

The Doctor Will See You Now (cont.)

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energy bars, nutrition drinks, and canned foods that don't require refrigeration, water, cooking or special preparation. Always consider dietary restrictions, food allergies, and sensitive medical conditions like diabetes. Also include a manual can opener and eating utensils.

- For infants, be sure to include formula, food, vaccination records, diapers, and similar necessities.

- For a child with special needs, be sure to pack a copy of his or her care plan (electronically and on paper in a waterproof bag), special dietary foods and supplies, an extra medical alert bracelet or necklace, identification, and an item or toy that will calm or entertain the child.

- For seniors and people with medical conditions in particular:
 - Make sure you have an emergency supply of critical prescriptions, at-home medical devices like blood sugar monitors,

EPI pens, prescription and reading glasses, contact lenses and contact lens solution, wheelchairs, walkers, hearing aids with extra batteries, oxygen including model numbers and vender, etc.

- Some medical conditions may require packing nasal cannulas, catheters and syringes.

- Don't forget food and water for pets, as well as their vaccination records.

- Basic first-aid supplies should be included in every go bag:

- Tweezers and scissors
- Thermometer
- Non-latex gloves
- Waterproof bandages and gauze
- Antibiotic cream
- Inhalers
- Anti-bacteria wipes
- Blood test strips

Update your kit every six months and keep food, water and medicines fresh. Don't forget basics like warm clothes, rain gear, flashlights and fully charged batteries. Prepare as

well by learning first-aid, life-saving and self-help skills before an emergency. You never know what's in store.

Planning Saves Lives

Aside from fires and monsoon floods, there are other potential disasters waiting to happen here in New Mexico, ranging from hazardous materials incidents and pandemics to explosions and power outages.

Natural and man-made disasters, health emergencies and unexpected evacuations can be perilous for anyone at any age. Though every situation is different, one thing remains the same: planning is a critical step in building confidence and outlining how you



and your loved ones will stay safe in an emergency.

It is time to have the smile you have always wanted!



Charles D. Schlesinger DDS, FICOI



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