

Making a Medical Plan During COVID-19

We are all in this together. You can do your part by making a medical plan. This plan can help you, your family, friends, and your medical providers

****If you need help with other needs, such as food or housing call 415-355-6700 or the statewide hotline 833-544-2374**

Plan for Medications:

- Make a list of your medications and keep it on hand
- Look ahead and call your clinic or hospital if you need a refill
- Call your pharmacy to see if your medicines can be sent to your home



Plan for a Hospital Visit / Pack a 'Go Bag':

Bring what you may need from home. Family and friends may not be able to visit.

- **Papers and information:**
 - Phone numbers for your medical decision maker
 - Write it down in case medical providers cannot access your contacts
 - List of medications (or better yet, your pill bottles)
 - Your advance directive or medical wishes
 - Plans for your pets or bills while you are away

- **Equipment:**

If you use any of the following, plan to bring them with you:

- Glasses, hearing aids, dentures, mobility devices
 - These are often lost in hospitals, so guard them
- Phone, tablet and/or computer and their chargers
 - This can help you stay connected to family and friends
- Ear plugs, sleep mask, toothbrush, books, or clothes from home
- Bring food, water, and medication you may need for a long wait



Plan for Your Medical Wishes: Keep this information on hand

1. Choose a medical decision maker

- This person will speak for you if you cannot speak for yourself
 - They can make sure your doctors know about the care you want
 - Keep their phone number on hand
 - If able, choose a back-up medical decision maker
- A good medical decision maker is someone who:
 - Can talk to the doctors for you in person or by phone
 - You trust to follow your wishes and what is best for you
- Let your medical decision maker know they were chosen
 - This website can show you how: prepareforyourcare.org



2. Share Your Wishes: **This is MOST important**

- What is most important in your life? Family, pets, hobbies, etc.?

- If you know what you want for your medical care, share this now
- Talk with your family, friends, and medical providers about the care you want
 - This website can show you how: prepareforyourcare.org
- You can share what you want by phone and/or a selfie video
 - You can also talk to others by video call: [Click here to learn more](#)

3. Consider an advance directive. This form allows you to name your decision maker and write down what you want for your medical care.

- If you have an advance directive, find it, review it, and share it
- To get a form go here: <https://prepareforyourcare.org/advance-directive>
 - It is OK if you can't sign it or get witnesses right now
 - Reading it can still help you learn a lot about your wishes
 - Filling out parts of it can still help your family and providers
 - You can scan/fax (the most secure), email, or even send pictures of the form from your cell phone to those you trust

Plan for Your Pets:

- Choose someone who could take care of your pets if needed
- Call your pet store as they may deliver pet food and supplies to your home
- If you have questions about your pets or need help, call:
 - The San Francisco SPCA 415-554-3000
 - San Francisco Animal Care and Control: 415-554-6364



Plan for Your Money and Bills:

- Choose someone who could help with your money and bills if needed
- To make sure this is safe, you can call for legal help at 1-800-474-1116 or visit lawhelp.org
 - Lawyers can also help if you do not have someone to help with bills
 - Some of these legal services may be free
 - Beware of scams: Do not pay for services your doctor did not order
 - Do not give strangers information about your money
 - If you get [Social Security](#), your money will still come.

COVID-19 planning may be different from other planning you are used to:

- You may not be able to talk to your regular doctor in person, only by phone
- Many people are getting very sick and going to the hospital
- If you need to go to the hospital:
 - Your family may not be allowed to visit you. Remember your phone and charger.
 - You may be taken to a different hospital than where you get your care
- People with COVID-19 may get so sick they need a [breathing machine \(ventilator\)](#) for many weeks in the ICU. They cannot talk when on the machine.
 - Even with a breathing machine, many people will not survive
 - For people who survive, their health and quality of life may never be the same

To learn about COVID: Go to this [San Francisco website](#), the [CDC website](#) or watch this [video](#)

To learn about medical decisions, such as a [breathing machine or CPR go here](#)

To learn about help for [food, shelter, or bills go here](#) for California or this [national resource](#)

