

Guidelines for Consumers - Tips for using Personal Health Records for Hurricane and Other Disaster Preparation

As you are making other preparations for hurricane season, remember you may need to have access to your health information and take the following steps to make sure your ePHR is useful when you need it most:

1. Review and update the contents of your ePHR.
2. Update and print your "wallet card" if your ePHR has one. A wallet card is a card you can carry with you that has your most important health information on it.
3. Make sure your ePHR contains emergency contact information.
4. If your ePHR allows you to download data, you may want to think about carrying the information with you if you must relocate before or after a disaster. Password protected, encrypted thumb drives are perfect for this, and any other documents you wish to secure.
 - A minimum 2 GB storage device is recommended.
 - Encrypted thumb drives are available in retail stores for less than \$10.
5. Add any disaster-related reminders that may be helpful in an emergency to your ePHR.

If there is a disaster watch or warning, in addition to other preparations:

1. Memorize your user name and password and make sure your family has memorized their user name and password if they also have a ePHR or if you have given them access to your ePHR.
2. Write down your user name and password and carry it in your wallet.
3. If you plan to carry documents with you in case of an evacuation, download the latest contents of your ePHR on your password protected and encrypted thumb drive.
4. As an alternative to downloading, you may want to print your ePHR contents to carry with you using a locked container if possible.

After a disaster has happened, an electronic ePHR will allow you to access your health information online if you have been evacuated to a location where power is available and/or mobile devices (i.e., smart phones) are working. You will then be able to share your health information with health care providers by providing them with your user name and password, or through the information you have carried with you.