

Hurricane Season: Patients with Medical Needs Urged to Prepare Now

CAYMAN ISLANDS, August 7, 2026

/EINPresswire.com/ -- With the Atlantic hurricane season underway, clinicians at Health City Cayman Islands are urging residents and visitors across the Cayman Islands and the wider Caribbean who depend on regular medication, ongoing treatment or powered medical equipment to prepare well before a storm threatens.

Major storms can disrupt electricity, transportation, pharmacies and healthcare services, placing patients with chronic conditions or ongoing medical needs at particular risk. Senior physicians at Health City warn that waiting until a hurricane watch or warning is issued may leave too little time to secure medication, supplies and alternative care arrangements.



Dr. Ramu Ramaswamy

“For people who depend on prescription medication, ongoing treatment or powered medical equipment, preparing for hurricane season is especially important,” said Dr. Ramu Ramaswamy, an internal medicine specialist at Health City Cayman Islands. “A storm can interrupt access to pharmacies, medical services and electricity, making it difficult to obtain the care and supplies they need.”

Medications and Chronic Care

Patients should maintain at least a two-week supply of prescription medication — or more, where clinically appropriate — and request refills early. Physicians and pharmacists may authorize additional quantities specifically for hurricane preparedness.

Keep written and digital records of each medication, including name, dosage and frequency,

together with contact details for the prescribing physician and pharmacy. Medication should remain in its original labeled container and be stored in a cool, dry place inside a waterproof bag or container that can be collected quickly if evacuation becomes necessary.

Temperature-sensitive medication, including insulin, requires additional planning. Patients should prepare insulated coolers and cold packs in advance and follow storage instructions carefully to protect the medication during a power outage.

Patients who require dialysis, supplemental oxygen or other specialized treatment should discuss alternative arrangements with their physicians and confirm where care will be available if regular services are disrupted.

Power-Dependent Medical Equipment

Anyone using a continuous positive airway pressure (CPAP) machine, nebulizer or other powered medical device should know how long the equipment can operate on battery power. Backup batteries should be tested regularly and kept fully charged. A portable power station that meets the equipment's power requirements may provide additional support during an outage.

Generators can also supply backup power, but they must be operated outdoors and well away from windows, doors and vents. Never run a generator inside a home, garage or other enclosed space; carbon monoxide poisoning can be fatal.

Clearly label all medical equipment and pack tubing, masks, chargers, adapters and spare parts together in an emergency bag that is easy to carry.

Medical Records and Critical Supplies

Prepare a compact medical go-bag or waterproof folder containing:

- A current list of medications and allergies
- A summary of medical conditions and recent test results
- Contact information for physicians and specialists
- Copies of identification and insurance documents
- Emergency contact details
- Any advance directives

Store digital copies securely and download them so they remain accessible offline. A trusted relative, neighbor or caregiver should also hold a complete copy.

Household emergency supplies should include adequate drinking water, first-aid and hygiene items, and nonperishable food suited to each person's medical and dietary needs. Many standard emergency foods are high in sodium or sugar and may not be appropriate for patients managing certain conditions.

Shelter and Evacuation Planning

Identify the nearest designated emergency shelter and confirm what services and accommodations it provides. Hospitals, including Health City Cayman Islands, are not general emergency shelters and must remain available for patients who require acute care.

Plan and practice evacuation routes, including how medical equipment will be transported. A trusted person outside the household should know the evacuation destination and understand the individual's medical needs.

Early preparation can help prevent a manageable condition from becoming an emergency during or after a storm. Reviewing prescriptions, testing backup power supplies and updating medical records now reduces the risk of dangerous interruptions in care.

Health City Cayman Islands provides emergency and specialist care to the community throughout the hurricane season. Anyone seeking advice based on their individual medical needs should consult their physician or contact Health City at +1 345-640-4040.

About Health City Cayman Islands

Health City Cayman Islands (HCCI) is a medically advanced tertiary hospital with locations in East End and George Town in Grand Cayman. The brainchild of internationally-renowned heart surgeon and humanitarian Dr. Devi Shetty, it features a unique model of healthcare, built with a focus on the patient and rooted in innovative business models that allow the delivery of high quality, affordable care. A member of the Narayana Health network, HCCI is the first hospital in the Caribbean and one of only six organizations globally to receive the prestigious Joint Commission International (JCI) Enterprise Accreditation. For more information visit: www.healthcitycaymanislands.com.

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