

Action Plan – Medical

This worksheet is designed to help readers develop a medical preparedness action plan using information provided in Chapter 20 (Medical-The Doctor is Out) of [*The Provident Prepper: A Common-Sense Guide to Preparing for Emergencies*](#).

During any type of disaster, medical care may be difficult to obtain. It may be necessary for you to provide care for your family at home. In the olden days, it was Grandma who knew how to take care of the sick and injured. Her wisdom was quite valuable to family and neighbors. We challenge you to develop those skills and knowledge base yourself. Without proper treatment, even minor wounds may develop life threatening infections.

It may be of value to explore some possible alternatives to traditional western medicine. Herbs can be used to treat illness and facilitate healing of injuries. Consider exploring the benefits of colloidal silver, homeopathy, essential oils, energy work, and other beneficial methods of healing.

Armed with the information in this chapter, use the table below to brainstorm your action plan to care for the first aid and medical needs of your family.

Medical Action Plan		
Category	Action Item	Completed
Personal Health		
Maintain healthy weight		
Eat healthy foods		
Exercise regularly		
Preventative visits		
Regular dental visits		
Education		
CERT		
First aid training		
CPR		
Reference materials		
Medical Information		
Copies of medical records		
Medical information sheet		

First Aid Supplies		
Home		
Vehicle		
Work		
Survival kit		
Medical Equipment		
Medications		
Over-the-counter		
Prescription		
Antibiotics		
Hydration Supplies		
Alternative Medicine		
Herbs		
Essential oils		
Energy healing		
Special Needs		
Self-Quarantine		
Food		
Supplies		
Financial		