

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

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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.



Family Emergency Evacuation Kit

<input checked="" type="checkbox"/>	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 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.
	We have established an emergency phone number of a friend or relative who 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 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.
	We have contacted utility companies for priority status during outages.
	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	✓	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	✓	DATE
All emergency supplies marked with large print or braille		DATE
Extra white cane		DATE
SPEAKING DIFFICULTY	✓	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	✓	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



EMERGENCY & DISASTER PREPAREDNESS KIT – Recommended items to include

ITEM	✓	DATE	ITEM	✓	DATE
Large 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 license, 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 photo of each person and pet in the household. 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 bag and gel packs that are pre-frozen to keep medicines cold if needed for 24-30 hours. When the medication that requires refrigeration is no longer cold, continue to use it, only if a life depends on it, until a new supply is available. Discuss with your child's health care provider in advance.		DATE	Extra batteries for medical devices and equipment		DATE
			List of model, make and serial numbers of medical equipment		DATE
			Updated medication list		DATE
			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
Work 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 items to include

ITEM	✓	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
4" 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
Instant cold compress		DATE			DATE

ADDITIONAL CONSIDERATIONS

Tourniquet to stop life-threatening bleeding www.stopthebleed.org/training		DATE	CPR mask with one-way valve www.redcross.org/take-a-class/cpr/cpr-training		DATE
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