

# TRAVEL & EMERGENCY PREPARATION, INFECTION PREVENTION, SAFE STORAGE & DISPOSAL

## Be Prepared

If you need to leave your home because of an emergency or will be traveling for an extended period of time:

- Take enough medications and supplies with you to last you through the emergency or travel duration.
- For medications that need to be kept refrigerated, fill an ice chest with ice or preferably cold packs to avoid water saturation of the medication during travel.
- If you use an infusion pump or other device, be sure to take it with you.
- When you can, call your Glen Rock dedicated customer service specialist to let us know how you are doing and where we can reach you during the emergency or trip.

## Preventing Infections

It is always important to wash your hands before preparing your drug for injection. This will keep you from contaminating your medication vials or injection site.

**Proper Hand Washing Technique:** *(Diligent hand washing is the number one way to reduce the spread of infection)*

1. Please use soap and warm water to wash your hands.
2. Rub your hands together, hard, for at least 20 seconds and scrub all surfaces preferably with an antibacterial soap and significant lather.
3. Rinse your hands under running water and dry your hands using a paper towel or air dryer.
4. If you cannot find soap and water, clean your hands with an alcohol-based hand sanitizer. Rub the sanitizer all over your hands. This includes under your nails and between your fingers, until your hands are dry.

## Safety Reminder: Storing and Disposing of Your Medications and Supplies...

It is very important to properly store and dispose of your medications and supplies appropriately.

### Medication Storage

If your medication requires to be kept in the refrigerator, put it on a clean shelf or drawer

Keep all medications and supplies away from other household or food items

Keep all medications and supplies out of the reach of children and pets

**Waste Disposal:** It is important to safely dispose of any medical waste; this includes needles, bandages, surgical tools and glassware.

### Please follow these steps:

1. Do not recap needles after injections
2. Keep a rigid, puncture-proof, leak-proof container close by for easy disposal of syringes and needles
3. Store container upright and keep out of reach of children
4. When container is full, seal lid with tape or glue
5. Dispose of full container according to local laws

In order for you to dispose of the container properly, please follow your county or city regulations. Do not send the container back to Glen Rock Medical Pharmacy. If you need more information, contact your local Department of Public Health agency for additional instructions on how to dispose of medical waste in your area.