

Through the Affordable Care Act (ACA), you can have access to the following benefits:

- ◆ Doctor visits
- ◆ Hospital stays
- ◆ Emergency care
- ◆ Maternity care
- ◆ Pediatric care
- ◆ Prescriptions
- ◆ Medical tests
- ◆ Mental health care
- ◆ Substance abuse treatment

Public emergencies can be very stressful. Having insurance can give you access to mental and behavioral health care.



3 ways to enroll in the Affordable Care Act, or to get more information:

ONLINE: marylandhealthconnection.gov

PHONE: 1-855-642-8572;
TTY: 1-855-642-8573

IN PERSON:

Frederick County Health Department

www.frederickcountymd.gov/health

350 Montevue Lane

Frederick, MD 21702

301-600-8888

Frederick County Department of Social Services

www.fcdss.info

100 East All Saints Street

Frederick, MD 21701

301-600-4555

Frederick Community Action Agency

www.cityoffrederick.com/fcaa

100 South Market Street

Frederick, MD 21701

301-600-1506

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Frederick County Health Department

Public Health Preparedness

350 Montevue Lane

Frederick, MD 21702

www.frederickcountymd.gov/health

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Public Health
Prevent. Promote. Protect.

Frederick County Health Department

Public Health Preparedness and the Affordable Care Act

It's important to take steps to keep you and your family safe in a public emergency *before* it happens. Having insurance can help you be better prepared.

**Be prepared.
Get insured.**

Does having health insurance make me better prepared for an emergency?

YES! There are many things you can do to prepare yourself and your family for an emergency. One of them is to make an Emergency Kit. You may want to think about having supplies in your home, work, and car. Think about including these essential items:

- ◆ Water
- ◆ Food
- ◆ Clothes
- ◆ **MEDICATION**
- ◆ **IMPORTANT DOCUMENTS**
- ◆ Hygiene items
- ◆ First Aid kit
- ◆ Flashlights



MEDICATION

It's a good idea to have at least three day's worth of any medication you're taking.

- ◆ Make a list of the names and doses of medication you're on.
- ◆ Pay attention to expiration dates.



IMPORTANT DOCUMENTS

In an emergency, make sure you have access to all the forms and numbers you may need. Think about:

- ◆ Phone numbers for friends and family
- ◆ Insurance cards
- ◆ Medical History
- ◆ Financial information
- ◆ Identification information



Having a medical home is an important part of having an emergency plan.

Having a doctor who you see regularly means that you have a medical home with someone who knows your medical history.

In a public emergency, it could be even more important to seek medical care from a doctor who knows you and your family.

Emergencies can and do happen, often without warning.