

Preparing a Medical Plan During COVID-19

We are all in this together. Help do your part by taking time to make a medical plan.

This plan will help you, your family, friends, and your medical providers provide the care you need, safely.

Plan for Medications

Keep a list of your medications on you at all times.

Think ahead and call your pharmacy if you need a refill. Plan to have your medications sent to your home in case of quarantine.



Plan for a hospital visit

Bring what you need from home. Pack a 'go bag' containing:

Papers and information

- Written down contact information of your medical care providers and medication.
- Your advance care plans or medical wishes
- Plans for your pets, bills while you are away

Equipment

- Essentials, including glasses, hearing aids, mobility devices
- Electronics (phone, tablet, laptop) and chargers
- Ear plugs, sleep mask, toothbrush, clothes from home
- Prepare for long wait times. Come equipped with food + water.



Plan for Your Money and Bills:

Choose someone who could help with your money and bills if needed.



Share Your Wishes.

Consider the following:

- What is most important in your life? *Family, pets, hobbies, etc.?*
- If you know what you want for your medical care, share this now.

Visit Eirene.ca and check out our *Advance Care Planning Manual* to start the process on figuring out what is most important to you.

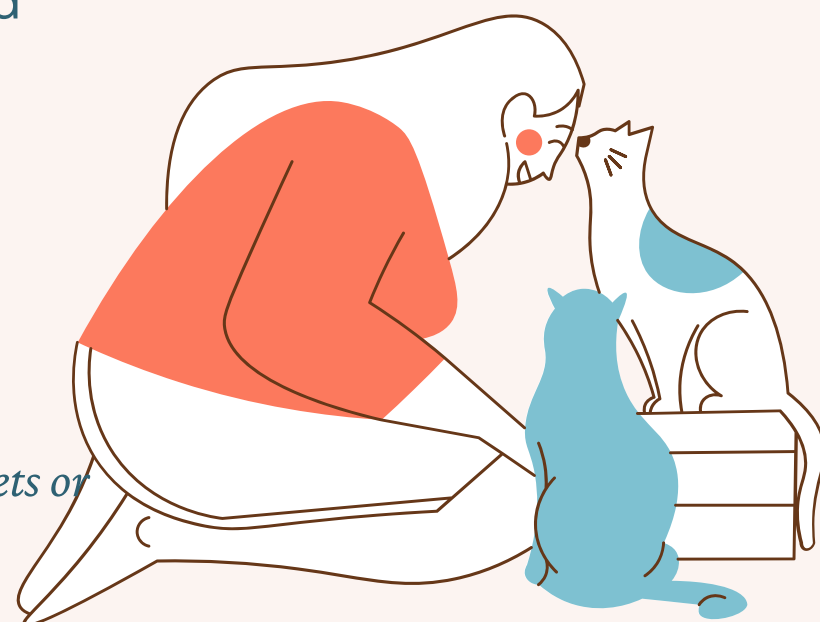


Plan for Your Pets:

Choose someone who could take care of your pets if needed.

Call your pet store as they may deliver pet food and supplies to your home.

If you have questions about your pets or need help, call your local animal shelter.



Plan for Your Medical Wishes:

Check out [Eirene's Advance Care Planning Manual](#) and determine who you'd like as your substitute decision maker in case you cannot speak for yourself.

Keep this information on hand at all times.

