

A Guide for Families of Children with Special Needs

Emergency and Medical Planning



A collaborative partnership between the Macomb County Health Department Emergency Preparedness and Children's Special Health Care Services Programs.



Health
Department



A message from the
Macomb County Health Department
Emergency Preparedness Program

None of us like to think about emergencies, but it helps to be prepared. There are many types of emergencies that occur in Michigan. The state has experienced tornadoes, winter storms, power outages, floods and heat waves; all of which impact public health and safety. Knowing how you will respond to each type of emergency is important for maintaining your family's health and safety.

Emergency planning for children with special needs requires extra attention to details in order to preserve a delicate medical balance for your child.

During a public health emergency you will want to have everything at your fingertips. Use this booklet as a guide for preparing for emergencies.

For more information about emergency planning for children with special needs please contact:

Macomb County Health Department

health.macombgov.org

Emergency Preparedness Program

586-469-6342

Children's Special Health Care Services

586-466-6855



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Current Picture of Child Here

Child's Nickname:

MEDICAL YELLOW PAGES

**Dial 9—1—1 for ALL Emergencies
(Police, Fire and Ambulance)**

For non-emergencies:

Local Police _____

Local Fire _____

Primary Care Physician:	Name:
	Phone #:
	Address:
Preferred Hospital:	Name:
	Phone #:
	Address:
Insurance Provider (Primary):	Name:
	Policy #:
	Group#:
Insurance Provider (Secondary):	Name:
	Policy #:
	Group#:
Pharmacy:	Name:
	Phone #:
	Address:
Medical Power of Attorney:	

MEDICAL HISTORY

Date of Birth:

Chronic
Conditions:

Allergies:

Blood Type:

MEDICATIONS AND MEDICAL EQUIPMENT

Medication	Days	Dose	Times

Required Medical Equipment

WHAT TO DO IF THE POWER GOES OUT

- ⇒ Locate a flashlight with batteries to use until the power comes back on
- ⇒ Do not use candles—this can cause a fire
- ⇒ Do not use your stove to heat your home—this can cause a fire or gas leak
- ⇒ Keep your refrigerator and freezer doors closed as much as possible to keep cold in and heat out
- ⇒ Disconnect appliances and electronics to avoid damage from electrical surges
- ⇒ Keep cell phones charged by using a laptop or another external battery operated device
- ⇒ Assure all sensitive medical equipment is on surge protectors
- ⇒ Only use generators outdoors and away from windows
- ⇒ If safe, go to an alternate location for heat and cooling



HELPING CHILDREN COPE

- ⇒ Use simple, soft and clear language
- ⇒ Give children reassurance
- ⇒ Encourage your children to talk and listen to their concerns
- ⇒ Establish daily routines for work, school, play, meals and rest
- ⇒ Spend extra time with your children. Spend time with each child individually and give them your undivided attention
- ⇒ Shut off the TV!



EMERGENCY PREPAREDNESS CHECKLIST

Be prepared for a disaster before it happens. Meet with your family to discuss why it is important to plan for emergencies. Create a plan that allows family members to work together and share responsibilities.

- ⇒ Teach children how and when to dial 9 –1 –1 for emergency help.
- ⇒ Have a family meeting and practice escape routes from the home. Use the buddy system with siblings of children with special needs.
- ⇒ Establish a family meeting place outside of the home and make sure that all family members know where to go.
- ⇒ Teach children what first responders wear (equipment and mask) so that they do not become frightened and hide in an emergency or disaster.
- ⇒ Teach children how to stop, drop and roll in case of fire.
- ⇒ Keep a board or blanket on hand to drag children with special needs to safety if necessary.
- ⇒ Complete medical profiles for all family members.
- ⇒ Establish an emergency phone number of a friend or relative that lives outside your local area or state.
- ⇒ Keep a list of medical equipment models and serial numbers.
- ⇒ Talk to your healthcare provider about prescription medications for emergency needs.
- ⇒ Notify the fire department that there is a child with special needs at your address. Advise them if there is an oxygen tank in use and any special equipment such as a ventilator, and whether children are mobile or not.
- ⇒ Contact utility companies for priority status during outages.
- ⇒ Identify shelters that accommodate children with special needs.
- ⇒ Identify where your emergency shut off valves for water, gas and electricity are located. Each adult family member should know how and when to do so. Keep the necessary tools by the switches.

EMERGENCY PREPAREDNESS KIT FOR

CHILDREN WITH SPECIAL NEEDS

Disasters can be particularly disruptive to the daily living of families of children with special needs. Chronic conditions that exist prior to an emergency can be exacerbated, equipment can be lost, and services or treatments interrupted, causing additional stress or harm.

Recommended items to include in your kit:

- ⇒ Heavy gloves to protect hands
- ⇒ Extra battery for power chair or keep manual chair on hand
- ⇒ Wheel patch kit and tire pump for flat tires on wheelchair
- ⇒ Pen and paper to communicate with rescue personnel
- ⇒ Preprinted card saying “I use American Sign Language (ASL)” or “I can read lips”
- ⇒ Preprinted card saying “I cannot speak”
- ⇒ All emergency supplies marked with large print or braille
- ⇒ Hand held whistle to alert emergency personnel
- ⇒ Three day supply of current medications and medical supplies
- ⇒ Cooling supplies to keep medication cold if needed
- ⇒ Extra copies of prescriptions
- ⇒ Consider purchasing a generator



EMERGENCY PREPAREDNESS KIT

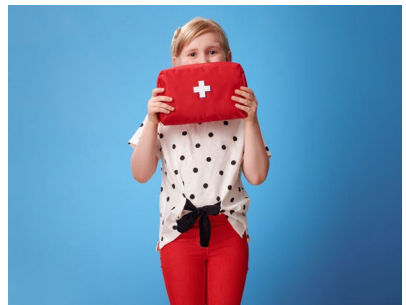
- ⇒ Non-perishable food (3 day supply for each family member, canned and dry)
- ⇒ Bottled drinking water (3 day supply, 1 gallon per day per family member)
- ⇒ Extra clothing for each family member
- ⇒ Sanitation and personal hygiene items
- ⇒ Health profile for each family member (extra medication)
- ⇒ Copy of important papers such as driver's license, bank information, medical insurance card, social security numbers, passports and other important documents
- ⇒ Family and emergency contact information
- ⇒ Spare keys (house and car)
- ⇒ Cash and checks
- ⇒ Pen, pencil, paper
- ⇒ Prepaid calling card
- ⇒ Work gloves, rope, tarp and utility knife
- ⇒ Blanket
- ⇒ Whistle
- ⇒ Face mask for each family member
- ⇒ Flashlights with extra batteries stored outside of the flashlight
- ⇒ Battery powered radio with extra batteries
- ⇒ Manual can opener
- ⇒ Plastic bags
- ⇒ Antibacterial waterless soap
- ⇒ Baby items, if applicable (wipes, formula, water, diapers)
- ⇒ Pet items, if applicable (water, collar, leash, bowl and food)



Check your kit every six months. Replace expired items.

FIRST AID KIT

- ⇒ Antibiotic Ointment
- ⇒ Acetaminophen
- ⇒ Hand Sanitizer
- ⇒ 5"x9" Trauma Pads
- ⇒ 4"x4" Gauze Pads
- ⇒ 3" Conforming Gauze Roll
- ⇒ Adhesive Cloth Tape
- ⇒ First Aid Tape
- ⇒ Instant Cold Compress
- ⇒ CPR One Way Valve Face Shield
- ⇒ Emergency Blanket
- ⇒ Adhesive Bandages (various sizes)
- ⇒ Thermometers (disposable)
- ⇒ Tweezers
- ⇒ Scissors
- ⇒ Latex Free Gloves
- ⇒ American Red Cross First Aid Guide



Check first aid kit every six months. Replace expired items.

IMPORTANT PHONE NUMBERS & WEBSITES

Macomb County Health Department

586-469-5235

health.macombgov.org

Macomb County Office of Emergency Management

586-469-5270

mcoem@macombgov.org

Macomb County Children's Special Health Care Services

586-466-6855

State of Michigan Children's Special Health Care Services

www.michigan.gov/cshcs

Family Phone Line 800-359-3722

American Red Cross

www.redcross.org

Poison Control Centers

800-222-1222

Disaster Preparedness in Michigan

www.michigan.gov/michiganprepares

READY—Prepare. Plan. Stay Informed

www.ready.gov

Federal Emergency Management Agency (FEMA)

800-480-2520 TTY 800-621-3362

www.fema.gov

U.S. Centers for Disease Control and Prevention (CDC)

800-CDC-INFO TTY 800-874-2646