How can I stock up on an extra supply of my medications?

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During the COVID-19 crisis, many experts recommend keeping at least a 30-day supply of your essential medications—and up to a three-month supply if possible—in case of supply disruptions or in case you are confined to your home. So far, the Food and Drug Administration has not reported major shortages.

Stocking up can be difficult due to drug costs and insurance restrictions—for example, policies that let you fill a prescription for only one month at a time. However, many insurers have modified their policies in the wake of the crisis. Some will allow people to buy medication for a longer period, often three months, and encourage filling prescriptions by mail.

In addition, some states are raising Medicaid eligibility thresholds, providing extended unemployment benefits and taking other steps to ease the financial burden at a time when many people are out of work.

Experts also recommend making a list of all the medications you take, including both brand and generic names and dosages so you have this information to give to care providers besides your usual doctor, if necessary.

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