



Indiana Emergency Medical Services for Children – Preparing to Handle Disasters:

Preparing for a disaster is something your family can do together. The first step is to know what types of disasters are common where you live. This information is available on www.fema.gov. Common disasters for Indiana include tornadoes and floods.

Your family disaster readiness kit: keep items in a plastic tub with an airtight lid. Make sure everyone in the family knows where your kit is kept. You should include:

- A battery powered radio
- Flashlights with batteries
- Extra batteries
- A first aid kit
- Prescription medications which family members take on a daily or emergent basis
- Consider storing Credit cards and a small cash supply
- Personal identification information
- A spare set of car keys
- Eyeglasses
- Matches
- A map of the area
- A list of important family, neighbor, physician, school, and emergency telephone numbers
- Items to care for young children (such as diapers wipes, and formula)
- Bar soap
- Toothpaste
- Toothbrushes
- Masking tape
- Blankets
- Spare clothing and shoes for each family member
- Sunscreen

- Insect repellent
- Non-electric can opener
- Utility knife
- Plastic utensils, plates, cups
- Three gallons of water per person within the family
- If space allows: pack children's favorite toys, books, crayons, paper, blanket & pillow

- Food items to have in the event of a disaster for at least a three day supply sufficient for each member of the family includes:**
 - Peanut butter and jelly
 - Canned soups, canned meats, canned milk, canned fruits, and canned vegetables
 - Crackers are recommended along with granola bars
 - Powdered or single serve drinks

- A special consideration for pets includes:** a supply of food for them for approximately two weeks
 - A traveling cage
 - Drinking water for your animal
 - A list prepared of shelters which accept animals in the event of a disaster such as a local kennels, veterinarians, or hotels which accept pets in your area.

Create for your family a disaster plan. In the event of an evacuation notify your children where to meet you outside of your home for example at a neighbor's house. Make sure they know how to identify danger signals such as smoke alarms, carbon monoxide detectors, and tornado sirens. Explain how to call for help and provide them with an emergency call list. Explain and demonstrate how to call 911 in the event of an emergency. **Ask them to return demonstrate phoning for help in the event of an emergency.**

Provide your child with a child identification card with their name, guardian names, address, home phone number, and guardian cell phone numbers, two alternate guardian phone numbers such as extended family members or friends, and school information including name and telephone number. This information can be invaluable in the event disaster strikes and you and your child become separated. These are great items to place in school back packs or diaper bags. Identification cards are available at: www.ready.gov.

Know how to shut off gas, electric, and water main valves in the event of disaster. Work together with neighbors to prepare your entire neighborhood! For more information visit www.aap.org or <http://www.childrensnational.org/emsc/>

Office Telephone: (317) 630-7399

Office Fax: (317) 656-4125

Facebook – Indiana EMSC

3930 Georgetown Road

Indianapolis, Indiana 46254

Twitter - @IndianaEMSC

