American Red Cross  
www.AmericanRedCross.org 
Call your local chapter to help make plans if you have a child with extensive needs. Families can also find general information about emergency planning and tips for people with disabilities on their website.

FEMA / Federal Emergency Management Agency  
www.fema.gov  
1-800-621-3362 
This website can assist families before, during and after a disaster. If you are a survivor of a disaster families can register with FEMA even if they have insurance. Also visit www.fema.gov/kids to help kids make a plan, build a kit, know the facts and how to get involved.

Just In Case  
http://www.justincasearizona.com 
Arizona’s website provides information for individuals, families and employers to assist in emergency planning. Information includes creating plans for school, childcare, pets, family members with special health care needs, as well specific guides for the types of emergency situations that may occur in Arizona.

AZ Department of Health Services  
http://intranet.hs.azdhs.gov/divisions/phs-preparedness/public-health-emergency-preparedness 
The Arizona Department of Health Services, Bureau of Public Health Emergency Preparedness website contains Additional Resources and Trainings with links to numerous sites offering information on Arizona’s emergency preparedness planning. These links also offer resources for families, including families of children with special health care needs, and one specifically developed to respond to the unique needs of families living in Indian Country.

American College of Emergency Physicians  
www.acep.org  
1-800-320-0610, ext. 3006 
ACEP supports quality emergency care and promotes the interests of emergency physicians and our patients. Offers up-to-date disaster preparedness information.

American Academy of Pediatrics  
www.aap.org  
1-847-434-7395 
Going to AAP you will find a special section called Children, Terrorism, and Disasters, where disaster preparedness kits and other information can assist families.

Emergency Medical Services for Children National Resource Center  
www.ems-c.org  
1-202-884-4927 
Go to EMSC and click on “Rehabilitation and Children with Special Needs” to find materials like an Emergency Care Plan, booklets, and DCs for specific diagnoses or purposes.

National Center on Emergency Preparedness for People with Disabilities  
www.disabilitypreparedness.com  
1-202-546-4464, ext. 201 
Offer Emergency Preparedness planning for individuals with disabilities and/or special needs.

The National Safety Council  
www.nsc.org  
1-800-621-7619 
Visit their website and go to sections on Emergencies and Disasters. They have a checklist for Home and links to various other resources.

Independent Living Resource Center of San Francisco  
www.ilrcsf.org  
1-415-543-6222 
This agency has excellent materials in several languages...from tip sheets to basic preparedness.

Safe and Well / Find Missing Friends and Family  
www.safeandwell.org 
This website should be used to find someone or post information about your location for your family and friends. The Red Cross will assist to register all evacuees whether they are staying in a shelter or have found alternative housing and will also assist people in searching the database.

See the next page for helpful tips and what to include in your home emergency kit!
PREPARE A HOME EMERGENCY KIT

- Baby Wipes (Water supplies are precious after a major storm. Lots of Baby wipes are great for personal hygiene and washing up.)
- First Aid kit
- Medications (including aspirin / pain relievers)
- Copies of Emergency Information Forms
- Copies of Important Documents (Insurance and various ID information)
- Betadyne
- Chap stick
- Sun block
- Paper plates, cups and plastic forks
- Toilet paper and paper towels
- Other Important Hygiene Products
- Trash bags, zip lock bags
- Safety goggles, gloves
- High calorie food (bars) and water supply
- Hand sanitizer
- Bug spray
- Solar operated items (radio, flashlight, etc.)
- Generator

***Items should be kept in plastic bin(s) for easy grab and go.

HOME

Everyone in your home should know what to do in an emergency, whether it’s a power outage, fire, or natural disaster, such as a flood or tornado.

- **Instructions:** Prepare simple, one-page emergency instructions, and update as things change. Include information about exits, fire extinguishers, and power shut-offs. Place them where they can be seen. And have everyone practice.
- **Medical Items:** Make sure your child’s medicine, medical records, and important equipment are easy to grab if you have to leave suddenly.
- **Electricity and Telephone:** Tell your local utilities that your child depends on electricity. Ask them to “flag” your household and to bring power back quickly to your home. Get a generator if you can.
- **Emergency Services:** Visit your nearest emergency center (fire department, rescue squad, 911 facility). Tell them about your child. Invite them to your home to become familiar with the situation and to give you emergency tips.
- **Local Hospital:** For some children or youth, the nearest hospital might be the safest place to be in a disaster, so you and your doctor should work out admitting procedures to avoid an ER wait.
- **Emergency Plastic Bin:** Keep a box containing flashlight, water, blankets, wet wipes, with necessities and comforts for your child, close to an exit.

Every student with special health care needs, whether physical or emotional, must have a school emergency plan.

- A student’s IEP plan should include emergency plans available to all school personnel. But one team member must be responsible for getting your child to safety, no matter where he is in the school, and must practice with your child frequently.
- Make sure your child’s school bus staff also knows what to do in an emergency—and has practiced it.

SCHOOL

Every place your child goes should have an emergency plan for your child, especially if they have special needs.

- Including child care center, summer camp, hospital, grandparent’s house, recreation program, as well as the glove compartment in each of your cars, and even your child’s backpack.