Preparing for Emergencies and Disasters

Preparing for an emergency or disaster can be an overwhelming and difficult task. Preparing in advance can help you be ready. We recommend setting aside a three-day supply of food and water, as well as first aid supplies, clothing and bedding, tools, and other emergency supplies. Think of what other necessities are essential for your family. Do you have an adequate supply of medication and a safe place to store it? How will you keep medical supplies sanitary? How will you maintain electrical backup for medical equipment?

A disaster plan should include information such as:
• Where to go should a disaster occur
• The best evacuation route out of your neighborhood and to local shelters
• The name and phone number of an out-of-state contact person
• What to do with family pets

Find out if your child’s school and your workplace have disaster plans. Make sure important information about your child's special needs is included in the school's plan. Medical information forms are available online at www.childrenshospitaloakland.org/healthcare/depts/InjuryPreventionHome.asp#emergency and www.aap.org/advocacy/blankform.pdf.

What do emergency responders or other people need to know about your child's special needs? Write down any special communication needs, current medications, and information on how to make your child comfortable if ambulatory devices need to be left behind. Consider purchasing a Medic Alert bracelet (www.medicalert.org) or a similar product so that medical information is kept close to your child’s body at all times.

Plan to complete an identification card that can be placed inside a luggage tag and attached to a wheelchair, or backpack that will be with your child at all times. Place an ID tag on your child’s car seat that includes medical information. Be sure to safely store medical information forms and copies of other important personal and financial documents in your disaster preparedness kit.

Find out what emergency preparedness programs are available in your community. Some communities have implemented a program called 9-1-1 Computer Aided Dispatch. It can identify locations where people with special needs are living. Registering for the program is voluntary and the information collected also helps first responders if a 911 emergency call brings them to your home.
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Insider TIP:
The American Red Cross is a good source for information. Visit their website at www.redcross.org.

Other websites give tips on what to consider when creating a disaster plan and emergency preparedness kit for your family. You can find more information at:
- Prepare Now at www.preparenow.org

Quick Evacuation Preparedness Checklist

- Our family has planned and regularly practices an escape route from our home. We are using a buddy system with the siblings of my child with special needs.
- We have established a family meeting place outside our home that all family members know where to go.
- We have taught our children what rescue personnel wear (equipment and mask) so they do not become frightened and hide in an emergency or disaster.
- My children have been taught how to stop, drop, and roll in case of fire.
- We have a board or blanket to drag our child with special needs to safety if necessary.
- We have established an emergency phone number of a friend or relative all family members can contact outside our local area or state.
- We have completed the medical profiles of each family member.
- We have a list of our medical equipment model and serial numbers.
- We have talked to our healthcare provider about prescription medication for emergency needs.
- We have notified the fire department closest to our home that there is a child with special needs at our address. We have also advised them if there is an oxygen tank in use, any special equipment such as a ventilator, and whether our child is mobile or not.
- We have contacted utility companies for priority status during outages.
- We have identified shelters that accommodate children with special needs.
- We have identified where our emergency shut off valves for water, gas, and electricity are located.
## Recommended items to include in your kit
Indicate date each item is added to keep kit current. Items are specific to a special need. Not all areas will apply to all families.

| Category             | Item Description                                                                 | Date
|----------------------|----------------------------------------------------------------------------------|------
| MOBILITY             | Heavy gloves to protect hands                                                    | Date
|                      | Extra battery for power chair                                                    | Date
|                      | Wheel patch kit and tire pump for flat tires on wheelchair                        | Date
|                      | Spare cane or walker                                                             | Date
|                      | Lighting device, flashlight                                                      | Date
| HEARING LOSS         | Pen and paper pad to communicate with rescue personnel                            | Date
|                      | Preprinted card saying “I use American Sign Language (ASL)” or “Please use pen and paper to communicate with me” or “I can read lips” | Date
|                      | Extra hearing aid batteries                                                      | Date
| VISUAL LOSS          | Heavy gloves to protect hands                                                    | Date
|                      | All emergency supplies marked with large print or braille                          | Date
|                      | Extra cane                                                                       | Date
| SPEAKING DIFFICULTY | Pen and paper pad to communicate with rescue personnel                            | Date
|                      | Preprinted card stating “I cannot speak”                                          | Date
|                      | Handheld whistle to alert emergency personnel                                     | Date
| MEDICATION           | A three day supply of current medications (update regularly)                      | Date
|                      | Current medical information including names of each medication and dosage         | Date
|                      | Cooling supplies to keep medicines cold if needed                                 | Date
|                      | Extra medicine dispensers (i.e. droppers, pill splitters, syringes)               | Date
|                      | Bottled water to take oral medications                                            | Date
|                      | Updated snacks to take medications that require food intake                       | Date
|                      | Instruction on administering medications for emergency personnel                  | Date
|                      | Extra copies of prescriptions                                                     | Date
Family Emergency and Disaster Preparedness Kit

<table>
<thead>
<tr>
<th>Recommended items to include in your kit</th>
<th>✓</th>
<th>DATE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Large backpack</td>
<td>DATE</td>
<td>Work gloves, rope, tarp, utility knife</td>
</tr>
<tr>
<td>Health profile of all family members</td>
<td>DATE</td>
<td>Fire smothering blanket</td>
</tr>
<tr>
<td>Updated medication list</td>
<td>DATE</td>
<td>Emergency whistle</td>
</tr>
<tr>
<td>Copy of medical insurance card</td>
<td>DATE</td>
<td>Face mask for each family member</td>
</tr>
<tr>
<td>Copy of important paperwork such as driver’s license, or other ID, bank information, immunization records, social security numbers, other important documents</td>
<td>DATE</td>
<td>Flashlights with extra batteries</td>
</tr>
<tr>
<td>List of model, make and serial numbers of medical equipment</td>
<td>DATE</td>
<td>Battery powered radio with extra batteries</td>
</tr>
<tr>
<td>Spare keys</td>
<td>DATE</td>
<td>Can opener (manual)</td>
</tr>
<tr>
<td>Cash, checks</td>
<td>DATE</td>
<td>Plastic bags</td>
</tr>
<tr>
<td>Wrench or pliers for utility shut off valves</td>
<td>DATE</td>
<td>Antibacterial waterless soap</td>
</tr>
<tr>
<td>Pen, pencil, paper</td>
<td>DATE</td>
<td>Non-perishable food (3-day supply for each family member; current, not expired)</td>
</tr>
<tr>
<td>Cell phone charger</td>
<td>DATE</td>
<td>Bottled drinking water (3-day supply, 1 gallon per family member)</td>
</tr>
<tr>
<td>Prepaid calling card</td>
<td>DATE</td>
<td>Baby items if applicable (diapers, formula, water)</td>
</tr>
<tr>
<td>Extra batteries for medical devices and equipment</td>
<td>DATE</td>
<td>Pet items (water and food) if applicable</td>
</tr>
</tbody>
</table>

First Aid Kit

<table>
<thead>
<tr>
<th>Recommended items to include in your kit</th>
<th>✓</th>
<th>DATE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Antibiotic ointment</td>
<td>DATE</td>
<td>CPR one way valve face shield</td>
</tr>
<tr>
<td>Acetaminophen</td>
<td>DATE</td>
<td>Emergency blanket</td>
</tr>
<tr>
<td>Hand sanitizer</td>
<td>DATE</td>
<td>Adhesive bandages (all sizes)</td>
</tr>
<tr>
<td>5” x 9&quot; trauma pads</td>
<td>DATE</td>
<td>Thermometers, disposable</td>
</tr>
<tr>
<td>4” x 4” gauze pads</td>
<td>DATE</td>
<td>Tweezers</td>
</tr>
<tr>
<td>3” conforming gauze roll</td>
<td>DATE</td>
<td>Scissors</td>
</tr>
<tr>
<td>First aid tape</td>
<td>DATE</td>
<td>Latex free gloves</td>
</tr>
<tr>
<td>Instant cold compress</td>
<td>DATE</td>
<td>American Red Cross Emergency First Aid Guide</td>
</tr>
</tbody>
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