

Emergency Preparedness Guide

Will you be ready?



Children'sSM
Healthcare of Atlanta

Planning Ahead

A disaster can happen when you do not expect it. You and your family may not have time to prepare. **Learn how to protect yourself and your family by planning ahead and creating an emergency kit.**

- Have a plan! Meet with your family. Talk about how important it is to plan ahead of time.
- Consider what disasters are more likely to happen in your area and how you will meet your child's medical needs. Have a plan for each disaster. For example, you might have one plan in case of tornado and one plan in case of snowstorm.
- Your family may need to evacuate or leave home (in cases such as a hurricane). Decide on the best roads or highways to take.
- Draw a floor plan, or map, of your home. Mark two ways to get out of each room. This might include a door or window.
- Pick two places to meet if you get separated. Pick a place outside of your home in the event of a fire or similar. Choose a place outside of your neighborhood in case you cannot return home if roads are blocked, for instance.
- Talk about what to do if the power goes out.
- Check the inside and outside of your home for items that could be unsafe during a disaster. Make the needed repairs.
- Post emergency numbers by a house phone or on the fridge. This includes fire, police, ambulance, hospital, doctor and poison control. Make sure everyone knows where to find them.
- Teach your children how and when to call 911 or your local emergency medical services number.
- Teach each adult family member how and when to turn off the water, gas and electricity at the main switches.
- Create an emergency supply kit for each disaster that may happen in your area. A supply kit has basic items that you may need to stay safe and be more comfortable during and after a disaster. Put the items in a container that you can take with you. Store it as close as possible to the exit door.
- Have a plan to protect your pets or service animals if disaster happens.

Disaster Checklist for a Child with Medical Needs

- Make a current care plan and list of your child's medicines.
- Fill out an emergency information form on your child's medical needs.
- Make sure to have enough medicines and supplies for your child to last at least two weeks.
- Have a backup plan for any medical equipment that needs electricity or batteries.
- Talk with your child's doctor about the best place for your child if disaster happens.
- Learn what your family will need to know for each disaster that is more common for your area. For example, if your child needs a wheelchair, where is the safest place to go if there is a tornado? Are they able to get to a safe place?
- Pick two ways to evacuate in case one way is blocked.
- Call your electric company about power needs for life support devices if needed (such as ventilators, suction and home dialysis). Many utility companies will place you ahead of others on a list for reconnection service.
- Plan for other sources of power for medical equipment and how to recharge batteries in case the electricity goes out.
- Call your local fire department to let them know you have a child with special medical needs.
- If your child uses oxygen, check with their doctor to see if a reduced flow rate can be used in an emergency. Also avoid areas where gas leaks or open flames may happen.

If Disaster Happens

- Remember to put your plan into place. Have emergency medical equipment and supplies for your child available.
- Listen to your battery-powered radio for updates and directions.
- Use flashlights. Do not light matches or turn on electrical switches if you think there may be damage to your home.
- Clean up spilled medicines, bleaches, gas and other liquids that can catch fire right away.
- Check for injuries. **In case of an urgent concern or emergency, call 911 right away.** Keep in mind the systems may be backed up with callers.
- Check for any household hazards, such as gas leaks or fire hazards.
- Make sure to have an emergency family contact number to call.

Emergency Supply Kit

An emergency supply kit has basic items that you may need to stay safe and be more comfortable during and after a disaster.

- Keep in mind your child's needs and abilities so you can make a kit that is best for them.
- Put the items in a container that you can take with you. Store them as close as possible to the exit door.
- Replace the stored water and food supply every six months so it stays fresh.
- Review and update your kit and family at least one time each year.

Supplies for your child's medical needs

Make sure to have enough supplies and medicines for your child to last two weeks. This includes things like dressing supplies, nasal cannulas and suction catheters. Ask your doctor or pharmacist about storing prescription medicines that must be refrigerated.

- ☐ Two-week supply of medicines (prescription and over the counter)
- ☐ Generator or battery backup for electrical medical equipment
- ☐ Copies of prescriptions for medical equipment, supplies and medicines
- ☐ Extra contacts and supplies or glasses
- ☐ Extra batteries for hearing aids, communication devices, power wheelchair, feeding pump, ventilator (vent) and other medical equipment that your child needs
- ☐ Special dietary foods, formulas and supplies
- ☐ Manual wheelchair

First aid kits

Use this list as you put together your kits—one for your home and one for each car.

- ☐ Sterile adhesive bandages in different sizes
- ☐ Safety pins in different sizes
- ☐ Cleansing agent/soap (waterless, alcohol based)
- ☐ Two pairs of latex gloves
- ☐ Sunscreen
- ☐ 2-inch sterile gauze pads (four to six pads)
- ☐ 4-inch sterile gauze pads (four to six pads)
- ☐ Triangle bandages

Include over-the-counter medicines in the right doses for each age of all family members. Talk with your doctor or pharmacist if you have questions about these medicines or where to find them.

- ☐ Aspirin or non-aspirin pain reliever
- ☐ Anti-diarrhea medicine
- ☐ Antacid (for stomach upset)
- ☐ Syrup of ipecac to cause vomiting, to be used only if advised by Poison Control Center
- ☐ Activated charcoal, to be used only if advised by Poison Control Center
- ☐ Anti-itch cream
- ☐ 2-inch sterile roller bandages (three rolls)
- ☐ 3-inch sterile roller bandages (three rolls)
- ☐ Eye dressing pads
- ☐ Scissors
- ☐ Tweezers
- ☐ Needles and thread
- ☐ Moistened towelettes
- ☐ Antiseptic cleaner
- ☐ Thermometer
- ☐ Two tongue blades
- ☐ Tube of petroleum jelly (like Vaseline) or other lubricant

For babies and children

- ☐ Formula, ready to use or with sterile water for mixing
- ☐ Diapers
- ☐ Bottles
- ☐ Powdered milk
- ☐ Medicines
- ☐ Pacifiers
- ☐ Favorite blanket or toy

Tools and emergency supplies

- ☐ This emergency preparedness manual
- ☐ Cups, plates and plastic utensils
- ☐ Battery-powered radio with extra batteries
- ☐ Flashlight with extra batteries
- ☐ Cash or traveler's checks and change
- ☐ Non-electric can opener and utility knife
- ☐ Fire extinguisher—small canister ABC type
- ☐ Tube tent
- ☐ Pliers
- ☐ Tape
- ☐ Compass
- ☐ Matches in waterproof container or lighter
- ☐ Aluminum foil
- ☐ Plastic storage containers
- ☐ Signal flare
- ☐ Paper and pencil
- ☐ Needles and thread
- ☐ Medicine dropper
- ☐ Shut-off wrench to turn off household gas and water
- ☐ Whistle
- ☐ Plastic sheeting
- ☐ Map of the area with shelter locations
- ☐ Non-electric cooking utensil

Sanitation

- ☐ Toilet paper and towelettes
- ☐ Soap and liquid detergent (waterless, antibacterial)
- ☐ Feminine supplies (pads and/or tampons)
- ☐ Personal hygiene items (such as toothbrush, toothpaste, deodorant and other items)
- ☐ Plastic garbage bags and ties (for things like diapers, wipes and feminine products)
- ☐ Plastic bucket with tight lid
- ☐ Hand sanitizer and sanitizing wipes

Clothing and bedding

- ☐ At least one change of clothes and shoes for each person, for each season and possible conditions (like hot, cold, rain and snow)
- ☐ Sturdy shoes or work boots
- ☐ Rain jacket and umbrella
- ☐ Blankets and sleeping bags
- ☐ Hat and gloves
- ☐ Sunglasses
- ☐ Three-day supply of water
- ☐ Three-day supply of food that does not have to stay cold or food that will not go bad

Entertainment

- ☐ Games (card or board games)
- ☐ Books for all ages

Documents and other important items

Keep these records in a waterproof container or Ziplock bag:

- ☐ Will
- ☐ Insurance policies
- ☐ Contracts and deeds
- ☐ Passports
- ☐ Social Security cards
- ☐ Immunization records
- ☐ Bank account numbers
- ☐ Credit card account numbers and companies
- ☐ List of valuable items in your home
- ☐ Phone book with important phone numbers
- ☐ Family records (such as birth, marriage and death certificates)
- ☐ Cash, traveler's checks and change
- ☐ Disposable camera

The American Academy of Pediatrics granted permission for use of the lists in this guide.

For more information

You may visit these websites for more information about emergency preparedness:

- FEMA – [fema.gov](https://www.fema.gov)
- READY – [ready.gov](https://www.ready.gov)
- American Red Cross – [redcross.org](https://www.redcross.org)
- American Academy of Pediatrics – [aap.org](https://www.aap.org)

Children’s Healthcare of Atlanta has not reviewed all of the sites listed as resources and does not make any representations regarding their content or accuracy. Children’s Healthcare of Atlanta does not recommend or endorse any particular products, services or the content or use of any third party websites, or make any determination that such products, services or websites are necessary or appropriate for you or for the use in rendering care to patients. Children’s Healthcare of Atlanta is not responsible for the content of any of the above-referenced sites or any sites linked to these Sites. Use of the links provided on this or other sites is at your sole risk.

This is general information only. Talk with your child’s doctor or a member of your child’s healthcare team about specific care of your child.

In case of an urgent concern or emergency, call 911 or go to the nearest emergency department right away.

©2025 Children’s Healthcare of Atlanta, Inc. All rights reserved.