



Care Connection for Children
A partner in the Virginia children's special health needs network

Roanoke Area Care Connection for Children

Emergency Preparedness
Planning Kit



Disasters can sometimes happen with or without notice: hurricanes, floods, tornadoes, fires, along with others. Centers for Disease Control and Prevention (CDC) *Are You Prepared*, recommends you to: ***Build a Kit, Make a Plan, Stay Informed*** @ <https://www.cdc.gov/phpr/areyouprepared/>

✓ **Build a Kit**

Recommended items:

- Water - one gallon of water per person - per day for at least three days, for drinking and sanitation
- Food - at least a three-day supply of non-perishable food
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert



- Flashlight and extra batteries
- First aid kit
- Whistle to signal for help
- Dust mask to help filter contaminated air and plastic sheeting and duct tape to **shelter-in-place**
- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Wrench or pliers to **turn off utilities**
- Manual can opener for food
- Local maps
- Cell phone with chargers and a backup battery

Additional items

- Prescription medications Non-prescription medications such as pain relievers, anti-diarrhea medication, antacids or laxatives
- Glasses and contact lens solution
- Infant formula, bottles, diapers, wipes, diaper rash cream



- Pet food and extra water for your pet
- Cash or traveler's checks
- Important family documents such as copies of insurance policies, identification and bank account records saved electronically or in a waterproof, portable container
- Sleeping bag or warm blanket for each person
- Complete change of clothing appropriate for your climate and sturdy shoes
- Household chlorine bleach and medicine dropper to disinfect water



- Fire extinguisher
 - Matches in a waterproof container
 - Feminine supplies and personal hygiene items
 - Mess kits, paper cups, plates, paper towels and plastic utensils
 - Paper and pencil
- Books, games, puzzles or other activities for children

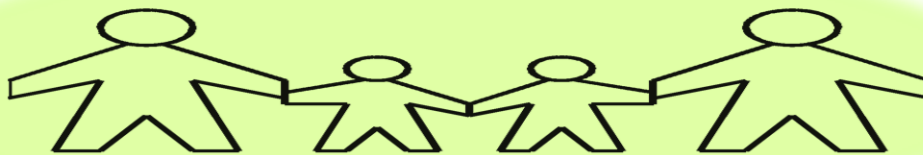


Other Sources for building or purchasing a kit

Ready.gov Build a Kit @ <https://www.ready.gov/build-a-kit>

Red Cross Store @ <https://www.redcross.org/store/preparedness>

Every family member should have a role in disaster planning.



✓ Make a Plan



- Know how to contact loved ones.
- Keep written contact information with family's emergency plan posted. Place a copy for family members to see and put a copy in the kit.
- During an emergency, it may be easier to reach family or friends from out-of-town by calling or texting.
- Decide on a meeting place.
- Make sure you have family member contact numbers for school or workplace.
- Decide on a neighborhood meeting and out-of-town meeting place, along with a phone number.
- Have family member phone numbers for doctors, insurance and pharmacy (medication, dosage and prescribing doctor). If there is a senior, infant or someone with a special need, make sure names and numbers for equipment companies, therapy's, formula, oxygen, etc., https://www.fema.gov/media-library-data/0e3ef555f66e22ab832e284f826c2e9e/FEMA_plan_parent_508_071513.pdf
- Have numbers for local utility companies
- Listen for the most up-to-date local information before, during and after a disaster.
- If you have pets, get phone numbers for veterinarian, insurance and pharmacy (medication, dosage and prescribing doctor)



Extra Planning Tips

Additional Planning is needed if someone in the home is an infant, senior or is disabled. The following websites shares helpful planning tips on how to prepare:

- Children and Youth with Special Healthcare Needs in Emergencies
<https://www.cdc.gov/childrenindisasters/children-with-special-healthcare-needs.html>

- DisasterAssistance.gov
<https://www.disasterassistance.gov/information/disabilities-access-and-functional-needs/downloadable-guides-and-resources>

- Disaster Safety for People with Disabilities



<http://www.redcross.org/get-help/how-to-prepare-for-emergencies/disaster-safety-for-people-with-disabilities>

- FEMA

https://www.fema.gov/media-library-data/1440775166124-c0fadbb53eb55116746e811f258efb10/FEMA-ReadySpNeeds_web_v3.pdf


- Ready.gov
<https://www.ready.gov/individuals-access-functional-needs>

- Readiness Guide for Deaf and Hard of Hearing Individuals
<http://www.wilson-co.com/home/showdocument?id=92>

- Disaster Preparedness for People with Disabilities
<http://www.disastersrus.org/MyDisasters/disability/disability.pdf>

✓ Stay Informed

Listen and discuss with family the most up-to-date local information before, during and after a disaster.

- Listen for orders to evacuate
- Details about evacuation plans – evacuation zone map @ Virginia Department of Emergency Management @ <http://www.vaemergency.gov/hurricane-evacuation-zone-lookup/>
- Evacuate or Stay Put at: disasterassistance.gov @ <https://www.disasterassistance.gov/information/immediate-needs/evacuate-or-stay-put>
- How to stay safely where you are
- Where to find financial or medical help
- Know the difference between weather watching's or 
- Locate shelters in your area Locations of evacuation shelters

Find Shelter

- RoanokeVa.gov | Evacuation and Shelters
<http://www.roanokeva.gov/689/Evacuations-Shelters>
- Text **SHELTER** + your ZIP code to **43362**
- 2-1-1 VIRGINIA DISASTER RECOVERY | Dial 211 or
<https://www.211virginia.org/consumer/index.php>
- Roanoke Rescue Mission @ <http://rescuemission.net/> or (540) 343-7227
- Trust House - 540-344-4691
- RAM House Day Shelter - (540) 343-3753

After a Disaster



- **Ready.gov** | Recovering from a Disaster
<https://www.ready.gov/recovering-disaster>
- **American Red Cross** | Recovering Emotionally <http://www.redcross.org/get-help/disaster-relief-and-recovery-services/recovering-emotionally>
- **American Red Cross** | Recovering Financially <http://www.redcross.org/get-help/disaster-relief-and-recovery-services/recovering-financially>
- **American Red Cross** | Picking up the Pieces after a Disaster
https://www.redcross.org/images/MEDIA_CustomProductCatalog/m7540319_picking-up-the-pieces-A5076.pdf
- **Resources on Disaster Preparedness and Recovery**
<http://www.ilru.org/projects/disability911/resources-emergency-preparedness-recovery>
- **USA.gov** | After a Disaster
<https://www.usa.gov/after-disaster>



Helpful Disaster Websites

- **American Red Cross**
<http://www.redcross.org/about-us/our-work/disaster-relief>
- **Individual Disaster Assistance**
<https://www.fema.gov/individual-disaster-assistance>
- **FEMA.gov**
<https://www.fema.gov/>
- **Ready.gov Kids**
<https://www.ready.gov/kids>
- **USA.gov – Disasters and Emergencies**
<https://www.usa.gov/disasters-and-emergencies>
- **United States Environmental Protection**
<https://www.epa.gov/natural-disasters>

Medical Background Information List:

Primary physician:		Telephone number:	
Address:			
Hospital affiliation:	Type of health insurance: <i>(Attach copy of card front and back)</i>	Policy number:	
Blood type:		Allergies and sensitivities:	
Medications and dosages being taken:			
Pharmacy:		Telephone number:	
Specific medical conditions/Associated problems/Diagnosis:			
Special dietary need (describe diet needs, equipment, route and schedule for feeding):			
Communication difficulties:			
Cognitive difficulties:			

Emergency Contact List:

Name:	Birth date:
Address:	
Telephone number:	Social Security number:
Local emergency contact person:	Emergency contact person's numbers:
Network members: <i>(Identify roles such as legal guardian, medical power of attorney, healthcare providers, etc.)</i>	Network member's home/work numbers:
Out-of-town contact:	Out-of-town contact's numbers:
How best to communicate with me:	

Emergency Checklist: Prepare a Disaster Supplies Kit

Assemble supplies you might need in an evacuation. Store them in an easy-to-carry container such as a backpack or duffle bag.

Include:

- A supply of water (one gallon per person per day). Store water in sealed, unbreakable containers. Identify the storage date and replace every six months.
- A supply of non-perishable packaged or canned food and a non-electric can opener.
- A change of clothing, rain gear and sturdy shoes.
- Blankets or sleeping bags.
- A first aid kit and prescription medications.
- A battery-powered radio, flashlight and plenty of extra batteries.
- Credit cards and cash.
- An extra set of car keys.
- A list of family physicians.
- A list of important family information; the style and serial number of medical devices such as pacemakers, etc...
- Special items for infants, elderly or disabled family members.
- Ask how you would be warned of an emergency.
- Learn your community's evacuation routes.
- Ask about special assistance for elderly or disabled persons.