

# Hot Tips

The section contains various tips and suggestions given to me by various friends or acquaintances. I feel that it is only right that I pass them on, in case any may be of use to you:

## 1. Repeat Prescriptions

This was suggested by a fellow attendee at a **NHS Expert Patients Programme** workshop.

Keep in your purse or wallet, the addition sheet (the most recent) printed with your repeat prescription. If for some reason you are caught away from home or in an accident, this will assist medical authorities in prescribing emergency supplies.

## 2. Emergency Food Cache

At a recent **Hampshire Friends with M.E.** support meeting, we were discussing how in times of poor health, we can be so poorly that we can not get out to buy food, let alone concentrate sufficiently to put together a shopping list. Eating cereal for supper was a common experience.

One member said that she maintained an emergency food cache of non-perishable food, that she only raided in such circumstances.

Once over the worst, and able to replenish her refrigerator and larder, she also replenishes the emergency food cache.

This also helps to alleviate the anxiety that we all feel about having sufficient food in the home for when we are even more unwell than usual.

This section last revised on 22<sup>nd</sup> May 2007