



# Emergency Preparedness Manual

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Learn how to prepare yourself  
and your family for a disaster

A natural disaster can occur without warning. If this happens, it is important for you and your family to be prepared. This is especially important when you have a family member with special needs. This manual will provide you with tips on how to prepare for a potential disaster.

## Making your plan

- Have a plan. Create an emergency plan for each place where you spend your time, and practice your plan.
- Identify 2 or 3 people who will make sure you are OK and will help you during an emergency. Make sure you have their contact information.
- Discuss your family's evacuation plan. Choose the best exit routes from your home. It is important to practice your plan.
- Draw a floor plan of your home. If possible, make two escape routes from each room.
- Post emergency phone numbers in a central spot. Some examples are for the:
  - Fire department
  - Police department
  - Local ambulance service
  - Hospital
  - Doctor
  - Poison Control
- Have emergency numbers programmed into each family member's cell phone for help in case injuries occur during a disaster
- Teach your children how and when to call 911 or your local emergency services number.
- Have a first aid kit ready that is filled with essential supplies. A list of important supplies is included in this manual.

### **Important factors to consider:**

- If your family member requires oxygen, check with his doctor to determine if a reduced flow rate can be used in an emergency. Also avoid areas where gas leaks or open flames may be present.
- Contact your local electric company about your power needs for life-support devices if needed. These include things like ventilators, suction, home dialysis and others. Many utility companies will place you on a priority reconnection service list.

# Emergency contacts

It is important to let your local emergency departments know that you have a family member with special needs. It is a good idea to contact your power company, gas company, fire department and police department ahead of time. This way, in the event of an emergency they will know ahead of time that you may need extra help.

## **Disaster Preparation Checklist:**

- Current care plan
- Emergency information for your child's medical needs
- List of medicines
- Primary evacuation route and backup evacuation route
- First aid kit
- Emergency contacts

## **If a disaster occurs**

- Put your emergency plan into action.
- Check for injuries, and call 911 if needed.
- Use any emergency medical equipment if needed.
- If your power is out, use flashlights—DO NOT use matches or turn on light switches.
- Check for any household hazards, such as gas leaks or fire hazards.
- Clean up any spills that may have occurred. Spills can occur from medicines, bleach, gasoline and other flammable liquids.
- Speak with your emergency contact if needed.
- If you have one, keep your cell phone turned on and with you at all times.

# Emergency kit contents

A first aid kit is a collection of basic items that you may need during and after a disaster. The kit should be stored in a place that is easy to get to in your home, and all of your family members should know where to find it. You can change the contents according to your family's needs.

- Sterile adhesive bandages and gauze pads
- Scissors
- Cleaning agent (alcohol or soap)
- Moistened wipes
- Different sizes of band-aids
- Latex gloves
- Aspirin or non-aspirin pain medicine
- A generator or battery pack
- A flash light and extra batteries
- A battery operated radio
- First aid kit
- A blanket
- Bottled water
- Non-perishable food, such as granola bars and juice
- Emergency contact numbers
- Information on your child's medicines
- Extra doses of your child's medicines

# Resource list

For more tips and ideas on how to prepare for a potential disaster in your area, visit the websites below:

- [www.ready.gov](http://www.ready.gov)
- [www.redcross.org](http://www.redcross.org)
- [www.nod.org/assests/downloads/Readiness-Tips-Disabilities.pdf](http://www.nod.org/assests/downloads/Readiness-Tips-Disabilities.pdf)

*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.*



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