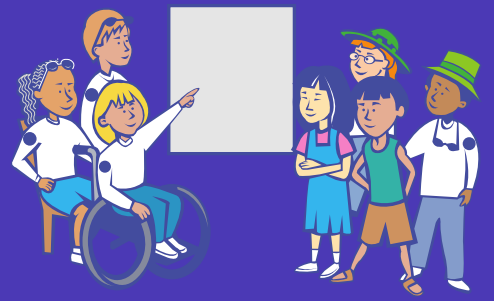


BE READY



Tips for Families of Children and Youth with Disabilities & Medical Needs

ALL FAMILIES NEED TO BE READY FOR EMERGENCIES & DISASTERS

DISASTERS CAN OCCUR WITH AND WITHOUT WARNING

- Decide to make a plan.
- Take on one task at a time.
- Prepare to the best of your ability.
- Reach out to your community for support.



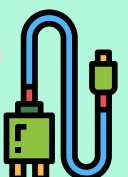
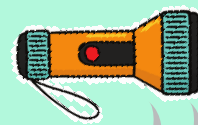
PLAN TO BE ON YOUR OWN: HOW LONG? HOW MUCH?

- Preparing for disaster is similar to getting ready for a camping trip.
- You would need to bring power, water, food & supplies to stay safe.
- Start with supplies for at least 3 days.



PLAN FOR POWER OUTAGES.

- Be sure to pack:
 - Flashlights & batteries.
 - Warm blankets, sleeping bags & clothing.
 - Chargers for medical equipment and devices.
- Never use grills or generators indoors.
 - Carbon monoxide is deadly.



PLAN TO HAVE MEDICATION & MEDICAL EQUIPMENT FOR UP TO 7-10 DAYS.

- Pharmacies may not be open.
- Medical equipment deliveries may not occur.
- Special formulas or nutritional supplements may not be available.
- Reach out to vendors and doctors to get extra medication and supplies.
- Restock emergency kits with fresh medication and essential supplies before they expire.



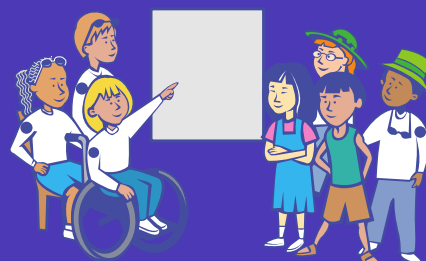
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BE READY



Tips for Families of Children and Youth with Disabilities and Medical Needs



YOU ARE THE HELP UNTIL HELP ARRIVES



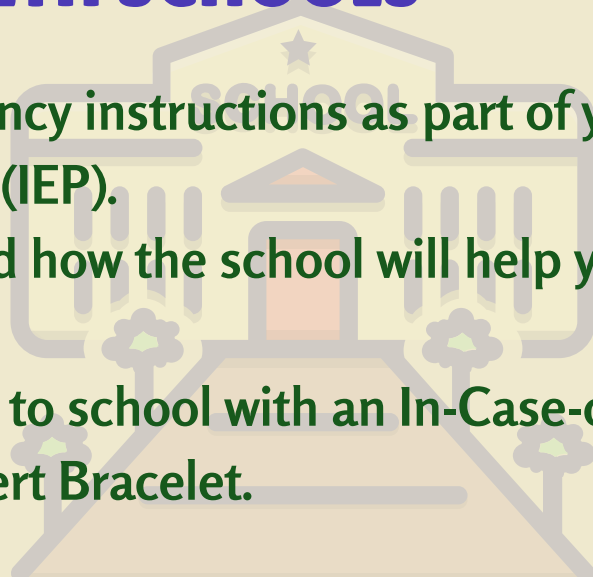
PRACTICE WITH FAMILY

- Practice how to contact each other during an emergency.
- Practice how to evacuate your home.
- Practice opening and re-stocking your emergency kit with fresh medication and essential supplies.



PRACTICE WITH SCHOOLS

- Include emergency instructions as part of your child's Individual Education Plan (IEP).
- Know where and how the school will help your child in an emergency.
- Send your child to school with an In-Case-of-Emergency Card and Medical Alert Bracelet.



PRACTICE WITH COMMUNITY

- Contact your local fire department or EMS agency to have them get to know your child.
- Sign up for community warning and emergency text or mobile phone alerts.
- Contact power and water companies for early alerts and priority return to service.
- Register with disaster notification registries for persons with disabilities when available.
- Talk to other families with disabilities and share disaster readiness ideas.



SIGN UP NOW



MAINTAIN UP TO DATE "PAPER" COPIES OF YOUR CHILD'S PLAN OF CARE

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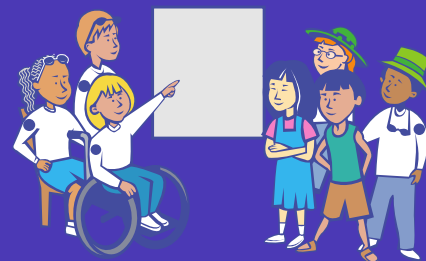


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BE READY



Tips for Families of Children and Youth with Disabilities and Medical Needs

DO IT YOURSELF HOME EMERGENCY KIT

- Water: 1 Gallon per person per day for at least 3 days
- Food: 3 day supply of shelf-stable foods and can opener
- Portable radio (Hand-crank or battery)
- Flashlights
- Spare batteries for devices and hearing aids
- Chargers for phones and other electronic devices
- First Aid kit and manual
- Whistle to call for help
- Face masks to filter bad air
- Toiletries & hygiene products
- Pliers/wrench to turn off water and gas lines
- Local maps
- Matches in waterproof containers
- Extra clothing, shoes & work gloves
- Medications, formula, nutritional supplements, eyeglasses, hearing aids, and additional medical supplies e.g. tubing
- Cash
- Supplies to make your own tent
 - Trash bags, blankets, plastic sheeting, duct tape, and zip ties
- Important documents in a waterproof bag.
 - Insurance information, medical records, bank account info, social security numbers, and child's plan of care
- Food for pets
- Toys, games & comfort items for children

**UPDATE YOUR KIT REGULARLY TO REPLACE EXPIRED ITEMS
AND MAKE CHANGES AS NEEDED**

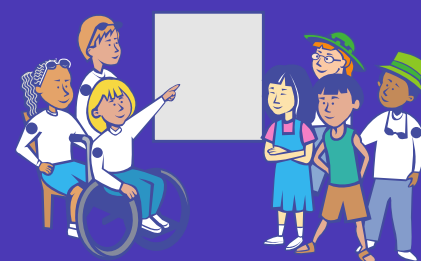
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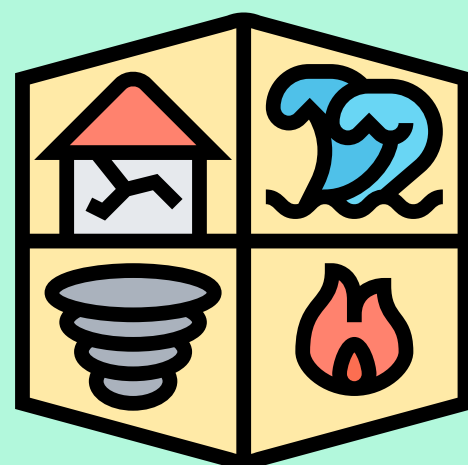


Tips for Families of Children and Youth with Disabilities and Medical Needs

WHEN DISASTER STRIKES

KNOW HOW TO RESPOND

- Stay calm & check on the family.
- Meet at a designated place.
- Check surroundings for hazards.
- Take pets to a safe place.



STAY INFORMED

- Listen to news and community alerts.
- Follow emergency instructions.
- Evacuate the area early if advised to do so.
- Call 911 if you need help evacuating or have another life-threatening emergency.



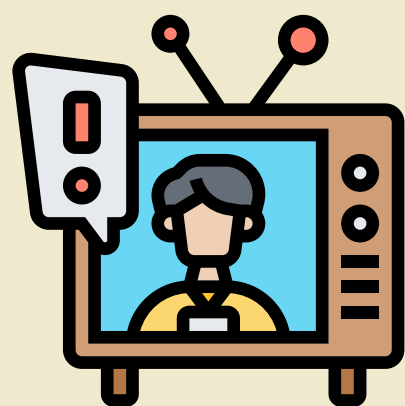
STAY SAFE

- Pay attention to weather reports.
- Move out of harm's way if not safe.
- Shut off damaged utilities (power, gas)
- Avoid downed power lines.
- Never drive or wade through flooded areas.



HELP YOUR CHILD STAY CALM

- Talk on a level your child can understand.
- Give children the information they need.
- Provide a comfort item.
- Keep routines and a regular schedule.
- Avoid constant exposure to the news which creates emotional distress



HAVING A PLAN AND KNOWING WHAT TO DO HELPS YOU AND YOUR CHILD REMAIN CALM

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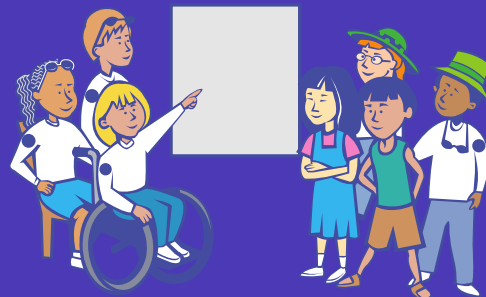
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BE READY



Tips for Families of Children and Youth with Disabilities and Medical Needs

SHELTER-IN-PLACE

STAY SAFE WHERE YOU ARE UNTIL IT IS SAFE TO LEAVE

- Shelter-in-place may be needed if leaving the area will put you in harm's way.
 - Examples include active shooter; tornado, hurricane, wildfire smoke, or chemical release.
- Find a safe location indoors & stay there until given an "all clear" or told to evacuate.



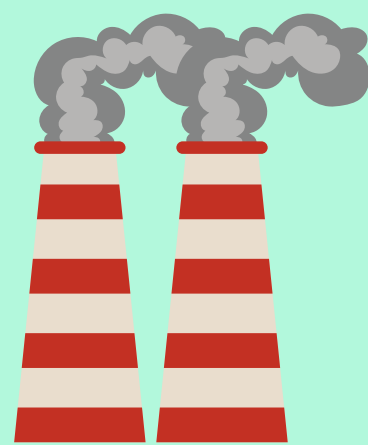
STAYING SAFE DURING TORNADO

- Pay attention to all weather alerts and warnings.
- Go to the lowest floor, small center room (like a bathroom or closet), under a stairwell, or in an interior hallway with no windows.
- Crouch as low as possible to the floor, facing down; and cover your head with your hands.



STAYING SAFE DURING WILDFIRE SMOKE, CHEMICAL OR RADIOLOGIC RELEASES

- Close and lock all windows and exterior doors.
- If you are told there is a danger of explosion, close the window shades, blinds, or curtains.
- Turn off all fans, heat & air conditioning systems.
- Follow emergency instructions if going outside is permitted.
- Consider wearing face masks when smoke is involved.
- Avoid opening and closing doors to the outside.
- Stay towards the interior of the building.



HAVING A PLAN AND KNOWING WHAT TO DO HELPS YOU AND YOUR CHILD REMAIN CALM

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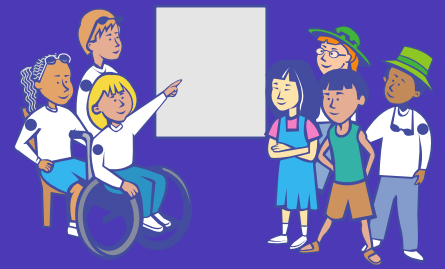


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BE READY



Tips for Families of Children and Youth with Disabilities and Medical Needs

BE INFORMED—STAY INFORMED EMERGENCY ALERTS

WIRELESS EMERGENCY ALERTS (WEA)

- Alert system built into mobile phones.
- Alerts as a short text message.
- Alerts have a unique sound and vibration that repeats twice.
- Alerts are sent by local, state & federal agencies including the National Weather Service e.g. AMBER Alerts



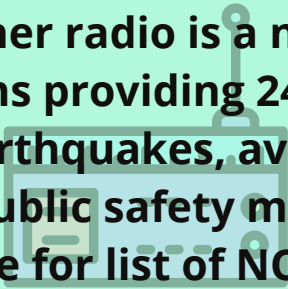
NATIONAL EMERGENCY ALERT SYSTEM INTEGRATED PUBLIC ALERT AND WARNING

- Broadcasts local, state & federal public safety messages using radio, TV, cable, wireline, wireless, & satellite systems.
- Alerts are activated by authorized public officials to reach the whole community including persons with disabilities



NOAA WEATHER RADIO ALL HAZARDS

- NOAA weather radio is a national network of radio stations providing 24/7 hazard information including earthquakes, avalanches, chemical or oil spills & public safety messages.
- Scan QR code for list of NOAA stations.



FEMA DISASTER MOBILE APP

- Free mobile app.
- Includes severe weather alerts from the National Weather Service and information to stay safe, maps of disaster resources, online resources for applying for disaster assistance, and safety tips
- Scan QR code for FEMA Disaster mobile app.



RED CROSS DISASTER MOBILE APP

- Free mobile app.
- Includes 35 severe weather and emergency alerts for your town.
- Scan QR code for Red Cross Disaster mobile app.



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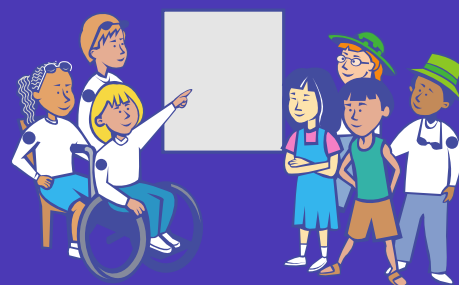


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BE READY



Tips for Families of Children and Youth with Disabilities and Medical Needs

EVACUATION

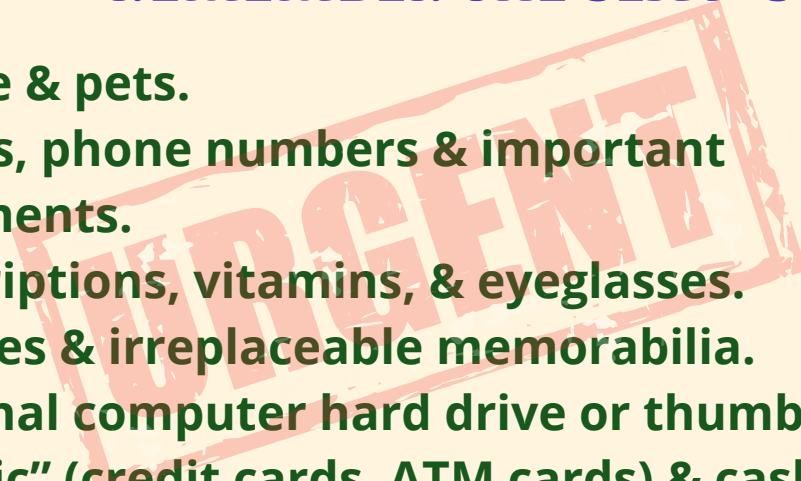
CREATE AN EVACUATION PLAN

- Where would your family go if asked to move out of harm's way?
- An evacuation location can include homes of friends or family, hotels, or local shelters.
- Identify accessible transportation to go to safety.



IF EVACUATING IMMEDIATELY REMEMBER THE SIX P'S

- People & pets.
- Papers, phone numbers & important documents.
- Prescriptions, vitamins, & eyeglasses.
- Pictures & irreplaceable memorabilia.
- Personal computer hard drive or thumb drives.
- "Plastic" (credit cards, ATM cards) & cash.



GET AND STAY INFORMED

- Listen to news & emergency alerts.
- When an evacuation **ADVISORY** is issued be ready to leave and consider leaving the area **EARLY**.
- Leave the area **IMMEDIATELY** when an evacuation **ORDER** is issued.
- Conditions change rapidly: Be prepared to leave on short notice.
- Follow designated evacuation routes.



BE READY – GETTING TO SAFETY



- Keep a "Go-Kit" of emergency supplies for family members if a short notice evacuation is called.
- Make it a habit to fill your gas tank when half empty so you have enough gas to leave the area.
- Never drive through flooded roads.
- Avoid downed power lines.

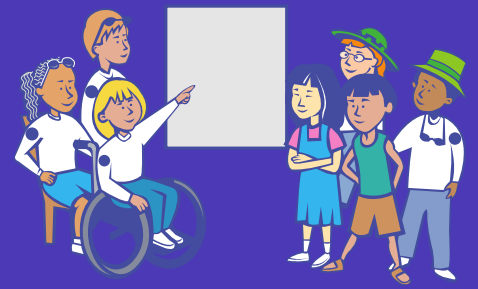


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BE READY



Tips for Providers of Children and Youth with Disabilities and Medical Needs

TEACHING CHECKLIST

- Have preparedness information available to hand out in the language needed by the family.
- Ask the question:
 - Do they know about the common hazards that can occur in the community?
 - Fire, flood, severe weather, earthquake?
 - Power, water, and transportation disruption?
 - Have they started thinking ahead about what they would do?
- Help the family assess their own risk & readiness.
 - Introduce disaster readiness as part of routine well-child care, adding a new medication or durable medical device (DME).
 - How would they manage disruptions in power, water, food & critical medical supplies?
 - What are the child's medical support needs?
 - Is the child critically dependent on oxygen or power?
 - Encourage families to contact local Fire/EMS services about their child.
- Are caretakers capable of responding to a critical failure of equipment?
 - What direction can you give them?
- Provide information and contact numbers of local and state disability groups.
 - Local EMS Agencies
 - Accessible transportation agencies
 - Fire Departments
 - Community Office of Emergency Services
- Work with the child's specialists to authorize extra supplies of formula, nutritional supplements, medications, and instructions on what to do if equipment fails.
- Provide enrollment information on local or regional disability disaster alert registries.



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