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# Patient Medication List

## LODI MEMORIAL HOSPITAL HHA

Location Group: N/A | Location: All | Business Line: All | Team: All | Admission: All | Case Manager: All |

**PARVIN, MARY - 627161**      **DOB:** 3/16/1943      **Case Mgr:** KATHY  
**Admit No:** 12694      **SOC:** 04/18/13      **Physician:** EDMUND FREUND  
**Weight:**      **D/C Date:**      Phone: (209) 334-8540  
**Gender:** Female      Fax: (209) 368-2910  
**Pharmacy:**  
**Primary**  
**Allergies:**

**ASPIRIN ADULT LOW STRENGTH**      **Route:** Oral      **Dose** 81mg      **Freq:** daily  
**Status:** N      **Noted:**      **Start:** 04/11/13      **D/C Date:**  
**Class:**Central Nervous System Agents >> Analgesics/Antipyretics >> Salicylates & Comb. >> Aspirin & Comb.  
**Comments** blood thinner

**BIOTIN**      **Route:** Oral      **Dose** 5000mcg      **Freq:** daily  
**Status:** N      **Noted:**      **Start:** 04/18/13      **D/C Date:**  
**Class:**Vitamins & Comb. >> Vitamins & Comb., Misc. >> Biotin & Comb.  
**Comments** hair growth

**COREG**      **Route:** Oral      **Dose** 12.5mg      **Freq:** twice daily  
**Status:** N      **Noted:**      **Start:** 04/18/13      **D/C Date:**  
**Class:**Cardiovascular Agents >> Cardiac Drugs >> Beta Blockers & Comb. >> Carvedilol  
**Comments** heart/blood pressure

**LASIX**      **Route:** Oral      **Dose** 80mg      **Freq:** daily  
**Status:** N      **Noted:**      **Start:** 04/18/13      **D/C Date:**  
**Class:**Electrolytic,Caloric,Water Bal >> Diuretics >> Loop Diuretics >> Furosemide  
**Comments** diuretic

**LEVOTHYROXINE**      **Route:** Oral      **Dose** 100mcg      **Freq:** daily  
**Status:** N      **Noted:**      **Start:** 04/18/13      **D/C Date:**  
**Class:**Hormones & Synthetic Subst. >> Thyroid & Antithyroid Agents >> Thyroid Agents/Hormones >> Levothyroxine  
**Comments** thyroid

**LORTAB**      **Route:** Oral      **Dose** 10/500mg      **Freq:** every 8 hrs as needed for  
**Status:** N      **Noted:**      **Start:** 04/18/13      **D/C Date:**  
**Class:**Central Nervous System Agents >> Analgesics/Antipyretics >> Opiate Agonists >> Hydrocodone & Comb.  
**Comments** pain

**LOVASTATIN**      **Route:** Oral      **Dose** 40mg      **Freq:** daily  
**Status:** N      **Noted:**      **Start:** 04/18/13      **D/C Date:**  
**Class:**Cardiovascular Agents >> Antihyperlipidemic Drugs >> Lovastatin  
**Comments** cholestrol

**MECLIZINE**      **Route:** Oral      **Dose** 25mg      **Freq:** every 8 hrs as needed  
**Status:** N      **Noted:**      **Start:** 04/18/13      **D/C Date:**  
**Class:**Gastrointestinal Drugs >> Antiemetics >> Meclizine  
**Comments** for dizziness

**MICARDIS**      **Route:** Oral      **Dose** 80mg      **Freq:** daily  
**Status:** N      **Noted:**      **Start:** 04/18/13      **D/C Date:**  
**Class:**Cardiovascular Agents >> Cardiac Drugs >> Telmisartan & Comb.  
**Comments** blood pressure

# Patient Medication List

## LODI MEMORIAL HOSPITAL HHA

Location Group: N/A | Location: All | Business Line: All | Team: All | Admission: All | Case Manager: All |

**PARVIN, MARY - 627161**

**DOB:** 3/16/1943

**Case Mgr:** KATHY

**Admit No:** 12694

**SOC:** 04/18/13

**Physician:** EDMUND FREUND

Phone: (209) 334-8540

**Weight:**

**D/C Date:**

Fax: (209) 368-2910

**Gender:** Female

**Pharmacy:**

**Primary**

**Allergies:**

Med:	Route:	Dose	Freq:	
Class:	Status:	Noted:	Start:	D/C Date:
Comments				

Med:	Route:	Dose	Freq:	
Class:	Status:	Noted:	Start:	D/C Date:
Comments				

Med:	Route:	Dose	Freq:	
Class:	Status:	Noted:	Start:	D/C Date:
Comments				

- Med Changes:**
- 1. Client able to understand and make changes if called
  - 2. Family/Friend to be called to make changes as needed. Phone: \_\_\_\_\_
  - 3. Nurse MUST make visit to make and explain Med Changes

**Reviewed For Contraindications:** \_\_\_\_\_

\_\_\_\_\_  
**Signature**

\_\_\_\_\_  
**Date**



Available 24 hours

334-3411

Ask for:

HH  
RN

**HOME HEALTH AGENCY**

**1-800-323-3360**

office hrs 8AM-5PM

Kathy RN

2013

4/13

Kathy was  
the bomb



## Patient Summary

**Patient Name** MARY PARVIN

**Notes** PLEASE SEE DISCHARGE INSTRUCTIONS

**Packet Contents**

Document	Language	Level
High Blood Pressure Emergencies	ENGLISH	Adult
High Blood Pressure in Adults	ENGLISH	Adult

Created on Apr 17, 2013 3:47:13 PM



## High Blood Pressure Emergencies

Printed on Wed, April 17, 2013

### The Basics

Written by the doctors and editors at UpToDate

**What is a high blood pressure emergency?** — A high blood pressure emergency is a serious – and even life-threatening – condition that can happen when a person's blood pressure gets much higher than normal. When a person's blood pressure gets very high, it can lead to problems in 1 or more of the following organs:

- Eyes – Problems can include bleeding in the back of the eye, or swelling of the nerve that runs from the eye to the brain.
- Brain – Problems can include swelling or bleeding in the brain, or a stroke. A stroke is when part of the brain is injured because it goes without blood for too long.
- Kidneys – Very high blood pressure can lead to kidney failure, which is when the kidneys stop working.
- Heart – Heart problems can include a heart attack, heart failure, or damage to a major blood vessel.

When your doctor or nurse tells you your blood pressure, he or she says 2 numbers. For example, he or she might say that your blood pressure is "140 over 90." When people have a high blood pressure emergency, their blood pressure is usually "180 over 120" or higher.

Other terms doctors might use for a high blood pressure emergency are "hypertensive emergency" or "malignant hypertension."

Sometimes, a person's blood pressure is much higher than normal, but it hasn't damaged any organs. Doctors call this "hypertensive urgency." Hypertensive urgency is not usually treated the same as a high blood pressure emergency.

**What are the symptoms of a high blood pressure emergency?** — The symptoms depend on the organ or organs affected. They can include:

- Blurry vision or other vision changes
- Headache
- Nausea or vomiting
- Confusion
- Passing out or seizures – Seizures are waves of abnormal electrical activity in the brain that can make people move or behave strangely.
- Trouble breathing
- Chest pain
- Urine that is brown or bloody
- Pain when urinating
- Pain in the lower back or on the side of the body

**Should I see a doctor or nurse?** — Yes. Call your doctor or nurse right away if you have any of the symptoms listed above, especially if you know that you have high blood pressure.

**Will I need tests?** — Yes. Your doctor or nurse will ask about your symptoms, do an exam, and check your blood pressure. He or she might use a special light to look in the back of your eyes.

Your doctor will also do tests to check how serious your condition is. Tests can include:

- Blood tests
- Urine tests
- A chest X-ray
- A CT scan or other imaging test of your brain – Imaging tests create pictures of the inside of the body.
- An ECG (also called an “electrocardiogram” or “EKG”) – This test measures the electrical activity in your heart (figure 1).

**How is a high blood pressure emergency treated?** — A high blood pressure emergency is treated in the hospital. Your doctor will give you medicines to lower your blood pressure quickly. These medicines usually go into your vein through a tube called an “IV.”

Your doctor will also treat any problems caused by your very high blood pressure, if they can be treated.

People who have a high blood pressure emergency usually need long-term treatment to keep their blood pressure under control. This usually includes:

- Taking medicines
- Following a low-salt diet that includes a lot of fruits and vegetables
- Losing weight (if you are overweight)
- Getting regular exercise

All topics are updated as new evidence becomes available and our peer review process is complete.

**This topic retrieved from UpToDate on:** Jan 09, 2013.

Topic 17188 Version 1.0

Release: 20.12 - C21.3

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HOME HEALTH AGENCY  
CONDITIONS OF ADMISSION  
PATIENT CONSENT / ASSIGNMENT OF BENEFITS

Patient Name: Parvin, Mary  
(please print)

I certify that I have been informed of, and understand the following documents given and/or discussed with me at the initiation of care by Lodi Memorial Hospital Home Health Agency.

Check following:

- Patient Consent
- Patient's Rights
- How to file a complaint or grievance
- Advance Directive Statement;
- Release of Information
- Patient's Responsibilities
- Telephone number for State Department of Health Services

I certify that I  do have  do not have a living will.

I certify that I  do have  do not have a Durable Power of Attorney for Health Care or have appointed a surrogate decision maker.

I have received written information re: Advance Directive. Location of my Advance Directive is:

Photograph Consent

I  do  do **not** authorize LMH-HHA to photograph a specific section of my body for documentation purposes as deemed necessary or appropriate.

- Assignment of Insurance Benefits, Financial Responsibility, and Cost of Service
- Medicare Secondary Payor Screening Form / Alternate Liability Screening Form

LODI MEMORIAL HOSPITAL'S NOTICE OF PRIVACY PRACTICES.

By signing the agreement the patient and/or responsible party indicates that he/she (1) has read the agreement; (2) understands the meaning of the agreement; (3) consents to be legally bound by its terms and implications; and (4) has received a copy of the agreement.

**After checking with your insurance company you will be responsible for what your insurance determines to be your co-pay, co-insurance and/or deductible per number of estimated home visits.**

Mary Jean Parvin

Patient  Parent  Guardian  Conservator  Other

Date

If other, indicate relationship

Reason patient unable to sign  
(i.e.,  vision,  upper extremity disability,  lack of cognition,  age,  extreme pain)

Witness

Date



Lodi  
Memorial  
Hospital

## HOME HEALTH AGENCY HOME SAFETY/POTENTIAL FOR INJURY

P.O. BOX 3004  
LODI, CA 95241  
(209) 334-3411  
(209) 333-3131

DATE	NRS INIT	
1/11/01	JL	<p><b>I. The client/care giver can list precautions regarding floors and shoes.</b>            A. Floors should have even nonskid surfaces. B. Throw rugs should be avoided. C. Large rugs should be well anchored or have nonskid surface. D. Corrugated or crepe-soled shoes should be worn. E. Firm, supportive shoes should be worn, not soft slippers. F. Wipe up any spills immediately. G. Avoid clutter on floors.</p>
1/11/01	JL	<p><b>II. The client/care giver can list precautions regarding stairs.</b>            A. Height of stairs should be uniform, and treads should be even and covered with a nonskid surface. B. Stairways should always be well lighted. C. Hand rails should be present, placed securely and easily grasped. D. A contrasting color along the edge of the tread can help differentiate the steps.</p>
1/11/01	JL	<p><b>III. The client/care giver can list precautions regarding electricity.</b>            A. Condition of electrical appliances, cords and plugs should be checked regularly. B. Circuits should not be overloaded. C. Electrical appliances should be kept away from bathtub or shower area. D. Avoid any noninsulated wiring.</p>
1/11/01	JL	<p><b>IV. The client/care giver can list precautions regarding lighting.</b>            A. Lighting should provide even, general illumination. B. Night lights are helpful to light the way to the bathroom.</p>
1/11/01	JL	<p><b>V. The client/care giver can list precautions regarding the telephone.</b>            A. Enlarged or lighted dial can be helpful to see the dial. B. Phone should be within easy reach day or night. C. Emergency numbers should include doctor, police, fire department, ambulance, nearest neighbor, and relative.</p>
1/11/01	JL	<p><b>VI. The client/care giver can list precautions regarding bathroom safety.</b>            A. Toilet extender and hand rails can help a client who has difficulty getting up. B. The bathtub and shower should have sturdy hand rails and skid-proof mats. C. The hot water heater should not be set higher than 120 degrees.</p>
1/11/01	JL	<p><b>VII. The client/care giver can list precautions regarding kitchen safety.</b>            A. Long sleeves or loose night clothes should not be worn while cooking. B. Any spills should be cleaned immediately. C. Fire extinguisher should be kept next to stove. D. Controls to the stove should be easily accessible and readable. E. If a step stool is necessary, it should have a wide base support. F. Pot handles should be turned to the back of the stove.</p>
1/11/01	JL	<p><b>VIII. The client/care giver can list precautions regarding fire safety.</b>            A. Smoke alarms should be placed on each floor of the home. B. Alternate exits should be accessible in case of fire. C. Client/care giver should never smoke in bed, or when sleepy. D. Access to outside doorways should be free of obstruction. E. Fire escape plan.</p>

Signature of Home Health Nurse \_\_\_\_\_ Date \_\_\_\_\_

Signature of Client Mary Jean Parvin





## HOME HEALTH AGENCY PATIENT'S RIGHTS

1. To be fully informed, as evidenced by the patient's written acknowledgment prior to or at the time of admission of these rights and of all rules and regulations governing patient conduct.
2. To be fully informed, prior to or at the time of admission, of services available in the agency and of related charges, including any charges of service not covered under Title XVIII of the Social Security Act.
3. To be fully informed by physician of his/her medical condition, unless medically contradicted, and to be afforded the opportunity to participate in the planning of his/her medical treatment and to refuse to participate in experimental research. To be fully informed about the nature and purpose of any technical procedure and who will do the procedure.
4. To refuse treatment to the extent permitted by law and to be informed as to the medical consequences of such refusal.
5. To be assured confidential treatment of personal and medical records and to approve or refuse their release to any individual outside the agency, except in the case of transfer to another health facility or as required by law or third party payment contract.
6. To be treated with consideration, respect and full recognition of dignity and individuality, including privacy in treatment and in care for personal needs and personal property.
7. To be informed by the licensee of the provisions of law regarding complaints confidentially, including, but not limited to, the address and telephone number of the complaint receiving unit of the department.
8. To be assured the personnel who provide care are qualified through education and experience, to carry out the services for which they are responsible.
9. To be assured the patient and his/her family will be taught about the illness so that the patient can help him/herself, and the family can understand and help the patient. To have pain addressed and measures taken to alleviate.
10. To be assured the patient has the following addresses and phone numbers for any agency related complaints:

Home Health Agency Manager  
(209) 334-3411 ext. 3116  
Call Box 3004  
Lodi, CA 95241

Department of Health Services  
Licensing and Certification Division  
3901 Lennane Drive, Suite 210  
Sacramento, CA 95815  
1-800-554-0354

Hours of telephone availability - 24 hours/day, 7 days/week

## PATIENT'S RESPONSIBILITIES

1. To follow the physician's plan of care.
2. To accept the responsibility to work toward maximum independent functioning.
3. To communicate homebound status to agency caregivers.
4. To notify agency when unable to be at home.
5. To report any complaints to the nurse assigned to the patient.
6. To treat agency caregivers with consideration and respect.
7. To notify the agency if any changes in your insurance carrier.



## Furosemide

Printed on Mon, April 22, 2013

**Pronunciation**(fyoor OH se mide)

**Brand Names: U.S.**Lasix®

**Brand Names: Canada**Apo-Furosemide®; AVA-Furosemide; Bio-Furosemide; Dom-Furosemide; Furosemide Injection Sandoz Standard; Furosemide Injection, USP; Furosemide Special; Furosemide Special Injection; Lasix®; Lasix® Special; Novo-Semide; NTP-Furosemide; Nu-Furosemide; PMS-Furosemide; Teva-Furosemide

### Warning

- This drug is a strong water pill. Sometimes too much water and major elements (potassium) in the blood may be lost. Your doctor will follow you closely to change the dose to match your body's needs.
- Sometimes drugs are not safe when you take them with certain other drugs. Taking them together can cause bad side effects. This is one of those drugs. Be sure to talk to your doctor about all the drugs you take.

### What is this drug used for?

- It is used to get rid of extra fluid.
- It is used to treat high blood pressure.
- It is used to help a weak heart.

### What do I need to tell my doctor before I take this drug?

- If you have an allergy to furosemide or any other part of this drug.
- If you are allergic to any drugs, foods, or other substances. Tell your doctor about the allergy and what signs you had, like rash; hives; itching; shortness of breath; wheezing; cough; swelling of face, lips, tongue, or throat; or any other signs.
- If you have a sulfa (sulfonamide) allergy, talk with your doctor.
- If you have trouble passing urine.

### What are some things I need to know or do while I take this drug?

- Do not run out of this drug.
- If you have high blood sugar (diabetes), you will need to watch your blood sugar closely.

- If you are taking this drug and have high blood pressure, talk with your doctor before using OTC products that may raise blood pressure. These include cough or cold drugs, diet pills, stimulants, ibuprofen or like products, and some natural products or aids.
- Have your blood pressure and heart rate checked often. Talk with your doctor.
- Have your blood work checked. Talk with your doctor.
- Check all drugs you are taking with your doctor. This drug may not mix well with some other drugs.
- Keep a list of all your drugs (prescription, natural products, vitamins, OTC) with you. Give this list to your doctor.
- You may need extra potassium. Talk with your doctor.
- Limit your drinking of wine, beer, or mixed drinks.
- You may get sunburned more easily. Avoid sun, sunlamps, and tanning beds. Use sunscreen and wear clothing and eyewear that protects you from the sun.
- Tell your doctor if you are pregnant or plan on getting pregnant. You will need to talk about the benefits and risks of using this drug while you are pregnant.
- Tell your doctor if you are breast-feeding. You will need to talk about any risks to your baby.

### **What are some side effects of this drug?**

#### **All products:**

- Feeling dizzy. Rise slowly over a few minutes when sitting or lying down. Be careful climbing.
- Belly pain.
- Headache.
- Signs of low potassium levels like muscle pain or weakness, muscle cramps, or a heartbeat that does not feel normal.
- Dry mouth. Good mouth care, sucking hard, sugar-free candy, or chewing sugar-free gum may help. See a dentist often.
- Upset stomach or throwing up. Many small meals, good mouth care, sucking hard, sugar-free candy, or chewing sugar-free gum may help.
- Hard stools (constipation). Drinking more liquids, working out, or adding fiber to your diet may help. Talk with your doctor about a stool softener or laxative.
- Hearing loss. This can be long-lasting.

#### **Liquid:**

- Loose stools (diarrhea) with high doses.

### **What are some side effects that I need to call my doctor about right away?**

- If you think there has been an overdose, call 1-800-222-1222 (the American Association of Poison Control Centers), your local poison control center (<http://www.aapcc.org>), or emergency room (ER) right away.

- Signs of an allergic reaction, like rash; hives; itching; red, swollen, blistered, or peeling skin with or without fever; wheezing; tightness in the chest or throat; trouble breathing or talking; unusual hoarseness; or swelling of the mouth, face, lips, tongue, or throat.
- Signs of low potassium.
- Very bad dizziness or passing out.
- Very upset stomach or throwing up.
- Very loose stools (diarrhea).
- A big weight gain.
- Swelling in your legs or belly.
- Change in hearing.
- Not able to pass urine.
- Any rash.
- Side effect or health problem is not better or you are feeling worse.

### **How is this drug best taken?**

- This drug may cause you to pass urine more often. To keep from having sleep problems, try to take before 6 pm.
- Take as you have been told, even if you feel well.
- Follow the diet and workout plan that your doctor told you about.

#### **Oral:**

- Take with or without food. Take with food if it causes an upset stomach.
- There is a liquid (solution) if you cannot swallow pills.
- Those who have feeding tubes may also use the liquid. Flush the feeding tube before and after this drug is given.

#### **Shot:**

- It is given as a shot into a muscle or vein.

### **What do I do if I miss a dose?**

#### **Oral:**

- Take a missed dose as soon as you think about it.
- If it is close to the time for your next dose, skip the missed dose and go back to your normal time.
- Do not take 2 doses at the same time or extra doses.
- Do not change the dose or stop this drug. Talk with the doctor.

### **How do I store and/or throw out this drug?**

#### **Oral:**

- Store liquid (solution) and tablets at room temperature. Do not freeze liquid (solution).
- Protect liquid (solution) and tablets from light.
- Store in a dry place. Do not store in a bathroom.

**Shot:**

- The shot will be given to you in a hospital or doctor's office. You will not store it at home.

**General drug facts**

- If your symptoms or health problems do not get better or if they become worse, call your doctor.
- Do not share your drugs with others and do not take anyone else's drugs.
- Keep all drugs out of the reach of children and pets.
- If you have any questions about this drug, please talk with your doctor, pharmacist, or other health care provider.
- In Canada, take any unused drugs to the pharmacy. Also, visit <http://www.hc-sc.gc.ca/hl-vs/iyh-vsv/med/disposal-defaire-eng.php#th> to learn about the right way to get rid of unused drugs.
- Keep a list of all your drugs (prescription, natural products, vitamins, OTC) with you. Give this list to your doctor.
- These are not all of the side effects that may occur. If you have questions about side effects, call your doctor. Call your doctor for medical advice about side effects.
- Talk with the doctor before starting any new drug, including prescription or OTC, natural products, or vitamins.

*Disclaimer: This information should not be used to decide whether or not to take this medicine or any other medicine. Only your healthcare provider has the knowledge and training to decide which medicines are right for you. This information does not endorse any medicine as safe, effective, or approved for treating any patient or health condition. This is only a brief summary of general information about this medicine. It does NOT include all information about the possible uses, directions, warnings, precautions, interactions, adverse effects, or risks that may apply to this medicine. This information is not specific medical advice and does not replace information you receive from your healthcare provider. You must talk with your healthcare provider for complete information about the risks and benefits of using this medicine.*

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Fax: 330.656.4307

Lexicomp®



## Insulin Glargine

*Printed on Mon, April 22, 2013*

**Pronunciation**(IN soo lin GLAR jeen)

**Brand Names: U.S.**Lantus®; Lantus® Solostar®

**Brand Names: Canada**Lantus®; Lantus® OptiSet®

### What is this drug used for?

- It is used to lower blood sugar in patients with high blood sugar (diabetes).

### What do I need to tell my doctor before I take this drug?

- If you have an allergy to insulin or any other part of this drug.
- If you are allergic to any drugs, foods, or other substances. Tell your doctor about the allergy and what signs you had, like rash; hives; itching; shortness of breath; wheezing; cough; swelling of face, lips, tongue, or throat; or any other signs.

### What are some things I need to know or do while I take this drug?

- Keep a list of all your drugs (prescription, natural products, vitamins, OTC) with you. Give this list to your doctor.
- Wear disease medical alert ID (identification).
- Do not run out of this drug.
- If you are 80 or older, use this drug with care. You could be more sensitive to low blood sugar.
- Do not drive if your blood sugar has been low. There is a greater chance of you having a crash.
- If you have kidney disease, talk with your doctor.
- If you have liver disease, talk with your doctor.
- Check your blood sugar as you have been told by your doctor.
- Have your blood work checked often. Talk with your doctor.
- Have an eye exam and visit the foot doctor every year.
- Check all drugs you are taking with your doctor. This drug may not mix well with some other drugs.
- Limit your drinking of wine, beer, or mixed drinks.
- Keep workouts the same. More workouts may lower your insulin needs.
- Tell your doctor if you are pregnant or plan on getting pregnant: You will need to talk about the benefits and risks of using this drug while you are pregnant.

- Tell your doctor if you are breast-feeding. You will need to talk about any risks to your baby.

### **What are some side effects of this drug?**

- Low blood sugar may occur. Signs may be dizziness, headache, feeling sleepy, feeling weak, shaking, a fast heartbeat, confusion, hunger, or sweating. Keep hard candies, glucose tablets, liquid glucose, or juice on hand for low blood sugar.
- Upset stomach or throwing up. Many small meals, good mouth care, sucking hard, sugar-free candy, or chewing sugar-free gum may help.
- Weight gain.
- Irritation where the shot is given.

### **What are some side effects that I need to call my doctor about right away?**

- If you think there has been an overdose, call 1-800-222-1222 (the American Association of Poison Control Centers), your local poison control center (<http://www.aapcc.org>), or emergency room (ER) right away.
- Signs of an allergic reaction, like rash; hives; itching; red, swollen, blistered, or peeling skin with or without fever; wheezing; tightness in the chest or throat; trouble breathing or talking; unusual hoarseness; or swelling of the mouth, face, lips, tongue, or throat.
- Signs of infection. These include a fever of 100.5°F (38°C) or higher, chills, very bad sore throat, ear or sinus pain, cough, more sputum or change in color of sputum, pain with passing urine, mouth sores, wound that will not heal, or anal itching or pain.
- Very low blood sugar or very high blood sugar.
- Any rash.
- Side effect or health problem is not better or you are feeling worse.

### **How is this drug best taken?**

- Use as you have been told, even if you are feeling better.
- Do not use out dated insulin.
- Do not mix this insulin in the same syringe with other types of insulin.
- It is given as a shot into the fatty part of the skin.
- Take this drug at the same time of day.
- Throw away needles in a needle/sharp disposal box and take the box back to your doctor when it is full.
- Follow the diet and workout plan that your doctor told you about.

### **What do I do if I miss a dose?**

- Give a missed shot as soon as you think about it.
- If it is close to the time for your next shot, skip the missed shot and go back to your normal time.

## How do I store and/or throw out this drug?

- Store unopened containers in a refrigerator. Do not freeze.
- You may store opened vials at room temperature or in a refrigerator. If stored at room temperature, throw away any part not used after 1 month.
- Store opened cartridges and pens at room temperature. Throw away any part not used after 1 month.
- Protect opened containers from heat.
- Protect opened containers from light.

## General drug facts

- If your symptoms or health problems do not get better or if they become worse, call your doctor.
- Do not share your drugs with others and do not take anyone else's drugs.
- Keep all drugs out of the reach of children and pets.
- If you have any questions about this drug, please talk with your doctor, pharmacist, or other health care provider.
- In Canada, take any unused drugs to the pharmacy. Also, visit <http://www.hc-sc.gc.ca/hl-vs/iyh-vsv/med/disposal-defaire-eng.php#th> to learn about the right way to get rid of unused drugs.
- Keep a list of all your drugs (prescription, natural products, vitamins, OTC) with you. Give this list to your doctor.
- These are not all of the side effects that may occur. If you have questions about side effects, call your doctor. Call your doctor for medical advice about side effects.
- Talk with the doctor before starting any new drug, including prescription or OTC, natural products, or vitamins.

*Disclaimer: This information should not be used to decide whether or not to take this medicine or any other medicine. Only your healthcare provider has the knowledge and training to decide which medicines are right for you. This information does not endorse any medicine as safe, effective, or approved for treating any patient or health condition. This is only a brief summary of general information about this medicine. It does NOT include all information about the possible uses, directions, warnings, precautions, interactions, adverse effects, or risks that may apply to this medicine. This information is not specific medical advice and does not replace information you receive from your healthcare provider. You must talk with your healthcare provider for complete information about the risks and benefits of using this medicine.*

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Lexicomp®





## Carvedilol

Printed on Mon, April 22, 2013

**Pronunciation**(KAR ve dil ole)

**Brand Names: U.S.**Coreg CR®; Coreg®

**Brand Names: Canada**Apo-Carvedilol®; Ava-Carvedilol; Dom-Carvedilol; JAMP-Carvedilol; Mylan-Carvedilol; Novo-Carvedilol; PMS-Carvedilol; RAN™-Carvedilol; ratio-Carvedilol; ZYM-Carvedilol

### Warning

- Do not stop taking this drug all of a sudden. If you do, chest pain that is worse and in some cases heart attack may occur. The risk may be greater if you have certain types of heart disease. To avoid side effects, you will want to slowly stop this drug as ordered by your doctor. Call your doctor right away if you have new or worse chest pain or if other heart problems occur.
- Sometimes drugs are not safe when you take them with certain other drugs. Taking them together can cause bad side effects. This is one of those drugs. Be sure to talk to your doctor about all the drugs you take.

### What is this drug used for?

- It is used to help a weak heart.
- It is used to treat chest pain or pressure.
- It is used to treat high blood pressure.

### What do I need to tell my doctor before I take this drug?

- If you have an allergy to carvedilol or any other part of this drug.
- If you are allergic to any drugs, foods, or other substances. Tell your doctor about the allergy and what signs you had, like rash; hives; itching; shortness of breath; wheezing; cough; swelling of face, lips, tongue, or throat; or any other signs.
- If you have any of these health problems: Asthma, very bad liver disease, slow heartbeat without a working pacemaker, or wheezing.
- If you are more than 12 weeks pregnant.
- If you are breast-feeding.

### What are some things I need to know or do while I take this drug?

- Keep a list of all your drugs (prescription, natural products, vitamins, OTC) with you. Give this list to your doctor.
- Do not run out of this drug.
- Wear disease medical alert ID (identification).
- If you are having cataract surgery, talk with your doctor.
- This drug may hide the signs of low blood sugar. Talk with your doctor.
- If you have liver disease, talk with your doctor.
- If you have lung disease, talk with your doctor.
- If you have mental illness, talk with your doctor.
- If you have myasthenia gravis, talk with your doctor.
- If you have thyroid disease, talk with your doctor.
- Have your blood pressure and heart rate checked often. Talk with your doctor.
- Check all drugs you are taking with your doctor. This drug may not mix well with some other drugs.
- If you are taking this drug and have high blood pressure, talk with your doctor before using OTC products that may raise blood pressure. These include cough or cold drugs, diet pills, stimulants, ibuprofen or like products, and some natural products or aids.
- Limit your drinking of wine, beer, or mixed drinks.
- Tell your doctor if you are pregnant or plan on getting pregnant. You will need to talk about the benefits and risks of using this drug while you are pregnant.
- Use birth control that you can trust to stop pregnancy while taking this drug.

### **What are some side effects of this drug?**

- Feeling dizzy. Rise slowly over a few minutes when sitting or lying down. Be careful climbing.
- Feeling tired or weak.
- Loose stools (diarrhea).
- Dry eyes. Using artificial tears may help.
- Change in sex ability.
- Allergic side effects may rarely happen.

### **What are some side effects that I need to call my doctor about right away?**

- If you think there has been an overdose, call 1-800-222-1222 (the American Association of Poison Control Centers), your local poison control center (<http://www.aapcc.org>), or emergency room (ER) right away.
- Signs of an allergic reaction, like rash; hives; itching; red, swollen, blistered, or peeling skin with or without fever; wheezing; tightness in the chest or throat; trouble breathing or talking; unusual hoarseness; or swelling of the mouth, face, lips, tongue, or throat.
- Very bad dizziness or passing out.

- Change in how contact lenses feel in the eyes.
- Trouble breathing.
- A big weight gain.
- Very loose stools (diarrhea).
- Feeling very tired or weak.
- Any rash.
- Side effect or health problem is not better or you are feeling worse.

### **How is this drug best taken?**

- Take as you have been told, even if you feel well.
- Take this drug at the same time of day.
- Take this drug with food.
- Long-acting products: Swallow whole. Do not chew, break, or crush.
- You may sprinkle contents of capsule on applesauce. Do not chew.
- Follow the diet and workout plan that your doctor told you about.

### **What do I do if I miss a dose?**

- Take a missed dose as soon as you think about it.
- If it is close to the time for your next dose, skip the missed dose and go back to your normal time.
- Do not take 2 doses at the same time or extra doses.
- Do not change the dose or stop this drug. Talk with the doctor.

### **How do I store and/or throw out this drug?**

- Store at room temperature.
- Protect from light.
- Store in a dry place. Do not store in a bathroom.

### **General drug facts**

- If your symptoms or health problems do not get better or if they become worse, call your doctor.
- Do not share your drugs with others and do not take anyone else's drugs.
- Keep all drugs out of the reach of children and pets.
- If you have any questions about this drug, please talk with your doctor, pharmacist, or other health care provider.
- In Canada, take any unused drugs to the pharmacy. Also, visit <http://www.hc-sc.gc.ca/hl-vs/iyh-vsv/med/disposal-defaire-eng.php#th> to learn about the right way to get rid of unused drugs.
-



## Aspirin

Printed on Mon, April 22, 2013

### Pronunciation(AS pir in)

**Brand Names: U.S.**Ascriptin® Maximum Strength [OTC]; Ascriptin® Regular Strength [OTC]; Aspercin [OTC]; Aspergum® [OTC]; Aspir-low [OTC]; Aspiatab [OTC]; Bayer® Aspirin Extra Strength [OTC]; Bayer® Aspirin Regimen Adult Low Strength [OTC]; Bayer® Aspirin Regimen Children's [OTC]; Bayer® Aspirin Regimen Regular Strength [OTC]; Bayer® Genuine Aspirin [OTC]; Bayer® Plus Extra Strength [OTC]; Bayer® Women's Low Dose Aspirin [OTC]; Buffasal [OTC]; Bufferin® Extra Strength [OTC]; Bufferin® [OTC]; Buffinol [OTC]; Ecotrin® Arthritis Strength [OTC]; Ecotrin® Low Strength [OTC]; Ecotrin® [OTC]; Halfprin® [OTC]; St Joseph® Adult Aspirin [OTC]; Tri-Buffered Aspirin [OTC]

**Brand Names: Canada**Asaphen; Asaphen E.C.; Entrophen®; Novasen; Praxis ASA EC 81 Mg Daily Dose

### Warning

- Do not give children and teenagers aspirin for flu signs or chickenpox.
- Stent patients: Talk with your heart doctor before stopping this drug, even if told to do so by some other doctor.
- Sometimes drugs are not safe when you take them with certain other drugs. Taking them together can cause bad side effects. This is one of those drugs. Be sure to talk to your doctor about all the drugs you take.

### What is this drug used for?

- It is used to stop heart attacks.
- It is used to stop strokes.
- It is used to ease pain, swelling, and fever.
- It is used to treat arthritis.
- It is used to treat gout attacks.
- It is used to treat rheumatic fever.
- It is used to protect bypass grafts and stents in the heart.

### What do I need to tell my doctor before I take this drug?

- Do not give to a child younger than 16 years of age for flu or chickenpox signs.

- If you have an allergy to aspirin or any other part of this drug.
- If you are allergic to any drugs, foods, or other substances. Tell your doctor about the allergy and what signs you had, like rash; hives; itching; shortness of breath; wheezing; cough; swelling of face, lips, tongue, or throat; or any other signs.
- If you have any of these health problems: Asthma, bleeding problems, nose polyps, or rhinitis.
- If you are more than 24 weeks pregnant.

### **What are some things I need to know or do while I take this drug?**

- Keep a list of all your drugs (prescription, natural products, vitamins, OTC) with you. Give this list to your doctor.
- If you have had an ulcer or bleeding from your stomach or bowel, talk with your doctor.
- Have your blood work checked often. Talk with your doctor.
- Check all drugs you are taking with your doctor. This drug may not mix well with some other drugs.
- Talk with your doctor before using products that have aspirin, blood thinners, garlic, ginseng, ginkgo, ibuprofen or like products, pain drugs, or vitamin E.
- Tell dentists, surgeons, and other doctors that you use this drug.
- Take good care of your teeth. See a dentist often.
- Stent patients: Talk with your heart doctor before stopping this drug for any reason.
- You may bleed more easily. Be careful and avoid injury. Use a soft toothbrush and an electric razor.
- Avoid beer, wine, or mixed drinks.
- Tell your doctor if you are pregnant or plan on getting pregnant. You will need to talk about the benefits and risks of using this drug while you are pregnant.
- Use birth control that you can trust to stop pregnancy while taking this drug.
- Tell your doctor if you are breast-feeding. You will need to talk about any risks to your baby.

### **What are some side effects of this drug?**

- Belly pain or heartburn.
- Upset stomach or throwing up. Many small meals, good mouth care, sucking hard, sugar-free candy, or chewing sugar-free gum may help.
- Bleeding problems.

### **What are some side effects that I need to call my doctor about right away?**

- If you think there has been an overdose, call 1-800-222-1222 (the American Association of Poison Control Centers), your local poison control center (<http://www.aapcc.org>), or emergency room (ER) right away.
-

Signs of an allergic reaction, like rash; hives; itching; red, swollen, blistered, or peeling skin with or without fever; wheezing; tightness in the chest or throat; trouble breathing or talking; unusual hoarseness; or swelling of the mouth, face, lips, tongue, or throat.

- Trouble breathing.
- Very bad dizziness or passing out.
- Change in thinking clearly and with logic.
- Very bad headache.
- Ringing in ears.
- Black, tarry, or bloody stools.
- Blood in the urine.
- Any bruising or bleeding.
- Any rash.
- Side effect or health problem is not better or you are feeling worse.

### **How is this drug best taken?**

- To gain the most benefit, do not miss doses.
- Take with or without food. Take with food if it causes an upset stomach.
- Swallow enteric-coated and long-acting products whole. Do not chew, break, or crush.
- Chewable tablet: Chew or crush well. Mix crushed tablet with food. Do not swallow it whole.
- Use suppository rectally.

### **What do I do if I miss a dose?**

- Take a missed dose as soon as you think about it.
- If it is close to the time for your next dose, skip the missed dose and go back to your normal time.
- Do not take 2 doses at the same time or extra doses.
- Many times this drug is taken on an as needed basis.
- Do not change the dose or stop this drug. Talk with the doctor.

### **How do I store and/or throw out this drug?**

#### **Oral:**

- Store at room temperature.
- Protect from light.
- Store in a dry place. Do not store in a bathroom.

#### **Suppository:**

- Store in a refrigerator. Do not freeze.
- Do not use suppositories if they have a vinegar smell.

4:25

Mary Jean

Parvin

DOB 3-16-43

365-7460

Christine

Baypr Low Dose

1 Daily

Carvedilol (Coreg) 12.5 mg 1 Twice Daily

Clonidine 0.2 mg

1 Daily

Klor-Con 10 Meg

1 Daily

L-Thyroxine 100 mcg

1 Daily

Levothyroxin 100 mcg

1 Daily

Escitalopram 20 mg

1 Daily

Isoorbide 30 mg

1 Daily

? Pot Chloride 10 Meg

2 Daily

Furosemide 80 mg

1 Daily

Micardis 80 mg

1 Daily

Nitrostat .4 mg

As needed

Oral Hydrocortisone

10-500 mg As needed

Zolpidem 5 mg (Ambien)

As needed

Betaxolol 10.000 mg

As needed

Home Health Agency  
Outcome and Assessment Information Set (OASIS)  
**STATEMENT OF PATIENT PRIVACY RIGHTS** (Medicare/Medicaid)

**As a home health patient, you have the privacy rights listed below.**

- **You have the right to know why we need to ask you questions.**  
We are required by law to collect health information to make sure:
  - 1) you get quality health care, and
  - 2) payment for Medicare and Medicaid patients is correct.
- **You have the right to have your personal health care information kept confidential.**  
You may be asked to tell us information about yourself so that we will know which home health services will be best for you. We keep anything we learn about you confidential. This means, only those who are legally authorized to know, or who have a medical need to know, will see your personal health information.
- **You have the right to refuse to answer questions.**  
We may need your help in collecting your health information. If you choose not to answer, we will fill in the information as best we can. You do not have to answer every question to get services.
- **You have the right to look at your personal health information.**
  - We know how important it is that the information we collect about you is correct. If you think we made a mistake, ask us to correct it.
  - If you are not satisfied with our response, you can ask the Health Care Financing Administration, the federal Medicare and Medicaid agency, to correct your information.

You can ask the Health Care Financing Administration to see, review, copy, or correct your personal health information which that Federal agency maintains in its HHA OASIS System of Records. See the back of this Notice for CONTACT INFORMATION. If you want a more detailed description of your privacy rights, see the back of this Notice: **PRIVACY ACT STATEMENT - HEALTH CARE RECORDS.**

**NOTICE ABOUT PRIVACY**  
**For Patients Who DO NOT Have Medicare or Medicaid Coverage**

- **As a home health patient, there are a few things that you need to know about our collection of your personal health care information.**
  - Federal and State governments oversee home health care to be sure that we furnish quality home health care services, and that you, in particular, get quality home health care services.
  - We need to ask you questions because we are required by law to collect health information to make sure that you get quality health care services.
  - We will make your information anonymous. That way, the Health Care Financing Administration, the federal agency that oversees this home health agency, cannot know that the information is about you.
- **We keep anything we learn about you confidential.**

This is a Medicare & Medicaid  
Approved Notice



## Lodi Memorial Hospital Home Health Agency

P.O Box 3004

Lodi, CA 95241

(209) 333-3131

### Notice of Medicare Non-Coverage

Patient name: \_\_\_\_\_ Patient number: \_\_\_\_\_

The Effective Date Coverage of Your Current Home Health Services Will End:  
\_\_\_\_\_

- 
- Your Medicare health plan and/or provider have determined that Medicare probably will not pay for your current home health services after the effective date indicated above.
  - You may have to pay for any services you receive after the above date.

---

### Your Right to Appeal This Decision

- You have the right to an immediate, independent medical review (appeal) of the decision to end Medicare coverage of these services. Your services will continue during the appeal.
- If you choose to appeal, the independent reviewer will ask for your opinion. The reviewer also will look at your medical records and/or other relevant information. You do not have to prepare anything in writing, but you have the right to do so if you wish.
- If you choose to appeal, you and the independent reviewer will each receive a copy of the detailed explanation about why your coverage for services should not continue. You will receive this detailed notice only after you request an appeal.
- If you choose to appeal, and the independent reviewer agrees services should no longer be covered after the effective date indicated above, neither Medicare nor your plan will pay for these services after that date.
- If you stop services no later than the effective date indicated above, you will avoid financial liability.

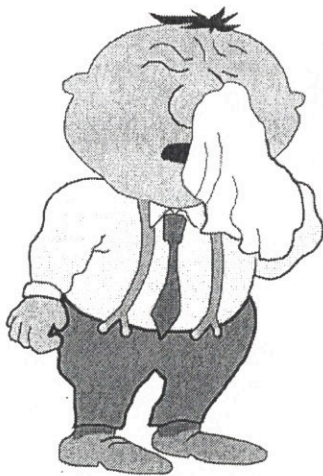
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### How to Ask For an Immediate Appeal

- You must make your request to your Quality Improvement Organization (also known as a QIO). A QIO is the independent reviewer authorized by Medicare to review the decision to end these services.
- Your request for an immediate appeal should be made as soon as possible, but no later than noon of the day before the effective date indicated above.
- The QIO will notify you of its decision as soon as possible, generally no later than the effective date of this notice.
- Call your QIO at: LUMETRA 1-800-841-1602 (or for TTY/TDD 1-800-881-5980 to appeal, or if you have questions.

**See the back of this notice for more information.**

# Cover Your Coughs and Sneezes



Use a tissue to cover your sneezes and coughs



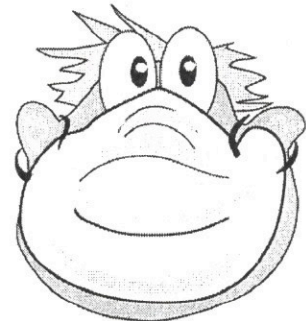
Sneeze or cough into your sleeve if you do not have a tissue



Clean your hands often



When needed, wear a mask to protect yourself and others from germs



# How It Works: Washing Hands with Soap and Water



## Components:

- 3 Three components:
1. Soap
  2. Warm water
  3. Friction

## Technique:

- 6 Six steps:
1. Wet hands with warm, running water.
  2. Add soap.
  3. Rub hands vigorously for 20 seconds.  
Wash all surfaces including:
    - Backs of hands
    - Wrists
    - Between fingers
    - Tips of fingers
    - Thumbs
    - Under fingernails—nailbrush is best
  4. Rinse.
    - Keep fingers pointing down
  5. Dry vigorously with paper or clean cloth towel.
  6. Turn off faucet with towel and open door with towel.

## How it works:

- The soap suspends the dirt and soils.
- The friction motion helps pull dirt and greasy or oily soils free from the skin.
- Warm running water washes away suspended dirt and soils that trap germs.
- Final friction of wiping hands removes more germs.



Minnesota Department of Health - Infectious Disease Epidemiology, Prevention and Control Division

651-201-5414 - TDD/TTY 651-201-5797 - [www.health.state.mn.us](http://www.health.state.mn.us)

## HOUSEHOLD HAZARDOUS WASTES IN THE HOME.

- Household Hazardous Waste should **never** be thrown in the trash, washed down the drain or poured onto the ground.
- Never leave hazardous household products within reach of children.
  - Buy products that contain less harmful ingredients (see below).
  - **REDUCE** by purchasing only the amount needed to do the job.
  - **REUSE** products by donating unused portions of commonly used items, such as paint or fertilizer, to friends or community organizations.
  - **RECYCLE** by taking unwanted products to the Household Hazardous Waste Facility.

## HOW CAN I TELL HOW HAZARDOUS PRODUCTS ARE?

Hazardous products are often marked with warning labels or cautions because they contain chemicals that may be toxic, flammable, corrosive or reactive:

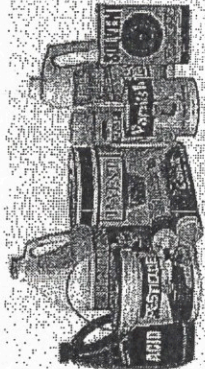
- CAUTION:** Mild to Moderately Hazardous
- WARNING:** Moderately Hazardous
- DANGER:** Extremely flammable, corrosive or highly toxic
- POISON:** Highly toxic

To reduce hazards in your home, buy non-toxic or less-toxic alternatives. Products labeled "caution" or "warning" are generally less harmful than those that are labeled with "danger" or "poison."

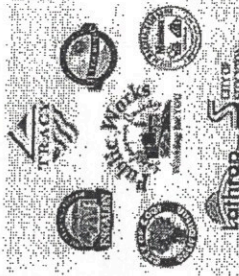
Poison Control: 1-800-222-1222

SOLID WASTE DIVISION

# HOUSEHOLD HAZARDOUS WASTE



# DISPOSAL GUIDE



THE HOUSEHOLD HAZARDOUS WASTE PROGRAM IS A JOINT EFFORT OF THE CITIES AND COUNTY OF SAN JOAQUIN.

SAN JOAQUIN COUNTY HOUSEHOLD HAZARDOUS WASTE FACILITY  
7850 R.A. BRIDGEFORD STREET, STOCKTON, CALIFORNIA 95206

## HOURS

Open to the Public:  
Thursday-Saturday  
9:00 a.m. to 3:00 p.m.  
Questions? Call (209) 468-3066



## CONTACT INFORMATION

24hr info line: ..... 800-449-4840  
Telephone: ..... 209-468-3066  
Fax: ..... 209-468-3078

[www.SJrecycle.org](http://www.SJrecycle.org)

Open to Small Businesses by Appointment Only (must pre-qualify, small fees apply).  
Call (800) 207-8222 for Appointment.

## FROM I-5:

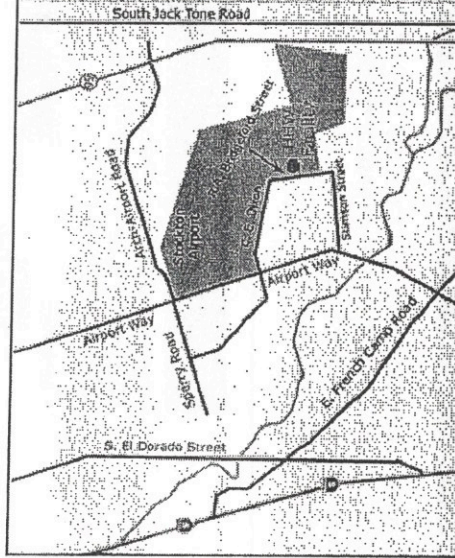
- take the French Camp exit
- turn east on French Camp Road to Airport Way
- turn north (left) on to Airport Way
- turn east (right) on to C.E. Dixon Road
- turn south (right) on to R.A. Bridgeford Street
- turn left into the facility where sign reads: "Entrance Only"

## TRANSPORTATION TIPS:

- Transport no more than 15 gallons or 125 pounds per trip
- Don't mix chemicals.
- Place chemicals in sealed containers.
- Transport in trunk and pack to avoid spilling.

## FROM HWY 99:

- take the Arch Road exit and turn west on Arch Road
- turn south (left) on Airport Way
- turn east (left) on to C.E. Dixon Road
- turn south (right) on to R.A. Bridgeford St.
- turn left into the facility where sign reads: "Entrance Only"



IN KEEPING WITH OUR COMMITMENT TO THE FOLLOWING SUSTAINABLE PRACTICES, THE FACILITY WHERE IS PRINTED ON 100% RECYCLED PAPER. YOURS IS PRINTED ON RECYCLED PAPER. WE ARE USING AN EMISSION-FREE INK. PRINTED AND MANUFACTURED USING GREEN CONVENTIONAL PRINTING METHODS.

24 HR. INFO LINE: 1-800-449-4840

**Lodi Memorial Hospital Home Health Agency**  
800 S Lower Sacramento Rd  
Lodi CA 95242  
(209) 334-3411 ext 3131

## HOME EMERGENCY SUPPLIES

A two week supply is the minimum reserve for water, food, medicine, and other consumable items. A 48 hour supply is needed for all other supplies.

### **SURVIVAL:**

- Water-2 quarts to 1 gallon per person per day.
- First Aid Kit-ample and freshly stocked.
- First Aid book-know how to use it.
- Food-canned or dehydrated. Pre-cooked and/or requiring minimum heat and water. Consider pets and special diet requirements.
- Radio-portable, battery operated-spare batteries.
- Critical medications and glasses-as required.
- Fire extinguisher-dry chemical.
- Flashlight-fresh and spare batteries and bulb.
- Watch or clock-battery or spring wound.

### **SANITATION SUPPLIES:**

- Large plastic trash bags-for trash, waste, water protection, and ground cloth.
- Large trash cans
- Hand soap and liquid detergent
- Shampoo and deodorant
- Toothpaste, toothbrush, and dentures
- Pre-moistened towelettes
- Feminine supplies
- Infant supplies
- Toilet paper
- Powdered chlorinated lime-add sewage to deodorize, disinfect, and keep away insects.
- Newspapers-to wrap garbage and waste. Can also be used for warmth.

### **SAFETY:**

- Heavy shoes-for every family member.
- Heavy gloves-for every person clearing debris.
- Candles
- Matches-dipped in wax and kept in waterproof container.
- Clothes-complete change kept dry.
- Knife-sharp or razor blades.
- Garden hose-for siphoning and fire fighting.

### **COOKING:**

- Barbecue-charcoal and lighter or Sterno stove.
- Plastic bags-various sizes and sealable.
- Pots-at least 2
- Paper plates and paper towels
- Plastic knives, forks, and spoons

### **TOOLS:**

- Axe, shovel, and broom
- Crescent wrench-for turning off gas main.
- Screw driver, pliers, and hammer
- Coil of ½ " rope
- Coil of bailing wire
- Plastic tape, pen, and paper

### **CAR MINI SURVIVAL KIT:**

- Non-perishable food-store in empty coffee cans.
- Bottled water, blanket, and First Aid Kit
- Fire extinguisher-CO2
- Flares
- Sealable plastic bags
- Flashlight-fresh and spare batteries and bulb.
- Critical medication
- Tools-screwdriver, pliers, wire, and knife.
- Short rubber hose for siphoning
- Small package of tissues
- Pre-moistened towelettes

### **WATER TIPS:**

To purify drinking water use any of the following methods.

1. Boil for 10 minutes
2. Add 10 drops of household bleach solution per gallon of water, mix well and let stand for 30 minutes. A slight smell or taste of chlorine indicates water is good to drink.
3. Add household tincture of iodine in the same manner as bleach above.
4. Use commercial purification tablets such as Halazone or Globaline. Follow package instructions.

Learn how to remove water in the hot water heater and other water supplies.

**Lodi Memorial Hospital Home Health Agency**  
**800 S Lower Sacramento Rd**  
**Lodi CA 95242**  
**(209) 334-3411 ext 3131**

**27 Things to Help You Survive an Earthquake**

Californians are constantly aware of the potential of an earthquake creating damage and creating dangerous conditions. So if we don't properly prepare, the next quake may cause greater personal damage than necessary. Each item listed below won't stop the next earthquake but it may help you survive in a better way.

.....  
**4 basics to do during an earthquake**  
.....

1. **STAY CALM**
2. **Inside:** Stand in an internal hallway or crouch under a desk or table, away from windows or glass dividers.
3. **Outside:** Stand away from buildings, trees, telephone, and electric lines.
4. **On the road:** Drive away from underpasses/overpasses; stop in safe area; stay in vehicle.

.....  
**6 basics to do after an earthquake**  
.....

1. Check for injuries – provide or get first aid.
2. Check for safety – check for gas, water, sewage breaks, downed electric lines, and shorts. Turn off appropriate utilities; check for building damage and potential safety problems during aftershocks such as cracks around the chimney, foundation, and stairs.
3. Clean up dangerous spills.
4. Wear shoes
5. Turn on radio and listen for instructions from public safety agencies.
6. Don't use the telephone except for emergency use.

.....  
**14 survival items to keep on hand**  
.....

1. Portable radio with extra batteries.
2. Flashlight with extra batteries.
3. First Aid Kit – including specific medicines needed for members of the household.
4. First Aid book
5. Fire extinguisher
6. Adjustable wrench for turning off gas and water.
7. Smoke detector properly installed.
8. Portable fire escape ladder for homes/apartments with multiple floors.
9. Bottled water – sufficient for the number of members in your household (one gallon per day per person).
10. Canned and dried foods sufficient for a week for each member of your household.  
NOTE: Both water and food should be rotated into normal meals of household so as to keep freshness. Canned goods have a normal shelf life of one year for maximum freshness.
11. Non-electric can opener.
12. Portable stove such as butane or charcoal.
13. Matches
14. Telephone numbers of police, fire, and doctor.

.....  
**3 things you need to know**  
.....

1. How to turn off gas, water, and electricity.
2. First Aid
3. Plan for reuniting your family.