

# 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, or emergency contact list.
  - Pick a local and an out-of-state family/friend contact person who family members can “check in” with.
- 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 a meeting place away from your home in the case of separation and a back up place as well.
- Know emergency plans (ask you child(ren)’s school or child care about their plan).
- Get the school or child care center’s emergency number.
- Be sure that your child(ren)’s school and/or childcare 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 can’t

### 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 child care or school – you need to know...

#### The 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 child care provider about their emergency plan:

- What happens if the shelter 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 center’s plan

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## Shelter in Place

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*Shelter in Place* or *SIP*, is when it is safer to take shelter where you are versus evacuate, it 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 & exterior doors
- If there is danger of explosion, close all shades, blinds or curtains
- Turn off all utilities, fans, heating and A/C systems
- Close fireplace damper
- Gather family disaster supplies - be sure radio is working
- Listen to radio until you are told all is safe or told you should evacuate



**Practice your plan!**



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### How to best help your child deal with emergency situations:

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- 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
- Be honest, positive and reassuring.

**Take care with what you say and portray!**

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### Additional Resources:

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- American Red Cross: [www.redcross.org](http://www.redcross.org)
- Division of Emergency Preparedness and Coordination (DEPC): [ser.ors.od.nih.gov/emergency\\_prep.htm](http://ser.ors.od.nih.gov/emergency_prep.htm)
- FEMA – [www.fema.gov](http://www.fema.gov)
- Safety.Com: [www.safety.com/checklists/family\\_safety\\_blueprint.html](http://www.safety.com/checklists/family_safety_blueprint.html)
- U.S. Department of Homeland Security: [www.ready.gov/kids/index.html](http://www.ready.gov/kids/index.html)



# 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

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