

Helping Parents Prepare for Disaster

Tip Sheet

Anyone who is a parent knows how hard it can be to raise a child. Add a stressful situation, like a natural disaster or other emergencies, and a difficult job gets even harder. When disasters happen, it is important to remember the health and well-being of your children. If you can be prepared for potential disaster situations, your children are likely to handle it better, too.

What Can I Do To Prepare?

- **Make a plan with your family or the people you live with.**
 - Discuss what type of disaster is likely to happen to you. Contact your local Red Cross, emergency management office or health department. Ask for advice, suggestions or information related to your situation.
 - Decide how to stay in touch with your family or housemates if there is a disaster. Set up two meeting places: right outside your home and another location in case you are forced to leave your neighborhood. Make sure your children can reach both places safely and that they know how to get there. If possible, have an out-of-town family contact. Make sure your children know this address and telephone number. Also make sure your contact knows your emergency plans.



www.cdc.gov



Helping Parents Prepare for Disaster

- **Put together a disaster supply kit.**

Items should include:

- Three gallons of water per person
- A three-day supply of food
- Flashlight and batteries
- First-Aid kit
- Battery-operated radio
- Complete change of clothing for each person
- Spare set of keys and identification cards
- Cash and copies of credit cards
- Matches in a waterproof container
- Pet supplies (food, medication)

If you have a baby, small child, or a senior living with you, consider any special needs they may have, including diapers, bottles and formula for your baby, favorite toys and belongings for your child, and prescription medications, extra eyeglasses or hearing aids for your senior or other family members who may need them.

- **Learn about existing preparedness plans in your town.**

If you have school-aged children, also be informed of their school emergency preparedness plans.

- **Plan several evacuation routes.**



- **If possible, invest in the appropriate type of insurance coverage: flood, fire, earthquake, hurricane, or wind.**

- **Plan how to take care of your pets.**

- **Practice your plan before a disaster .**

To Learn More:

www.bt.cdc.gov/preparedness/

www.aap.org/family/frk/FOurstepsFRK.pdf

www.fema.gov/plan/prepare/commplan.shtm

www.redcross.org

For more information, please contact:

Centers for Disease Control and Prevention
National Center for Injury Prevention and Control
Division of Violence Prevention

1-800-CDC-INFO • www.cdc.gov • cdcinfo@cdc.gov