



MEDIA RELEASE

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Kanawha County Emergency Ambulance Authority First Aid Tip

“Inventory Those Medications”

This is the time of year we inventory things. KCEAA would like to remind you to inventory your medicine cabinets. Carefully examine over the counter and prescription medications for expiration dates. Discard all medicines that have expired. If medicines are used on a regular basis, replace before a major storm hits or symptoms occur. It is important to examine your medications for any discoloration or change in state.

We would also like to inform our public that when you prepare an emergency “Winter Storm” kit, don’t forget to include 72 hours worth of prescription medications. This also holds true for emergency kits in our vehicles and when traveling. Many flights across the country have already been cancelled or delayed, and you don’t want to get caught away from home with out your medicine. Make sure you have your medications in your carry on luggage. We have been fortunate so far with the weather, but a winter storm could move in quickly and this is a good time to get prepared.

Check with you doctor or pharmacist for any questions you may have, here are some general guidelines for keeping a stored reserve of your medications for an emergency...

- Pay close attention to expiration dates. Rotate as necessary.
- Some medications are light sensitive, always use the same storage container originally designed.
- Ensure the storage container is properly labeled.

Your pharmacist can assist in providing additional containers with proper labels.

Remember – KCEAA Cares...