

Family Emergency Evacuation Kit

Preparing for an emergency or disaster can be an overwhelming and difficult task. Planning in advance can help you be ready.



Disaster Plans



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.

Supply Kits

3 DAYS 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 in a disaster preparedness kit. 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?



Plan to complete an identification card that can be placed inside a luggage tag and attached to a backpack or wheelchair. 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.

Emergency Responders



What do emergency responders or other people need to know about your child's special needs?

The American Academy of Pediatrics (AAP) has an important Emergency Information Form to complete if your child has special needs. You may download it, print it out and complete it from your home computer or at your local library. Bring the completed form to your child's health care provider as well as their school or child-care center. Also provide it to your County's Emergency Medical Services and the Fire Department. They will need to be aware of your child's special needs in an emergency or disaster. Download the form: https://bit.ly/aapmedform

Additionally, 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 MedicAlert bracelet (www.medicalert.org) or a similar product so that medical information is kept close to your child's body at all times.

If your child has special needs and medical devices that require electrical power, notify your County's Emergency Medical Services, the Fire Department and your electricity provider of these needs in advance of an emergency.

UCSF Benioff Children's Hospital Oakland Injury Prevention Program 747 52nd Street Oakland, CA 94609 (510) 428-3000 ucsfbenioffchildrens.org This Family Emergency and Disaster Preparedness plan for children with special needs was originally developed by the Riley Hospital for Children Safe Escape Program at IU Health (rileyhospital.org). Permission was granted for use from Indiana University Board of Trustees on behalf of the Riley Hospital for Children Safety Store at IU Health. The plan has been modified, added to and adapted to use for all children as an anticipatory guidance tool for health care providers and an important tool to provide to all parents.









Family Emergency Evacuation Kit

$\overline{\checkmark}$	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.	
	0	We have established a family meeting place outside our home so all family members know where to go.	
		We have taught our children what rescue personnel wear (including equipment and masks) 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.	
	6	We have established an emergency phone number of a friend or relative who all family members can contact outside our local area or state.	
	0	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 health care provider about prescription medication for emergency needs. Our child's school has extra meds for him/her.	
		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, whether our child is mobile or not, and if they use a service dog.	
	N K	We have contacted utility companies for priority status during outages.	
	<u>;=</u>	We have contacted our County's Emergency Medical Services (EMS) to determine if we need to register ahead of time for a shelter that will accommodate our child, as typically shelters do not accommodate children with special medical needs.	
		We have identified where our emergency shut-off valves for water, gas and electricity are located and know how to shut each one off. We know how to operate the electric garage door manually.	

INSIDER TIP



- The American Red Cross is a good source for information.
- Visit their website at www.redcross.org
- » **Pillowcase Project:** https://www.redcross.org/get-help/how-to-prepare-for-emergencies/teaching-kids-about-emergency-preparedness/pillowcase-project.html
- Other websites give tips on what to consider when creating a disaster plan and emergency preparedness kit for your family:
- » Ready.gov: www.ready.gov/plan
- » Family Readiness Kit: https://downloads.aap.org/AAP/PDF/disasters_family_readiness_kit.pdf
- » Family Handout: https://downloads.aap.org/AAP/PDF/EmergencyDisasterPlanning_FamilyHandout.pdf



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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.

MOBILITY	V	DATE
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
Flashlight		DATE
HEARING LOSS	/	DATE
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	V	DATE
All emergency supplies marked with large print or braille		DATE
Extra white cane		DATE
SPEAKING DIFFICULTY	V	DATE
Pen and paper pad to communicate with rescue personnel		DATE
Preprinted card stating "I cannot speak"		DATE
Handheld whistle to alert emergency personnel		DATE
MEDICATIONS	V	DATE
A three-day supply of current medications (update regularly)		DATE
Find out if your state permits pharmacists to dispense a 30-day refill of medications in an emergency		DATE
Current medical information including names of each medication and dosage		DATE
Cooling supplies to keep medicines cold if needed		DATE
Extra medicine dispensers (for example, droppers, pill splitters, syringes)		DATE
Bottled water to take oral medications		DATE
Updated snacks to take medications that require food intake		DATE
Instructions on administering medications for emergency personnel		DATE
Extra copies of prescriptions		DATE

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TEM	/ DATE	ITEM	✓ DATE
_arge backpack	DATE	Fire-smothering blanket	DATE
Cell phone charger	DATE	Emergency whistle	DATE
Sanitary items	DATE	Face mask for each family member (cloth/ surgical masks as needed). N95 masks for infectious disease and smoky events.	DATE
Cash, checks	DATE	Flashlights with extra batteries	DATE
Copy of important paperwork such as driver's icense, passport or other picture ID, bank information, immunization records, social security numbers, insurance policies, family records (birth, marriage, death certificates) and other important documents. Current ohoto of each person and pet in the nousehold. Keep in a waterproof container.	DATE	Pet or service dog items, if applicable: water, food, medications, health records, microchip registry information, phone number of Veterinarian, collars, vest (service dog), leashes, harnesses and/or carrier, bowls, pet beds and toys if possible	DATE
Cooling supplies such as an insulated pag and gel packs that are pre-frozen to		Extra batteries for medical devices and equipment	DATE
keep medicines cold if needed for 24-30 nours. When the medication that requires refrigeration is no longer cold, continue to	DATE	List of model, make and serial numbers of medical equipment	DATE
use it, only if a life depends on it, until a new supply is available. Discuss with your child's		Updated medication list	DATE
nealth care provider in advance.		Copy of medical insurance card	DATE
Extra set of keys for home and car	DATE	Plastic bags	DATE
Pen, pencil, paper	DATE	Antibacterial waterless soap	DATE
Bottled drinking water (three-day supply, 1 gallon per family member)	DATE	Non-perishable food (3-day supply for each family member; current, not expired)	DATE
Matches or lighter	DATE	Wrench or pliers for utility shut-off valves	DATE
Small comfort item for young children such as a stuffed animal and board games, books for older children	DATE	Baby items, if applicable (diapers, formula, water)	DATE
Nork gloves, rope, tarp, utility knife	DATE	Prepaid calling card	DATE
Can opener (manual)	DATE	Battery-powered radio with extra batteries	DATE
Non-electric cooking utensils	DATE	Fire extinguisher	DATE
FIRST AID KIT – Recommended it	ems to incl	ude	
TEM	DATE	ITEM	✓ DATE
Over-the-counter fever and pain reliever	DATE	Emergency blanket	DATE
Antihistamines, antidiarrheal medications, antibacterial ointment	DATE	American Red Cross Emergency First Aid Guide	DATE
Hand sanitizer	DATE	Thermometers, disposable	DATE
5" x 9" trauma pads	DATE	Tweezers	DATE
1" x 4" gauze pads	DATE	Scissors	DATE
3" conforming gauze roll	DATE	Latex-free gloves	DATE
First aid tape	DATE	Adhesive bandages (all sizes)	DATE
nstant cold compress	DATE		DATE
ADDITIONAL CONSIDERATIONS			