

Are you prepared?

An emergency situation is unpredictable. Don't wait until the last minute to get prepared. In this edition we share some important reminders to help you prepare for the unknown.



What's in your hurricane kit?

Keep important documents in a water proof bag:

- ID card
- Passport
- Driver's license
- Vaccination cards
- Insurance documents
- Other valuable documents

Be sure to have:

- A family disaster plan
- List of emergency phone numbers
- Prescription medication
- Masks
- Hand sanitizers
- Disinfecting wipes
- Water
- Non-perishable food goods

For more information and tips go to www.sintmaartengov.org

Going on vacation?



IMPORTANT REMINDER

Your SZV medical insurance is only valid on Dutch St. Maarten.

You cannot purchase medical travel insurance from SZV.

For more info about medical travel insurance, contact your travel agent or a private insurance company on the island.

DO YOU KNOW YOUR MEDICAL HISTORY?

Here are some important things that you should know in order to provide the necessary medical information to your health care providers.

Make a handy list of these items so you always have it on hand:

Past Medical History

- Diabetes, High Blood pressure, High Cholesterol, kidney disease, depression, anxiety etc.
- Previous surgeries and dates
- Any hospitalizations and dates
- List of immunizations

Allergies to

- Medication
- Food
- Latex
- Other environmental factors

Medications / Supplements

- Those prescribed by GP, specialist
- Over-the-counter
- Alternative

Your healthcare provider's information

- Name
- Phone number
- Address

