

What Would You Do In An Emergency?

Have a Plan!

Planning for separation from your child, what you should have in place

- Develop a communication plan and emergency contact list.
 - Pick a local and an out-of-state family/friend contact person who family members can “check in”.
- Give your child(ren) a copy of your emergency contact list to keep in their bag/book-bag (for older children you can help them memorize the list).
- Agree on meeting at an alternate site away from your home in the case of separation.
- Know emergency plans (ask your child(ren)’s school or child care provider about their plan).
- Get the school or child care provider’s emergency numbers.
- Be sure that your child(ren)’s school and/or child care providers have the following information on file:
 - Work/cell/home/pager/fax numbers
 - E-mail address(es)
 - Authorization cards for other adults to pick up your child(ren)
 - Who is permitted to contact your child(ren) if you cannot

What you can do to prepare yourself and your home for emergencies

- Prepare an **Emergency Kit** that contains everything that you and your family would need for at least three to five days, including items such as:
 - Change of clothes, sleeping bag/blankets, diapers
 - First aid kit (including a 3 day supply of all necessary prescription medicines)
 - Water (1 gallon per day, per person).
 - Canned or other non-perishable food that can be eaten without cooking
 - Pet food
 - Battery operated radio (and batteries)
 - Flashlight (and batteries) and other small tools (pocket knives, manual can opener, etc.)
 - Important papers (identification, insurance, birth/marriage certificates, passports, etc.) in a waterproof container
 - Extra car keys
 - Credit card, cash or travelers checks
 - Extra pair of eyeglasses
 - Children’s toys and games
 - Prepare same kit for your vehicle



If you have children enrolled in school or child care – you need to know...

The School or Center’s Emergency Plan:

- What happens if they experience:
 - A “Shelter In Place” (SIP) situation (*see back panel*)
 - A facility evacuation
 - A lock-down because of an outside threat
 - A power outage
 - A hazardous materials emergency
 - Water or heat loss
 - A bomb threat or suspicious article/message/person
 - A missing child
 - A relocation to another site

Questions to ask your school or child care provider about their emergency plan:

- What happens if the school or child care provider issues a “shelter in place”?
- How will parents be notified in an emergency situation?
- What is the process of evacuation?
- Do they have an emergency e-mail notification system?

Get a copy of your school or child care provider’s plan

Shelter in Place at Home

Shelter in Place or *SIP*, is when it is safer to take shelter where you are versus evacuating. SIP is a precaution aimed to keep you safe while remaining indoors for a short period of time. Shelter in place may be different at home versus work or school. Some suggestions for creating a shelter in place at home include:

- Choose a room with few or no windows and a secure door to serve as a shelter
 - If there is not a water supply in the room, store gallons of water there
 - Be sure that you will be able to hear neighborhood warning systems from this location
- Know how to turn off household utilities (water, gas, electric)
- Gather all family members and pets
- Close and lock all windows & doors
- Close all shades, blinds or curtains
- Close fireplace damper
- Gather family disaster supplies - be sure your radio is working
- Listen to the radio until you are told all is safe or you should evacuate



Practice your plan!



How to best help your child deal with emergency situations:

- Have a family discussion
- Make a family plan for emergencies
- Practice your plan
- Let your child know that you trust their school or child care provider
- Be honest, positive and reassuring.

Additional Resources

- American Red Cross: www.redcross.org
- Division of Emergency Preparedness and Coordination (DEPC): ser.ors.od.nih.gov/emergency_prep.htm
- FEMA – www.fema.gov
- Safety.Com: www.safety.com



Families: Preparing for an Emergency

Emergency Preparedness

No one wants to think and worry about disasters. A few simple steps will help prepare and protect your family and assure that your children feel safe and are safe.



Department of Health and Human Services
National Institutes of Health
