each, include Drug Name, Dosage, Frequency, and Reason for Taking.
- [] List Allergies:** Include medications, food, and environmental allergies, along with the specific reaction.
- [] List Chronic Conditions:** Note any ongoing health issues and the approximate date of diagnosis.
- [] Document Significant Medical History:** List all major surgeries, illnesses, and injuries with dates.
- [] Record Key Health Metrics:** Your most recent Blood Pressure, Heart Rate, Cholesterol, and A1c (if applicable).
- [] Record Vaccination History.**
- [] Record Health Insurance Details:** Company, Policy Number, Group Number.

[] Gather Your Information:

- [] Schedule your annual physical and go prepared with a list of questions for your doctor.**

- Log in to your online patient portal to download lab results, visit summaries, and medication lists.
- Formally request any historical medical records you need from previous hospitals or doctors.
- Discuss your family health history with close relatives.

Mission 2: Build Your Home Medical Kit

Your goal: To assemble a well-organized kit to handle common injuries and illnesses at home.

Select a durable, organized container (e.g., tackle box, dedicated EMT bag).

Stock Wound & Trauma Supplies:

- Antiseptic wipes, saline wound wash.
- Gauze pads/rolls, abdominal (ABD) pads.
- Adhesive bandages (variety pack), butterfly closures.
- Medical tape, moleskin, burn dressings, trauma shears.

Stock Over-the-Counter (OTC) Medications:

- Pain/fever reducers (Ibuprofen, Acetaminophen).
- Allergy relief (Diphenhydramine/Benadryl, Loratadine/Claritin).
- Stomach/GI medications (Loperamide/Imodium, antacids).
- Topical creams (Hydrocortisone, antibiotic ointment).

Stock Tools & Instruments:

- Fine-tipped tweezers, digital thermometer, nitrile gloves, CPR mask.
- Elastic (ACE) bandage, triangular bandage.
- A printed, up-to-date first-aid manual.

[] **Add Personal & Specialized Items:**

[] A 30-day supply of all personal prescription medications.

[] EpiPens, inhalers, or diabetic supplies as needed.

[] **Set a recurring 6-month calendar reminder** to check all expiration dates and restock any used supplies.

Mission 3: Learn Lifesaving Skills

Your goal: To gain the confidence and competence to act effectively in a medical emergency.

[] **Enroll in a certified "First Aid/CPR/AED" course** (check the American Red Cross or American Heart Association for local classes).

[] **Learn to Assess a Scene** for safety and a patient for responsiveness.

[] **Learn to treat the "Big Three" Life Threats:** Severe Bleeding, Choking, and Sudden Cardiac Arrest.

[] **Learn to manage common injuries** like burns, sprains, and fractures.

[] **Learn to recognize major medical events** like a stroke (F.A.S.T.), seizure, and severe allergic reaction.

[] **Download the official "First Aid: American Red Cross" app** on your smartphone for a quick reference guide.

[] **Set a calendar reminder to get recertified** every two years to keep your skills sharp.

Mission 4: Create Your Maintenance & Communication Plan

Your goal: To build long-term health resilience and ensure you can get help in a crisis.

[] **Develop a Health Maintenance Routine:**

[] Focus on a consistent, healthy diet and proper hydration.

[] Incorporate regular movement (cardio, strength, and flexibility).

[] Prioritize getting 7-9 hours of quality sleep per night.

[] Regularly practice a stress management technique that works for you.

[] **Set Up Emergency Communication Methods:**

[] Wear a **medical ID bracelet or necklace** if you have a critical health condition.

[] Set up the "**Medical ID / In Case of Emergency (ICE)**" feature on your smartphone's lock screen.

[] Create a "**Vial of Life**" by putting a copy of your health profile in a baggie in your refrigerator door and a sticker on your front door.

[] **Build Your Support Network:**

[] Identify your **Tier 1 (Inner Circle)** and **Tier 2 (Local Backup)** support people.

[] Have "The Talk": Give your Tier 1 support a copy of your health profile and discuss your wishes.

[] Provide your Tier 2 support with the contact info for your Tier 1 support.