

HOW TO PICK UP YOUR PRESCRIPTIONS DURING THE PANDEMIC

AVOID PHARMACIES IF YOU ARE VULNERABLE TO COVID-19

1. Get your prescriptions delivered by a local pharmacy

- Many pharmacies may offer delivery options for prescriptions so you may not have to leave your home. Normally, delivery comes with a surcharge, but some pharmacies are waiving delivery fees.
- CVS Pharmacy, Walgreens, and Rite Aid offer delivery services. Services vary by store.

2. Use mail-order pharmacy

- This option involves pharmacies that are not your local pharmacies, so prescriptions ordered will not get to you the same day. This option is less expensive and you should plan ahead.
- Many mail-order pharmacies offer 24/7 service through their website or telephone.
- To set up mail-order prescriptions visit your insurance company's website or call. Some common health insurers in the U.S. include: Aetna, Blue Cross Blue Shield Medicare, Humana and United Healthcare.

3. Ask someone else to pick up your medications

- If you're not feeling well or are vulnerable to COVID-19, it is best not to go to the pharmacy yourself to pick up medications as this may risk your health and the health of others. Ask a family member, friend, or neighbor to go instead.
- Some pharmacies require forms to be filled out in order to authorize someone to pick your prescriptions for you.

4. Make use of your car

- Many pharmacies have drive through windows. It's a good idea to use this as it limits interactions.
- If your local pharmacy does not have a drive through, wait for your prescription in your car, and not in the waiting area to avoid interactions.

5. Take advantage of your phone

- Many pharmacies offer text message alerts to notify you when your prescription is ready.
- Some pharmacies have apps available that show you the status of your prescription.