

## HURRICANES AND YOUR HEALTH

HURRICANE SEASON IS OFFICIALLY UPON US. MAKE SURE THAT TAKING CARE OF YOUR AND YOUR FAMILY'S HEALTH IS ON YOUR PREPAREDNESS CHECKLIST. NOW IS THE TIME TO MAKE SURE YOUR MEDICATIONS ARE STOCKED PRIOR TO AN EMERGENCY. NEXT, DOWNLOAD THE RED CROSS APP. OF COURSE, MAKE SURE TO HAVE A FIRST-AID KIT. FINALLY, KNOW YOUR CARE OPTIONS. IN A NATURAL DISASTER, VIRTUAL CARE IS A CONVENIENT WAY TO ACCESS HIGH-QUALITY CARE FROM BOARD-CERTIFIED PHYSICIANS VIA PHONE, COMPUTER, TABLET OR OTHER DEVICE. LEARN MORE AT [TELADOC--DOT--COM--SLASH--DISASTER-PREP](https://www.teladoc.com/disaster-prep).