

# Tips for People with Cancer During and After a Hurricane

If you live in an area with high risk for a hurricane, please talk to your provider before the hurricane season starts. Have a plan in place just in case you can't reach your provider a few days after a hurricane.



Follow these tips to help you stay healthy before, during, and after the storm.

## Have Your Medical Information with You



- Have a summary of your cancer treatment plan with you. Keep a record of the type of cancer you have, any treatment you received and when you received it, contact information of treating physician and medications.
- Develop a plan in advance with your provider for what to do if you get sick (what symptoms should lead you to call your provider, who to call, whether or not you will need additional medication).
- Talk with your provider about evacuation plans and seek advice on the best options for your health condition. If you are undergoing cancer treatment or have had a stem cell transplant, avoid crowded places like shelters unless they have accommodations for people who need medical care.

## Lower Your Risk of Infection



- One of the best ways to keep yourself from getting sick is to keep your hands clean. Wash your hands with soap and water often (always before meals and after using the bathroom). If you do not have soap and clean water, use an alcohol-based hand sanitizer.
- Seek help right away if you notice any signs of an infection, especially a fever.

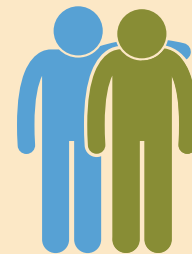
## Take Care of Yourself



Protect yourself from mosquitoes by used EPA-approved repellent. If you are also using sunscreen, apply sunscreen first and insect repellent second.



Prevent mold growth by cleaning up and drying your home quickly after the storm or flood ends- within 24 to 48 hours if possible. When cleaning up mold, wear goggles, gloves, boots, and mask.



Get medical care if you are injured, sick, or having trouble coping with stress.



**U.S. Department of Health and Human Services**  
Centers for Disease Control and Prevention

For more information visit  
<https://www.cdc.gov/cancer/index.htm>