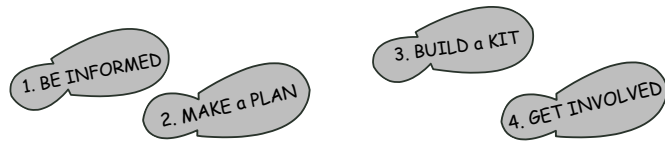


## Are You Ready? Preparing for Emergencies: Tips for Families

Natural disasters and emergencies – like tornados, floods, hurricanes and other storms – can happen anywhere, at any time. We can't prevent these disasters, but we can get ready for them. And we can help our children be prepared for them, too. **YOU know what your family needs.** You are the best person to help your family if a disaster happens. **Don't wait until disaster strikes – take steps now to prepare!**



### 1. BE INFORMED

- Think about potential situations that may affect your family: natural disasters, fires, power outages, pandemics, terrorism.
- Talk to your child's pediatrician about your child's needs in a disaster or emergency.
- Talk with family members, friends, and neighbors about their experiences in your community.



Ask your child's doctor about storing medicine for an emergency or how to get prescriptions filled during an emergency.

### 2. MAKE a PLAN

- Talk with your family about what can happen in disasters.
- Learn about emergency alerts and warnings in your community.
- Create a paper list of important contact information – family members, doctors, hospitals, local schools – include phone numbers, email addresses, and physical addresses.
- Identify a go-to contact for family members to connect with in case you become separated.
- Create a personal support network – people who know your child and have agreed to help during a disaster, such as family members, close friends, neighbors, your child's caregiver or teacher, pediatrician, pharmacist, or others.
- Talk to your child's school or child care facility about their plans.
- Consider an identification badge, bracelet, or card for your child.
- Contact your local first responders ahead of time if your child has a medical condition that requires their services.
- Create a Personal Preparedness Plan for your child to share with caregivers and schools. An example of such a plan can be found here: <http://new.dhh.louisiana.gov/assets/docs/OCDD/publications/EmergencyPreparednessTheTakeandGoEmergencyBook.pdf>



Learn about Emergency Alerts at <https://www.fema.gov/emergency-alert-system>.



A severe ice storm hit the Midwest, leaving Mary and her family without power, heat, or a reliable car. Mary's son, Sam, has cerebral palsy and requires a specialized wheelchair and van. But during the ice storm, Mary's van was damaged, preventing her from getting her son needed medical attention. Without transportation, Mary and Sam were left stranded in their home. Mary encourages families with a child with a special health care need who could face similar emergencies to have an escape plan in place. **"Have a set plan for transportation and a place that is safe and able to take care of your child."**

### 3. BUILD a KIT

- Daily routine items – medicines, tooth brush. Include items that can calm your child during a disaster, such as sensory needs, toys, books, etc.
- Water and a 3-day supply of non-perishable food
- Battery-powered radio & extra batteries – flashlight – cell phone with chargers
- First aid kit
- Copies of important documents such as medical records, bank accounts info, etc.



You don't have to have everything in this kit right away. Start with the things you have on hand, and add new items to the kit over time.

### 4. GET INVOLVED

- Visit your local fire station and police department so your child can meet “disaster helpers.”
- Volunteer to help your community prepare.
- During a disaster, help others by donating needed goods or services.



Keep in mind that a trained and informed public can help keep communities safe.

### RESOURCES TO HELP YOU

- **Family-to-Family Health Information Centers (F2Fs):** <http://www.fv-ncfpp.org/f2fhic/find-a-f2f-hic/>  
These centers exist in every state and the District of Columbia, and have people to help you prepare for an emergency/disaster. **MY F2F CONTACT NUMBER:**
- **Ready.gov (Homeland Security):** *Individuals with Disabilities and Others with Access and Functional Needs:* <http://www.ready.gov/individuals-access-functional-needs>, a website with information on:
  - How to Create a Plan and Support Network
  - Finding Preparedness Videos
  - Downloading/Printing a Plan
  - Making Emergency Supply Kits
  - Medical Plans: Including Medications and Medical Supplies
  - Plan for Possible Evacuation
  - Make a Plan for Power Outages
  - Strategies for Deaf or Hard of Hearing, Blind or Low Vision, Speech Disability, Mobility Disability, and Service Animals
  - Behavioral Support
- **Centers for Disease Control and Prevention (CDC):** *Caring for Children in a Disaster:* <http://www.cdc.gov/childrenindisasters/index.html>, a website to help you assist your child prepare for or cope with a disaster; includes:
  - How Children are Different (their unique needs during and after disasters)
  - Games & Activities for Children to help them Learn about Disasters/Emergencies
  - Real Stories from Families
  - Protecting Your Family
  - Resources for Schools, Child Care Centers
- **American Academy of Pediatrics:**
  - *Emergency Information Form for Children with Special Needs:* <https://www.acep.org/globalassets/uploads/uploaded-files/acep/clinical-and-practice-management/resources/pediatrics/medical-forms/eifspecialneeds.pdf>
  - *Disaster Supplies List for Families:* <https://www.healthychildren.org/English/safety-prevention/at-home/Pages/Family-Disaster-Supplies-List.aspx>
- **Federal Emergency Management Agency (EMA) & American Red Cross:** *Preparing for Disaster for People with Disabilities and other Special Needs:* [http://www.redcross.org/images/MEDIA\\_CustomProductCatalog/m4240199\\_A4497.pdf](http://www.redcross.org/images/MEDIA_CustomProductCatalog/m4240199_A4497.pdf), a 20-page booklet that details the steps to prepare for an emergency/disaster.

**MY LOCAL RED CROSS NUMBER:**

**MY LOCAL EMA NUMBER:**