



# Fast Facts

*Emergency Resources and helpful hints*

## State and National Resources

**American Red Cross** [www.AmericanRedCross.org](http://www.AmericanRedCross.org)

Call your local chapter to help make plans if you have a child with extensive needs. Families can also find general information about emergency planning and tips for people with disabilities on their website.

**FEMA / Federal Emergency Management Agency** [www.fema.gov](http://www.fema.gov)

This website can assist families before, during and after a disaster. If you are a survivor of a disaster families can register with FEMA even if they have insurance. Also visit [www.fema.gov/kids](http://www.fema.gov/kids) to help kids make a plan, build a kit, know the facts and how to get involved.

**READYColorado** [www.readycolorado.com](http://www.readycolorado.com)

READYColorado is Colorado's official source for Homeland Security/emergency management organization and provide all-hazards preparedness information. They have many preparedness resources and tools, including a section specifically for People with Disabilities

**Colorado Office of Emergency Management** [www.coemergency.com](http://www.coemergency.com)

They provide up to date news and incident updates on their state website. Including Evacuations, Road Closures, Emergency Shelters and Disaster Assistance Centers. Main Business Phone Number 720-852-6600

**American College of Emergency Physicians** [www.acep.org](http://www.acep.org)

ACEP supports quality emergency care and promotes the interests of emergency physicians and our patients. Offers up-to-date disaster preparedness information.

**American Academy of Pediatrics** [www.aap.org](http://www.aap.org)

Going to AAP you will find a special section called Children, Terrorism, and Disasters, where disaster preparedness kits and other information can assist families

**Emergency Medical Services for Children National Resource Center** [www.ems-c.org](http://www.ems-c.org)

Go to EMSC and click on "Rehabilitation and Children with Special Needs" to find materials like an Emergency Care Plan, booklets, and DCs for specific diagnoses or purposes.

**National Center on Emergency Preparedness for People with Disabilities** [www.disabilitypreparedness.com](http://www.disabilitypreparedness.com)

Offer Emergency Preparedness planning for individuals with disabilities and/or special needs.

**The National Safety Council** [www.nsc.org](http://www.nsc.org)

Visit their website and go to sections on Emergencies and Disasters. They have a checklist for Home and links to various other resources.

**Safe and Well / Find Missing Friends and Family** [www.safeandwell.org](http://www.safeandwell.org)

This website should be used to find someone or post information about your location for your family and friends. The Red Cross will assist to register all evacuees whether they are staying in a shelter or have found alternative housing and will also assist people in searching the database.

**Emergency Information Form** [www.acep.org](http://www.acep.org) or [www.aap.org](http://www.aap.org)

Go to ACEP or AAP to download the Emergency Information Form onto your home computer so that you can easily make updates and regularly print out the most current version. Keep a copy with you at all times so when you are in an emergency situation you may be able to easily access a health record for 1st Responders or other medical personnel.

## You are not alone

### Home Emergency Kit

- Baby Wipes (Water supplies are precious after a major storm. Lots of Baby wipes are great for personal hygiene and washing up.)
  - First Aid kit
  - Medications (including aspirin /pain relievers)
  - Copies of Emergency Information Forms
  - Copies of Important Documents (Insurance and various ID information)
  - Betadine
  - Chap stick
  - Sun block
  - Paper plates, cups and plastic forks
  - Toilet paper and paper towels
  - Other Important Hygiene Products
  - Trash bags, zip lock bags
  - Safety goggles, gloves
  - High calorie food (bars) and water supply.
  - Hand sanitizer
  - Bug spray
  - Solar operated items (radio, flash-light, etc.)
  - Generator
- \*\*\*Items should be kept in one/more

### PLACE EVERYTHING IN A PLASTIC BIN TO BE ABLE TO GRAB AND GO.

**Instructions:** Prepare simple, one-page emergency instructions, and update as things change. Include information about exits, fire extinguishers, and power shut-offs. Place them where they can be seen. And have everyone practice.

**Medical Things:** Make sure your child's medicine, medical records, and important equipment are easy to grab if you have to leave suddenly.

**Electricity and Telephone:** Tell your local utilities that your child depends on electricity. Ask them to "flag" your household and to bring power back quickly to your home. Get a generator if you can.

**Emergency Services:** Visit your nearest emergency center (fire department, rescue squad, 911 facility). Tell them about your child. Invite them to your home to become familiar with the situation and to give you emergency tips.

**Local Hospital:** For some children or youth, the nearest hospital might be the safest place to be in a disaster, so you and your doctor should work out admitting procedures to avoid an ER wait.

**Emergency Plastic Bin:** Keep a box containing flashlight, water, blankets, wet wipes, with necessities and comforts for your child, close to an exit.

**HOME** - Everyone in your home should know what to do in an emergency, whether it's a power outage, fire, or natural disaster, such as a flood or tornado.

**SCHOOL** - Every student with special health care needs, whether physical or emotional, must have a school emergency plan. A student's IEP plan should include emergency plans available to all school personnel. But one team member must be responsible for getting your child to safety, no matter where he is in the school, and must practice with your child frequently. Make sure your child's school bus staff also knows what to do in an emergency—and has practiced it.

**OTHER PLACES** - Every place your child goes should have an emergency plan for your child, especially if they have special needs. This includes child care center, summer camp, hospital, grandparent's house, recreation program, as well as the glove compartment in each of your cars, and even your child's backpack.

### Community Voices by CBR

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### **HELPFUL HINT:**

#### Medication and Special Foods in an Emergency

*Speak to your Doctor about getting one or two extra doses of medication, supplies or specialty food each month to assist you in slowly getting a stock pile of the necessary medication or supplies that you might need in an emergency situation.*