

*Preparing Families
for Emergencies to
Protect Children
with Disabilities*



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Preparing Special Needs Families for Emergencies

- Emergencies can strike quickly and without warning, presenting real challenges for millions of Americans who have disabilities
- The 2009 H1N1 outbreak provided valuable lessons to better prepare special needs families for future emergencies



Get Prepared!

- Know what emergencies or disasters are likely in your area
- Have emergency kits ready
- Include children, seniors, people with disabilities, and pets in your plans
- Take actions to prepare your entire family for what to expect during an emergency
- Know what to do if you have to evacuate, or shelter in place



Possible Hazards

What hazards threaten your community and neighborhood?

- Flooding
- Winter storms
- Tornadoes
- Severe thunderstorms
- Hazmat incidents
- Home fires
- Earthquakes
- Pandemic flu/outbreaks



Affects of Hazards



- Power outages or disruption/failure
- Water restriction/stoppage
- Damage to property
- Contaminated flood waters
- Infectious disease
- Food safety
- Immediate evacuation/shelter in place

Different Types of Emergency Kits

- **Home Emergency Kit** – a collection of basic items your family may need during an emergency. This kit should last 3-7 days
- **Go-Kit** – a bag or backpack that contains enough supplies to last 1-3 days until you can get to the next safe location.
- **Car Kit** – supplies to keep in the car when there is an emergency while on the road. Jumper cables, flashlight, repair kit, etc.
- **Pet Kit** – a kit for four legged family members – food, water, toys, collar and leash, etc.



Step 1: Build a Kit – What to Include?

- Water — one gallon per person, per day
- Non-Perishable Food (canned, dried, etc.)
- Manual can opener
- Battery-operated or hand-crank radio
- NOAA Weather Radio
- Flashlight with extra batteries and bulbs (do not use candles)
- Multi-purpose tool
- Cell phone with charger
- Blanket, entertainment activity



Build a Kit – What to Include?

- Complete change of clothing including sturdy shoes or boots
- First aid kit with basic supplies and first aid manual
- Medications – Seven day supply of prescription medication
- Sanitation and personal hygiene (toilet paper, wipes, garbage bags)



Build a Kit: Important Information

- Emergency contact cards for all family members
- Hard copy of emergency phone numbers
- A folder with copies of important documents to grab in case of evacuation
- List of outside resources:
 - Shelter locations
 - Shelter possibilities for pets
 - List of hotels



Build a Kit: Extra Considerations

- **Baby Supplies** – Extra diapers, clothing, bottles, formula, food, wipes
- **Special Needs** – Extra cane or walker, glasses, medical supplies, dietary needs, sanitary items, service animals
- **Pets** – Food, water, collar, leash, pet carrier, ID tags



Emergency Information Form for Children with Special Needs

American Academy of Pediatrics

<http://ow.ly/MWU4K>

- Fill out form with your primary care physicians (PCP)
- Give to caregivers, EMS, school
- Keep copy in emergency kit
- Update frequently with changes

Emergency Information Form for Children With Special Needs

American College of Emergency Physicians* American Academy of Pediatrics

Date form completed By Whom: Revised: Initials: Revised: Initials:

Name: Birth date: Nickname:

Home Address: Home/Work Phone:

Parent/Guardian: Emergency Contact Names & Relationship:

Signature/Consent*: Phone Number(s):

Primary Language: Phone Number(s):

Physicians:

Primary care physician: Emergency Phone: Fax:

Current Specialty physician: Emergency Phone: Fax:

Specialty: Emergency Phone: Fax:

Current Specialty physician: Emergency Phone: Fax:

Specialty: Emergency Phone: Fax:

Anticipated Primary ED: Pharmacy:

Anticipated Tertiary Care Center:

Diagnoses/Past Procedures/Physical Exam:

1. Baseline physical findings:

2.

3. Baseline vital signs:

4.

Synopsis: Baseline neurological status:

*Consent for release of this form to health care providers



Build a Kit – Maintaining Supplies

- Keep your kit up-to-date and check supplies twice a year
- When you set your clocks, check your stocks!
- Check expiration dates and swap your stored supplies into everyday use before they expire
- Consider seasonal items as well: Winter coat, gloves, hat, boots, etc.



Step 2: Make a Plan

- Hold a family meeting
- Identify responsibilities for each family member. Even young children can be given simple jobs
- Identify an out-of-area emergency contact person
- Choose two meeting places — one right outside of your home and one away from your neighborhood



Planning for a Medical Emergency

- List possible emergencies related to child's condition
- Plan ahead for emergency room visits and pack a Go-Kit
- Create an emergency response plan with your child's primary care provider
- Share this plan with caregivers, schools, etc.



Plan Ahead with Emergency Medical Services (EMS)

- Find out what level of EMS is available in your community
- What level of support will your child need?
- Ensure that your house number is clearly marked
- Plan ahead with police and fire
 - Bedroom location
 - Medical equipment needs
 - Child's abilities
- Learn CPR and first aid



Plan Ahead with Utility Companies

- Contact electricity company for priority status
- Determine portable generator availability
 - Ensure generator is adequate for equipment needs
 - Learn how to connect generator
- Contact Department of Public Works
 - Snow removal
- Contact telephone provider



Step 3: Be Informed

- If the power is out, use a battery operated radio to stay informed about the incident
- Watch the news on TV for up to date details and remain informed of evacuation/shelter in place instructions
- Rely on trusted resources



Be Informed – Trusted Resources

Follow trusted news outlets and resources for your information

- Federal Emergency Management Agency (FEMA)
- American Red Cross
- Centers for Disease Control and Prevention (CDC)

Local resources

- OCHD
- OC Homeland Security
- Police and fire
- Local TV/Radio news

Be wary of social media

- Incorrect information
- Rumors
- Scams



Be Informed – Receiving Alerts

OakAlert – Notifications for emergencies, disasters or hazardous situations that would require immediate action will use **email or text messaging** to the devices registered.

www.oakgov.com/oakalert



Text your **ZIP CODE** to **888777** to receive local alerts through SMS. Choose up to 5 zip codes. Full registration online.

www.nixle.com



Step 4: Should You Stay or Go?

Some emergencies may require you to:

Shelter in place:

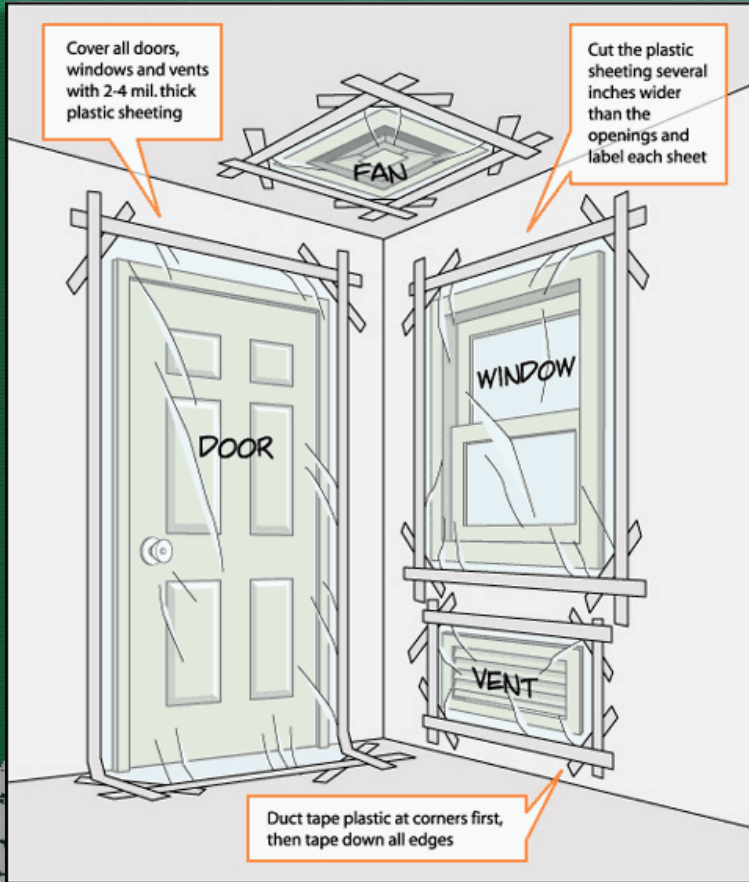
- Tornadoes
- Nuclear/radiological emergencies
- Severe winter weather

Evacuate:

- Hurricanes
- Gas leak
- An accident that compromises structures or the safety of residents



Sheltering in Place



- Select a room with few windows, vents, or fans
- Turn off all forced air ventilation systems
- Seal any windows, doors, and vents with plastic
- Remain in place until authorities announce an all-clear

Safe Evacuation

- Have a Go-Kit prepared for each family member and store in an easy to access location
- Listen to reports from authorities to determine if an evacuation is necessary
- Keep your vehicle's gas tank at least half full
- Know possible evacuation routes
- Practice with your family



Prepare today so you're ready for tomorrow!

- Have your kits ready and check and rotate emergency supplies twice a year
- Involve all family members in planning and make sure everyone knows the plan
- Stay informed with what is going on around your community and follow trusted resources
- Review and practice your family plan often by turning every day events into an opportunity to practice



Stay Connected



L. Brooks Patterson
Oakland County Executive



NURSE ON CALL PUBLIC HEALTH INFORMATION HOTLINE
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@PUBLICHEALTHOC

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