

Emergency preparedness

Prepare for hurricane season by planning for your medical needs and medications.

Step 1: Get ready. Have a plan for evacuation and for sheltering in place.

If a mandatory evacuation is issued and you can't evacuate on your own, the city will set up centralized evacuation locations throughout Orleans Parish. **Text EVACNOLA to 77295 to get set up and stay informed about city-assisted evacuation.**

- Sign up for **NOLA Ready alerts** at ready.nola.gov/stay-connected/emergency-alerts/ or text NOLAREADY to 77295.
- Sign up for **Smart911**. It's free and can provide updates on resources specific to your needs. Create a Smart911 Safety profile for your household at smart911.com or download the Smart911 app from your app store.
- In **Jefferson Parish**, register online at jeffparish.net or call 504.349.5360. Or, just text JPALERT to 888777. Spanish speaking residents can text JPNOTICIAS to 888777.
- **Keep your prescriptions up-to-date.** Refill your prescriptions before the storm. Do not wait until the last minute. At all times, keep enough medication on hand to last you at least 14 days.
- **Ask your doctor to give you a copy** of helpful medical information—and keep it with you.
- **Sign up for a free LCMC Health Patient Portal account online.** The LCMC Health Patient Portal lets you to view your upcoming appointments. You can also request prescription renewals. Ask a nurse for your activation code to get you started. The code will print out on your "After Visit Summary" sheet.

For emergencies, call 911.

For non-emergency information and referrals in Louisiana, call 504.269.2673 or visit [211.org](https://www.lcmchealth.org).

University 
Medical Center
New Orleans
LCMC Health

Step 2: Evacuate when instructed and take:

- All of your medicines and supplements in their original bottles, with a back-up list of medications and dosages
- Helpful medical information—your condition, diagnoses, and allergies
- Your clinic’s name, your doctor’s name, and phone number
- Your most recent hospital card, LDAP medication card (formerly called ADAP), insurance cards, etc.
- Picture identification, Social Security card, insurance policies, birth certificates, and other important legal papers
- Medical equipment and supplies (dentures, glucometers and strips, nebulizers, crutches, prostheses, etc.)
- First aid kit, battery powered radio, flashlight, extra batteries, cell phone, and charger
- Clothes, sleeping supplies, maps, and personal hygiene items
- A three-day supply of water, non-perishable food, and cash
- Plan for your pet’s needs

Step 3: Medication, medication, medication – bring all of your medications with you.



It’s a good idea to have enough to last 14 days or more. **Do not** skip dosages to stretch them out. Get refills as soon as possible.

- **If** you run out of one of your HIV medications **stop all HIV medications** until you get refills. But, **take your other medications** which lower your blood pressure or cholesterol, control your diabetes, or treat your eye or lung infections
- Ask your doctor, nurse, or pharmacist if you have questions about which medications you are taking for different conditions
- If you are on LDAP, call 504.568.7474 or the LA Statewide AIDS/STD Info Line at 800.992.4379 for assistance. You may be able to fill your prescriptions in your evacuation city

Local pharmacies

City	Phone	Fax	Website
Avita New Orleans	504.822.8013	504.822.8141	avitapharmacy.com
Avita Baton Rouge	888.792.8482	877.284.8232	avitapharmacy.com
Avita Atlanta	404.270.9242	404.270.9273	avitapharmacy.com
Avita Houston	713.592.0211	713.432.0307	avitapharmacy.com
Mumfrey's Chalmette	504.279.6312	504.279.6314	mumfreyspharmacy.com
Walgreens (UMCNO)	504.758.3718	504.758.3720	umcno.org/walgreenspharmacy

Louisiana: HIV service organizations

City	AGENCY (* case management available)	Phone
Alexandria	Central LA AIDS Support Services* (CLASS)	318.442.1010
Baton Rouge	Family Service of Greater Baton Rouge*	225.927.9810
Baton Rouge	Volunteers of America	225.387.0061
Baton Rouge	HAART* Open Health Mid City	225.655.6422
Hammond	Southeast Louisiana AHEC	985.345.1119
Houma	Exchange Support Services*	985.223.4017
Lafayette	Acadiana Cares*	337.233.2437
Lake Charles	Southwest Louisiana AIDS Council	337.439.5861
Mandeville	Volunteers of America	985.674.0488
Monroe	GO CARE Health Center*	318.325.1092
New Orleans	New Orleans Regional AIDS Planning Council	504.821.7334
New Orleans	Crescent Care—NO/AIDS Task Force*	504.821.2601
New Orleans	University Medical Center HOP	504.702.4344
New Orleans	Priority Health* Care (Marrero, Westbank)	504.309.6057
Shreveport	The Philadelphia Center*	318.222.6633

Other states: HIV service organizations

State	City	Agency	Phone
Alabama	Birmingham	South AIDS Alabama offices	205.324.9822
Alabama	Mobile	AIDS Alabama	251.471.5277
Florida	Jacksonville	NE Florida AIDS Network	904.356.1612
Georgia	Atlanta	AID Atlanta	404.870.7700
Mississippi	Biloxi	Coastal Family Healthcare	228.374.4991
Mississippi	Hattiesburg	AIDS Services Coalition	601.450.4286
Mississippi	Jackson	Mississippi Dept. of Health	601.576.7723
Tennessee	Memphis	Friends for Life Corp	901.272.0855
Texas	Austin	Vivent Health Services	800.359.9272
Texas	Dallas	Resource Health Center	214.528.0144
Texas	Houston	Montrose Counseling	713.529.0037
Texas	Houston	Thomas Street Health	713.873.4000
Texas	San Antonio	AF Care Clinic	210.225.4716

Hospitals and clinics (alphabetical order by city)	Clinic phone	Pharmacy phone/Fax
Alexandria Tulane University Medical Clinic	318.484.4801	P 225.924.1930 F 225.924.3217
Baton Rouge Our Lady of the Lake EIC Mid-City	225.987.9166	P 225.374.0270 F 225.374.0271
Bogalusa Our Lady of the Angels ID Clinic	985.730.6970	P 985.730.7219 F 985.730.7220
Houma Chabert Medical/Ochsner Clinic	985.873.1234	P 985.873.2148 F 985.873.5192
Independence Lallie Kemp Medical Center Clinic	985.878.1684	P 985.878.1317 F 985.878.1548
Lafayette Ochsner University ID Clinics	337.261.6480	P 337.261.6235 F 337.261.6263
Lake Charles Comprehensive Care Clinic	337.439.1386	P 337.429.2814 F 866.498.7390
Monroe Ochsner LSU Community Health Center Clinic	318.330.7168	
New Orleans University Medical Center ID Center/HOP	504.702.4344	UMC 504.758.3718 Clinic F 702.5733
Shreveport Ochsner LSU Health Clinic	318.626.4300	P 318.813.1814 F 318.813.1810

Listen to local radio before, during, and after evacuation for current updates.

City	AM Radio	FM Radio
New Orleans	WWL 870	WLMG 101.9
Alexandria	KZMZ 580	KZMZ 96.9
Baton Rouge	WJBO 1150	WFMF 102.5
Lafayette	KVOL 1330	KTDY 99.9
Lake Charles	KLCL 1470	KNGT 99.5
Monroe	KNOX 540	KNOX 101.9
Shreveport	KWKH 1130	KRUF 94.5

Estimated evacuation drive times from New Orleans to:
Alexandria, LA— 16 hours
Baton Rouge—8 hours
Lafayette, LA—8 hours
Lake Charles, LA—16 hours
Shreveport, LA—20 hours
Hattiesburg, MS— 8 hours
Jackson, MS— 24 hours
Meridian, MS— 16 hours

New Orleans Metro News	Website
<i>Times Picayune/Advocate</i>	nola.com
City of New Orleans	nola.gov
WVUE TV (FOX Channel 8)	fox8live.com
WWL TV (CBS Channel 4)	wwltv.com

LSU Patient Relations: 877.578.8255