

EMERGENCY PREPAREDNESS CHECKLIST FOR CHILDREN WITH SPECIAL HEALTH CARE NEEDS

Preparing for your child's special health care needs during an emergency:

- Complete an emergency information form for your child with the help of a health care provider
<http://www2.aap.org/advocacy/blankform.pdf>
- Complete a care plan form that describes your child's daily care routine
<http://cshcn.org/download-documents>
- Keep a copy of these forms with your child (in a back pack or wheelchair bag) and in your child's emergency kit. Provide these forms to those who may care for your child in your absence.
- Have a two week supply of an special formula needed and water (1 gallon per person per day)
- Have a two week supply of medications, both prescription and non-prescription
- Rotate formula and medications in your disaster kit on a regular basis to avoid spoiling
- Purchase back-up batteries or a generator to power equipment that may need electricity
- Have a back up of supplies you will need to feed or care for your child (feeding bags and tubing, syringes, mic-key buttons, catheters, etc)
- Prepare smaller emergency travel kits in case you have to evacuate your home
- Purchase a battery powered or hand-cranked weather radio
- Keep extra formula or travel kit in your car
- Store extra supplies at school or child care program
- Contact your local police and fire departments and let them know you have a child with special needs
- Get a medical alert and/or identification bracelet for your child <http://www.medicalert.org/>



Have a disaster plan for your family:

- Prepare a family emergency plan - FEMA
<http://www.ready.gov/make-a-plan>
- Prepare disaster kits for every member of your family
<http://www.redcross.org/>
- Decide on family meeting places. Pick one place in your neighborhood and one place outside your neighborhood. Include this information in your family emergency plan.
- Know the emergency plan for your child care program or school. Provide them with copies of your family/child emergency plan and a small supply kit. Ask them to provide you with emergency contact information, such as phone numbers and email addresses
- Pick an out-of-state contact who can be reached most times of the day and provide them with your child's emergency information forms. Include their contact information in your family emergency plan.
- Identify people you are willing to help your family in an emergency. Make them aware of your family plan and your child's care plan.
- Emergency shelters will allow you to use their resources during an emergency, even if you are not staying there. You may be able to recharge batteries, store items that need refrigeration, and receive medical care at shelters that provide these services.
- Text messaging and e-mail may be the best way to communicate during an emergency. Local calling may not be possible, but long distance calling may work.



Preparing for Specific Needs

What goes in your emergency kit?

Food Allergies:

- At least a 3-day supply of foods for your child that do not require cooking
- At least a 3-day supply of daily medicines such as antihistamines, and emergency medicines such as injectable epinephrine, inhalers and other prescribed by your child's health care provider. If your child's allergies require compounded medicines, include them.
- Eczema creams and other topical medications
- For latex allergies: latex-free gloves, bandages, etc.

Feeding Tubes:

- Formula and other special medical foods
- Extra tube supplies
- Formula bags
- Spare pump that is fully charged
- Power supply that can be plugged into car

Down syndrome, autism and other intellectual or developmental disabilities:

- At least a 3-day supply of all your child's medications
- List of all medications, doctor who prescribed them, and doctor's contact information
- Insurance information, policy numbers, and how to contact insurance companies
- Copy of current IEP
- Favorite toy, book, game, calming snack, portable DVD player, batteries
- Be prepared for behavior changes

Visual Impairments:

- If used, keep a spare cane for your child in your emergency kit
- Mark emergency supplies with large print, fluorescent tape or Braille
- Carry a pre-printed copy of important messages such as "I speak American Sign Language and need an interpreter"
- Service animals may become confused, panicked, frightened or disoriented during and after a disaster. Keep them confined or securely leashed or harnessed. Be prepared to use alternative ways for your child to negotiate the environment.

Hearing Impaired:

- Store hearing aids in a strategic, consistent and secured location so they can be found and used after a disaster
- Extra batteries for hearing aids
- Maintain TTY batteries (consult your manual for information)
- Extra batteries for your TTY and light phone signaler

Medical Needs

- Always have at least a 3-day supply of all your child's medications
- Store the medications in one location in their original containers
- List of all medications, doctor who prescribed them, and doctor's contact information
- 3-day supply of any medical supplies such as bandages, ostomy bags, or syringes
- For all medical equipment requiring power – beds, breathing equipment, or infusion pumps - check with your medical supply company for back-up power source, such as a battery or generator
- If your child uses oxygen, have at least a 3-day emergency supply as well as a 3-day supply of tubing, solutions, and medications, etc.

Additional Resources:

Disaster Preparedness Resources:

www.redcross.org

<http://www.ready.gov/make-a-plan>
[Prepare Home Emergency Guide](#)

Emergency Resource Guide (preparedness guidelines for individuals with disabilities and types of disasters to prepare for)

<http://www.doh.wa.gov/Emergencies/EmergencyPreparednessandResponse/Factsheets.aspx>

Additional Preparedness Forms for CSHCN

<http://cshcn.org/download-documents>

- "Activities of Daily Living" form
- "Equipment and Supplies List" form
- "Getting to Know Me" form

Medical Alert bracelets

www.medicalert.org