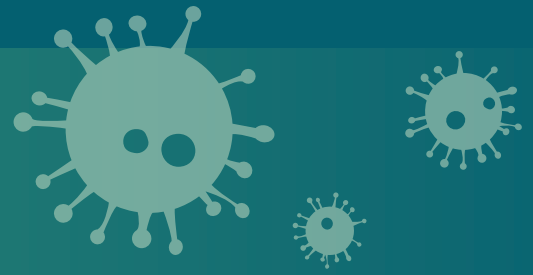


# COVID-19 FOR PHARMACY PATIENTS



## 1. Do not stockpile

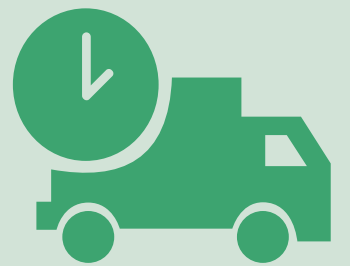
It is good to have a short-term supply of medications on hand in case of emergencies but you do not need a year's supply of medication. Attempting to stockpile large quantities can cause supply chain issues and leave other patients without necessary medication if stockpiling becomes widespread.

Filling medications every 90 days ensures medications near their expiration date get used up first. This helps prevent medications sitting on your shelf at home potentially outside of ideal storage conditions pharmacies are required to maintain.



## 2. Ask about delivery

To preserve our ability to stay open as long as possible, we need as few people as possible contributing to traffic flow and spread of viruses within the pharmacy. This helps you stay home and away from others, and helps our pharmacy staff stay healthy longer so that we are able to continue caring for our communities without coming down with illnesses ourselves. Ask about options such as curbside pickup, drive thru, shipping, and delivery.



## 4. Strategize your refill

If you take regular medicine and are close to being due for a refill, check to see if you can get a 90-day supply filled. Many insurances are allowing overrides so that patients can fill medication earlier or in larger quantities than usual.

**\*\*\*IMPORTANT\*\*\*** Refilling now will not be possible for everyone or every Rx. There will be numerous exceptions. Listen to what your pharmacy says about whether your medications qualify and whether YOU will need to contact your insurance company for overrides.

## 3. Do not skip doses

Skipping medications could put you at risk for needing other types of medical care otherwise unrelated to COVID-19. If you have to visit a medical facility for those problems, you're:



- Taking up preventable medical resources
- Potentially exposing yourself to the viruses and other pathogens circulating in those medical facilities.

## 5. Take responsibility

If your pharmacy tells you that you need authorization from your insurance company to refill early, please call the Member Services line yourself. Expecting pharmacists, who already operate on skeleton crews, to call on everyone's early refills would completely disrupt our ability to actually fill prescriptions. We simply will NOT have the staff available to accomplish this.



## 6. Think of others

If you are afraid and want to stockpile, realize that doing so harms both your community, and by extension, yourself. If you take all the hygiene products and leave everyone else with none, the people around you will not be able to follow precautions, putting you at increased risk.

If you are brushing this off as "no big deal", remember that others in your community may have different reasons to be worried, such as serious health conditions and other risk factors. Please consider one another and use these precautions to help us all stay healthy in the pharmacy, so that we can continue serving you and our community.