



**Children's**<sup>SM</sup>  
Healthcare of Atlanta

# Emergency Preparedness Manual

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Learn how to prepare you  
and your family for a disaster

A natural disaster can occur without warning. If this happens, it is important for you and your family to be prepared. This is especially important if your child has special needs. This manual will provide you with tips on how to prepare for a potential disaster.

## Making your plan

- Have a plan. Create an emergency plan for each place where you spend your time, and practice your plan.
- Identify two or three people who will make sure you and your family are OK and will help your family during an emergency. Make sure you have their contact information written down.
- Be familiar with the disasters that are most likely to occur in your area, and how your family will address the medical needs of your child. Have an individual plan for each disaster.
- Discuss your family's evacuation plan and draw a floor plan of your home. Identify a primary exit, secondary exit and meeting place. It is important to practice your family's evacuation plan often.
- Post emergency phone numbers in a central spot for everyone in the home to see. Examples include:
  - 911 (fire, police and EMS)
  - Primary caregivers
  - Poison Control Center: [800-222-1222](tel:800-222-1222)
- Have emergency numbers programmed into each family member's cellphone for help in case injuries occur during a disaster.
- Teach your children how and when to call 911 or your local emergency services number.

### Important factors to consider:

- If a family member requires oxygen, check with his doctor to determine whether reduced flow rate can be used during an emergency. Also avoid areas where gas leaks or open flames may be present.
- Contact your local electric company about your power needs for life support devices, if needed. These include things like ventilators, suction, home dialysis and others. Many utility companies will also place your home on a priority reconnection service list.

## Emergency contacts

It is important to let your local emergency department know that you have a child with special needs. It is a good idea to contact your power company, gas company, fire department and police department ahead of time. In the event of an emergency, they will know ahead of time that you and your family may need extra help.

## Disaster preparation checklist:

- Current care plan
- Emergency information for your child's medical needs
- List of medicines
- Primary evacuation route and backup evacuation route
- First aid kit
- Emergency contacts

## Emergency kit contents

A first aid kit is a collection of basic items that you may need during and after a disaster. The kit should be stored in a place that is easy to get to in your home, and all of your family members should know where to find it. You can change the contents according to your family's needs.

- First aid kit
- Generator or battery pack
- Flash light and extra batteries
- Battery-operated radio
- Blankets
- Bottled water
- Emergency contact numbers
- Information on your child's medicines
- Copy of insurance card

## Resource list

For more tips and ideas on how to prepare for a potential disaster in your area, visit:

- Ready: [ready.gov](https://www.ready.gov)
- American Red Cross: [redcross.org](https://www.redcross.org)
- Ready.Georgia: [gema.georgia.gov/plan-prepare/ready-georgia](https://www.gema.georgia.gov/plan-prepare/ready-georgia)

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