

A premium, sophisticated online course quick start page.

The Architect's Emergency Kit Audit



Building Your Gold Standard Safety Net



Go through your current supplies and check off each item. If an item is missing or expired, add it to your "Action List" immediately.

1. Wearable Advocacy: Your Silent Voice



- Gold & Functional Medic Alert:** A bracelet or necklace that clearly states "Adrenal Insufficiency" or "Steroid Dependent".
- Visible Placement:** Ensure it is worn on a pulse point (wrist) where first responders are trained to look.

3. The Daily Backup: Your Fuel Reserves



- Extra Oral Pills:** A 3-day supply of your maintenance medication (Hydrocortisone/Prednisone).
- Multiple Locations:** Are pills stashed in your purse, your car's glove box, and your office desk?
- The "3x3" Buffer:** Do you have enough extra medication to handle a sudden fever or infection using the 3x3 Sick Day Rule?

5. Recovery & Maintenance: The Essentials



- Salty Snacks:** Pretzels, nuts, or salt packets to help maintain blood pressure during a "slump".
- Electrolyte Powder:** To mix with water for rapid hydration during illness.

2. The 'Stay Alive' Injection Kit



- 100mg Hydrocortisone (Solu-Cortef):** Ensure the vial is not expired and the liquid is clear.
- Sterile Syringe and Needle:** Appropriate gauge for intramuscular injection (thigh or deltoid).
- Alcohol Prep Pads:** At least two for sanitizing the injection site and vial top.
- Visual Instructions:** A simple, step-by-step guide for a bystander or family member to follow if you cannot inject yourself.

4. The Passport to Safety: Documentation



- Physical Steroid Emergency Card:** Placed directly behind your ID in your wallet.
- Digital Emergency Card:** Saved as a "favorite" in your phone's photo gallery or as your lock screen.
- Architect Script Card:** Your printed scripts for triage nurses to ensure your blood pressure is checked immediately.

The Architect's Action List

A rectangular box containing five horizontal lines for writing, with a notepad icon and a pencil in the top right corner.

Final Audit Step: The Training Session

The best kit is only effective if it can be used when you are weak.

- Family Training:** Have you sat down with your "sisters in survival" or family members and practiced using the needle?

Rooted in Her. Rising for All.

Check your kit. Wear your gold. Own your health.



ROOTED IN
VIOLET & CO
Rooted in Her. Rising for All.