

# Disaster Preparedness for Families and Children

Name \_\_\_\_\_ Birthday \_\_\_\_\_  
Age \_\_\_\_\_ Sex \_\_\_\_\_  
Parent Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Work Address/Phone \_\_\_\_\_  
Child's School Name/Phone \_\_\_\_\_  
**Additional Emergency Contact Person**  
Name \_\_\_\_\_ Relationship \_\_\_\_\_  
Phone \_\_\_\_\_ Insurance Company \_\_\_\_\_  
Address \_\_\_\_\_  
Phone \_\_\_\_\_ Policy Number \_\_\_\_\_  
Medicaid Number \_\_\_\_\_  
Child's Diagnosis \_\_\_\_\_  
Associated Problems \_\_\_\_\_  
Allergies/Additional Information \_\_\_\_\_  
Special Diet Needs \_\_\_\_\_  
Medications/Dosages \_\_\_\_\_  
Pharmacy \_\_\_\_\_ Phone \_\_\_\_\_  
Equipment/Supplies \_\_\_\_\_ Settings/Amounts \_\_\_\_\_  
Equipment Dealer \_\_\_\_\_ Phone \_\_\_\_\_  
Physician \_\_\_\_\_ Phone \_\_\_\_\_  
Dentist \_\_\_\_\_ Phone \_\_\_\_\_  
Specialist \_\_\_\_\_ Phone \_\_\_\_\_  
Therapist \_\_\_\_\_ Phone \_\_\_\_\_



## Be Informed

Disaster can strike quickly and without warning. It can force you to evacuate or confine you to your home. What would your family do if you didn't have water, gas, electricity, or telephones? Help will be on it's way, but might not reach you for days. Disasters can be frightening for adults, but may be particularly traumatic for children. Children depend on their routine and will look to their parents or caregiver in time of emergency for a sense that things will be okay. Knowing what to do is your best protection against disaster and also your responsibility to your family.

Families will make it through a disaster if they work together as a team and take time to prepare for different events that could happen. Your family can prepare a Family Disaster Plan together and practice every six months to help everyone remember what to do in case of an emergency.

*If you have a **child with special needs**, you should make plans before a disaster for where and how you will evacuate. Many communities have "special needs shelters" that are equipped with medical staff and specialized equipment. Call your local Red Cross office to find out about their policies and procedures for helping you and your family in case of an emergency.*



## Make A Plan

### Step 1- Find Out What Could Happen

- Call your local American Red Cross office for information about specific disasters that are possible in your community and how to prepare for each.
- Learn about your community's warning signals—what they sound like and what you should do if you hear them.
- Find out what services and shelters are available.
- Make sure local Fire/Police/Emergency Management people are aware of your family's special needs so they can find you in an emergency.

## Identification Sheets

*It is important to keep information about your family and their special needs. Make copies and fill out the sheet on the back of this page for each family member. Attach their picture to their sheet and put the sheets in a safe place with other important papers.*

**Remember to update your pictures once a year  
(When your children get new school pictures)**

*A Medic Alert Bracelet is a great way to make sure your child is easily identifiable in case they are separated from you.*

Place Picture Here	
Name _____	Same
B-Day _____ Age _____ Sex _____	
Parent's Name _____	
Address _____	
City/State _____	
Phone W _____ C _____	
Same	Same

Department for Public Health  
Maternal and Child Health  
275 East Main Street, HS2W-A  
Frankfort, KY 40621  
Phone: 502-564-2154

## Resources

Here are a few resources that offer fact sheets on disasters, disaster kit suggestions, checklists, and information about preparing for your family and their special needs.

- American Red Cross — [www.redcross.org](http://www.redcross.org); (800) 733-2767
- American Academy of Pediatrics — [www.aap.org](http://www.aap.org); (847) 434-4000
- Florida Institute for Family Involvement — [www.fifionline.org](http://www.fifionline.org); (877) 926-3514
- Department of Homeland Security (Ready Kids — [www.ready.gov](http://www.ready.gov))
- FEMA-Are You Ready? — [www.fema.gov](http://www.fema.gov); (800) 621-3362
- PrepareYourFamily@ky.gov
- Federation for Children with Special Needs — [www.fcsn.org](http://www.fcsn.org); (617) 482-2915
- Your Local Health Department

## Local Emergency Phone Number List

(Please fill in your local numbers and place on your refrigerator)

Police \_\_\_\_\_

Fire \_\_\_\_\_

Ambulance/Hospital \_\_\_\_\_

Doctor \_\_\_\_\_

Poison Control \_\_\_\_\_

Mom's Work \_\_\_\_\_ Cell \_\_\_\_\_

Dad's Work \_\_\_\_\_ Cell \_\_\_\_\_

Neighbor/Relative \_\_\_\_\_

Out-Of-Town Contact \_\_\_\_\_

Local Emergency Management \_\_\_\_\_

- Know about disaster plans at work, your children's schools or daycares and other places your family spends time.

### Step 2— *Create a Disaster Plan*

- Work as a team to discuss and plan for the types of disasters that could happen to your family. Each family member should know exactly what they are to do.
- Pick two places to meet. 1. Just outside your home in case of a sudden emergency, or 2. Outside your neighborhood in case you can't get home. Make sure your children memorize addresses and phone numbers of these locations.
- You should also have an out-of-state person as your family contact in case you are separated. All members must know this number.
- Remember to plan for how to take care of your pets.

### Step 3— *Complete This Checklist - (Refer to Fact Sheets)*

- Put emergency numbers by your phone for fire, police, ambulance, Red Cross, etc.
- Teach your children when/how to use 911 to call for help. Use visuals/stories for children with special needs.
- Make sure you have enough insurance on your property and belongings. Regular homeowner's insurance does not cover flood damage.
- Make sure everyone in the family knows where the fire extinguisher is kept and how to use it.
- Install smoke detectors on each level of your home, especially near each bedroom.
- Identify things in your home that can be a hazard in an emergency.
- Stock emergency supplies and put together a DISASTER KIT (See Next Section) for your home and for your car.
- Take a Red Cross First Aid and CPR class.
- Find two ways to get out of each room in your house.
- Find the safe spots in your house for each kind of disaster.

#### Step 4-*Practice and Maintain Your Plan*

- Test your children every six months to make sure they remember what to do.
- Have pretend drills to help them remember how to get out of the house in case of fire or another emergency.
- Replace stored water and food every six months.
- Test and recharge your fire extinguishers.
- Test your smoke detectors every month. Change your batteries in the spring and in the fall when you change your clocks or buy a detector with a 10 year battery.

## Get A Kit

There are six basics you should put in your kit when you make it for your home;

1. Water
2. Food
3. First Aid Supplies
4. Clothing and Bedding
5. Tools and Emergency Supplies
6. *Items for Children With Special Needs*



Water—Store one gallon per person for each day and prepare for three days.

Food—Store a three day supply of non-perishable foods for each family member. Pick foods that don't need to be refrigerated and need little water for preparation.

First Aid Supplies—You should have a kit for your home and one for your car. These should include items like non-prescription medications, stomach medications, sunscreen, gloves, bandages, tape, scissors, needle, tweezers, thermometers, antiseptic, etc.

Clothing and Bedding—sturdy shoes, rain gear, blankets/sleeping bags, hat, gloves, sunglasses, etc.

Tools and Supplies—battery operated radio, flashlight, duct tape, plastic sheeting, aluminum foil, cash/traveler's checks, utility knife, matches in waterproof container, pliers, compass, flares, paper/pencil, plastic containers/trash bags, whistle, maps, towelettes, soap, feminine supplies, plastic bucket with tight lid, disinfectant, and bleach.

Special Items—books and other entertainment (See below).

## Special Needs Supplies and Equipment List

- |  |  |
|--|--|
| <input type="checkbox"/> Glasses                     | <input type="checkbox"/> Walker/Crutches/Cane  |
| <input type="checkbox"/> Dentures                    | <input type="checkbox"/> Monitors  |
| <input type="checkbox"/> Eating Utensils             | <input type="checkbox"/> Insulin   |
| <input type="checkbox"/> Grooming Utensils           | <input type="checkbox"/> Prescription Medications  |
| <input type="checkbox"/> Dressing Devices            | <input type="checkbox"/> Copies of Prescriptions   |
| <input type="checkbox"/> Writing Devices             | <input type="checkbox"/> Hearing Aid/Batteries   |
| <input type="checkbox"/> Oxygen/Flow Rate            | <input type="checkbox"/> Sanitary Supplies   |
| <input type="checkbox"/> Suction Equipment           | <input type="checkbox"/> Identification  |
| <input type="checkbox"/> Dialysis Equipment          | <input type="checkbox"/> Special Nutrition Supplies<br>(formula, bottles, powdered milk, nipples, adaptive equipment, specialty foods, and prescriptions.) |
| <input type="checkbox"/> Sanitary Supplies (diapers) | <input type="checkbox"/> First Aid Supplies  |
| <input type="checkbox"/> Urinary Supplies            | <input type="checkbox"/> Wheelchair/Repair Kit   |
| <input type="checkbox"/> Ostomy Supplies             |  |

## Important Papers/Identification To Keep

You should keep copies of birth certificates, wills, insurance papers, medical records, prescriptions, passports, identifying information for family members, and other information you may need. Pick a safe place to store these important papers. Keep them together so that if you have to leave in a hurry, you can grab them and take them with you. *It is very important to keep special needs information with your important papers. You should have a current picture of each family member with their name, birthday, sex, social security number, emergency contact name/numbers, insurance information, physician's name, medication needs, supply needs, therapist's name, school information, allergies, special diet requirements, etc.*