

What is a "To Go Kit" ?

Disasters, both natural and human made, can happen with little or no advance warning. Coping with an emergency or disaster is difficult for most families, but if you have a child with special health care needs this management can be complex and stressful. Preparation is the key to surviving a disaster and managing the chaos that occurs afterwards.

There are many tips for preparing for a disaster that are applicable to all families. This brochure is to assist families having a child with special healthcare needs to prepare by making a disaster supplies kit..... or a "To Go Kit". When disaster hits, you won't have time to shop or search for supplies. But if you've gathered supplies in advance, your family can handle a home confinement or evacuation.

The checklist in this brochure is a tool for families to use in thinking about the needs they would have if they were cut off from power for days, or have had to leave home because of a disaster.

Emergency Form Resources

- The *Emergency Information Form*, developed by the American Academy of Pediatrics (AAP) and the American College of Emergency Physicians, can be downloaded from the AAP web site or obtained through NH Family Voices.

Website: www.aap.org/advocacy/emergpresrsls.htm

- *NH Emergency Medical Services for Children* at Dartmouth has a "SKIP" Emergency Form that has been used with local first responders here in NH.
Tel: (603) 653-1131

National Resource

- Emergency Medical Services for Children
National Resource Center
Phone: (202) 884-4927
Website: www.childrensnational.org/EMSC

NH Family Voices

A Family to Family Health
Information and Education Center
129 Pleasant St.
Concord, NH 03301
Phone: (800) 852-3345 X 4525
or (603) 271-4525
E-mail: nhfv@yahoo.com
Web: www.nhfv.org

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Pack a "TO GO Kit"

*Emergency Preparedness for
Families having Children with
Special Health Care Needs*



New Hampshire
 FAMILY VOICES®



"To Go Kit"

The best way to start is to find a backpack, suitcase or duffle bag that you can fit supplies into. Then think carefully about your child's needs from morning till night. You will want to plan for a minimum of a 24-72 hr. evacuation. Packing supplies to last for a two week period would be best.

Basic First Aid Kit:

- Copy of emergency phone number list
- Cups, spoons, syringe to measure medications
- Cotton tipped applicators
- Scissors
- Cotton balls
- Ready-to-use cold packs
- Gauze or gauze pads
- Latex/Vinyl gloves
- Bandage tape
- Antiseptic wipes
- Hydrogen peroxide
- Antibiotic ointment
- Other items that might be important to your child's care; i.e. insect sting kit, food allergy kit, etc.



Medications:

- It is not always easy to have extra medications on hand, so store them in one place where they are easily gathered.
- If you do put medication in your kit, replace every six months to have a fresh supply.
- Non-prescription Drugs. i.e. pain relievers, creams, powders etc.

Supplies:

- Disposable supplies such as dressing, nasal cannulas, suction catheters, etc.
- Cleansing agent/soap
- Thermometer
- Foods that meet diet of child, i.e. formula, gluten free, etc. (change every six months).
- Pull-Up's, diapers, bed pads (have a couple bags set aside that you can grab quickly).
- Extra eye glasses, contact lens and supplies, hearing aid batteries (change every six months).

Personal Items:

- If your child needs something personal, a blanket, pacifier, stuffed animal etc. for comfort, pack extra's so you will have them.
- Books, puzzle, toy cars... things that can entertain.

Emergency Plan

- A written emergency plan should include brief but specific information about your child's medical condition, including physical and mental state. Emergency forms are available (see resources on back). Work with your child's doctor to identify important information that should be noted.
- If your child uses medical equipment that requires electricity have a plan in place (generator, batteries) that can sustain you if confined to home or a plan with your local emergency responders and doctor for an alternative.
- Have copies of prescriptions and important documents such as guardian papers, social security card, immunization records, and important phone numbers. Keep these records in a waterproof, portable container.

RETHINK YOUR CHILD'S NEEDS AT LEAST ONCE A YEAR AND UPDATE YOUR "TO GO KIT".