



Emergency Preparedness

General Emergency Planning

Adapted from disaster preparedness information from the American Red Cross and the Federal Emergency Management Association (FEMA).

- Plan for and get supplies for the natural disasters that may occur in your area.
- Teach children how and when to call 911. Put emergency numbers by all phones in your home.
- Enter emergency and important contact numbers into your cell phone.
- Teach older family members how and when to turn off water, gas, and electricity.
- Choose an out of town emergency contact. It can be easier to make a long distance calls during an emergency. Give family members a copy of the contact's phone number and email address.
- Choose an emergency meeting place outside your home and a second place outside your neighborhood in case you can not return home.
- If you can, keep your fuel tank more than half full at all times

General Emergency Supplies

Water

- Three-day supply of water--one gallon per person per day for drinking, sanitation and cooking. Include water for pets.
- Household chlorine bleach and medicine dropper- dilute nine parts water to one part bleach to make a disinfectant. Treat water with 16 drops of liquid household bleach per gallon of water. Do not use scented, color safe or bleaches with added cleaners.

Food

- Three-day supply of non-perishable food, can opener, scissors
- Supplies for pets and service animals

First Aid Kit

- Band-Aids
- Safety pins
- Soap and sanitizer
- Two pair latex gloves
- Activated charcoal (to be used only if advised by the Poison Control Center)
- Anti-itch cream
- 2" and 4" sterile gauze pads
- 2" and 3" sterile roller bandages

First Aid Kit Continued

- Sunscreen
- Over the counter medicine for adults and children:
 - Aspirin or Tylenol
 - Anti-diarrhea medicine
 - Antacid (for stomach upset)
 - Laxative or stool softener
- Eye pads
- Scissors
- Needle and Thread
- Tweezers
- Moistened towelettes
- Antiseptic
- Thermometer
- Tongue blades
- Petroleum jelly or other lubricant
- Medicine dropper
- Triangular bandages (30)

Clothing and Bedding

Include one set of each for each person in your family

- Change of clothes and shoes
- Hat, gloves, coat, sunglasses
- Rain gear
- Blanket or sleeping bag

Documents and Records

- Copies of important records such as insurance policies, titles, deeds, property records, birth certificates, inventory of possessions, passports. Store original documents in a bank safe deposit box.
- Cash, traveler's checks and change.

Tools

- Wrench to turn off water or gas
- Flashlight with extra batteries and bulbs
- Whistle
- Radio with extra batteries or hand crank
- Snaplight sticks, a safe alternative to candles
- Tube tent, a small emergency tent without poles
- Plastic sheeting
- Pliers, tape, utility knife
- Local and state map
- Aluminum Foil
- Emergency manual
- Plastic storage containers
- Fire extinguisher
- Signal flares
- Compass
- Waterproof matches
- Paper and pencil

Sanitary Items

- Toilet paper, towelettes
- Soap, antibacterial detergent
- Feminine supplies
- Garbage bags with ties
- Plastic bucket with tight lid

Communication

- Cell phone
- Walkie-talkie
- Back up batteries
- Car cell phone chargers

Supplies for Infants and Children

- Baby food and formula
- Bottles
- Diapers, wipes, plastic bags, diaper ointment
- Pacifier, comfort items

Entertainment

- Books, games, cards, toys

Pack a “To Go” Kit

You can order a ready-made “To Go” kit from the Red Cross at www.redcross.org/ and go to the “Store”. Or you can make up your own. Pack items in a backpack or duffle bag, and store it where it will be easy to grab on your way out in an emergency. A 3-day kit should include:

- Flashlight and batteries
- Battery powered or hand crank radio
- Emergency blanket
- Food bars
- Work gloves (one pair)
- Moist towelettes
- Surgical mask
- Plastic sheeting (10' x 10')
- Rain poncho
- First aid kit
- Roll of duct tape
- Water (2 quarts)
- Water container (2.5 gallon)
- Whistle
- First aid book
- Medications
- Copies of emergency information forms
- Light sticks

National and Washington State Emergency Preparedness Resources

Ready.Gov: Homeland Security and Citizens Corps <http://www.ready.gov>

Washington State Emergency Resource Guide

http://www.doh.wa.gov/phepr/handbook/hbk_pdf/Emer_Res_Guide07.pdf

King County Office of Emergency Management “3 Days 3 Ways” to make a plan, build a kit, get involved at <http://www.govlink.org/3days3ways/>

What to do During a Quake -Take this quick video quiz to test your knowledge of what to do during an earthquake.

<http://www.nwcn.com:80/sharedcontent/features/flash/quake/during.html>

Pandemic Flu Preparedness

Public Health Seattle King County.

Pandemic flu resources for individuals and families

http://www3.doh.wa.gov/here/materials/CRA_Detail.aspx?ID=437

U.S. Department of Health and Human Services.

<http://www.pandemicflu.gov/plan/individual/familyguide.html>

Helping Children Cope with Disaster

Children can become frightened during a disaster. Fear can cause temporary behavior changes at any age. Learn about behavior changes and what you can do to help your child cope. <http://www.fema.gov/pdf/library/children.pdf>

Resources in Other Languages

- **Ready.gov-Spanish** <http://www.listo.gov/>
- **AAP Family Planning Guide for Emergencies-Spanish**
<http://www.aap.org/family/frk/FRK-Spanish.pdf>
- **Pandemic Flu Planning**-Chinese, Spanish, Somali, Russian, Korean
<http://www.metrokc.gov/health/pandemicflu/prepare/>

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Center for Children with Special Needs
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Children’s
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www.cshcn.org

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