



**CHILDREN'S HOSPITAL
& RESEARCH CENTER OAKLAND**



Children's Hospital Oakland – Kohl's Injury Prevention Program
747 52nd St., Oakland, CA 94609
510-428-3000 • www.childrenshospitaloakland.org

Preparing for Emergencies and Disasters



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
- **Family Readiness Kit** at www.aap.org/family/frk/aapfrkfull.pdf

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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.



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This Family Emergency Evacuation Plan for children with special needs was developed by the Riley Hospital for Children Safe Escape Program at IU Health (rileyhospital.org) and has been adapted for use as an anticipatory guidance tool for health care providers with permission from Indiana University Board of Trustees on behalf of the Riley Hospital for Children Safety Store at IU Health.

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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