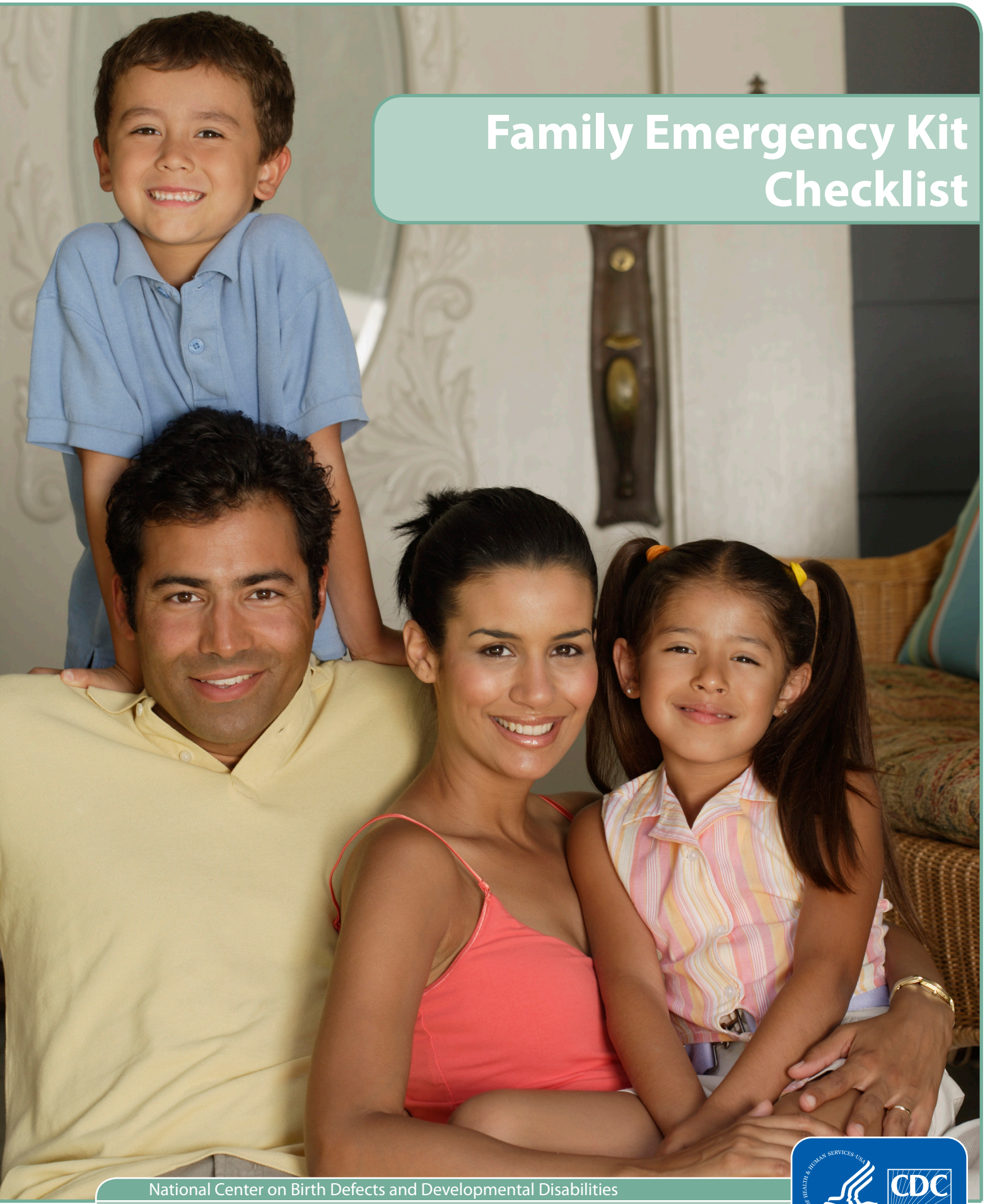
Family Emergency Kit Checklist



National Center on Birth Defects and Developmental Disabilities
Division of Blood Disorders

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Family Emergency Kit Checklist

Your family may not be together at the time of a disaster so it is important to develop an emergency plan before disaster strikes. The plan should include a communication plan, disaster supplies kit, and an evacuation plan. It is especially important for people with bleeding disorders to have a plan in place in order to ensure that the same level of care is maintained in the event of a disaster.

To develop your family emergency plan, you need to be able to answer the following questions:

1. What are the possible emergencies you and your family might face in your area of the country?
2. How will you and your family evacuate or escape your home if you need to?
3. Where will you meet your family members if all of you are not home at the time of evacuation?
4. What route will you and your family take out of your neighborhood and town if you need to leave?
5. Do you have another route if needed?
6. What supplies will you take with you?
7. What types of supplies will you and your family need to "shelter in place"? Do you have enough of these items? ("Shelter in place" is the process of staying where you are and taking shelter, rather than trying to evacuate.)
8. What are your neighborhood or community warning signals (such as horns or sirens when a tornado has been seen in the area)? Do you and other family members know what they sound like and what they mean?
9. What resources, organizations, and emergency services are in your community that can help in an emergency? What is your backup plan if help is unable to reach you and your family?
10. Have you contacted any local organizations (for example, a local emergency room at a nearby hospital, the United Way, the Red Cross, or the Salvation Army) to let them know that someone in your family has special needs in the event of an emergency?
11. Do you have a place for your pets if you need to leave your home? Will you be able to take them with you wherever you are going?

12. Do you have an emergency contact person who lives out of the area? Do those in your family, chapter, or hemophilia treatment center (HTC) know that person's telephone number and to call that person if they need to get in touch with you?

13. Have you developed a plan and practiced your plan with your children?

14. Do you have supplies prepared that you can take with you? (Often called a "go-bag")

    - Does everyone know where it is in the house?
    - Has someone been given the job of taking it if you and your family have to leave?
    - Do you have a backup person to check on the go-bag? Who is that person?
    - Do you have a plan for using the supplies in your go-bag so that they do not expire (e.g., every first day of the month placing new supplies in the go-bag and using the old supplies taken from the bag)?

15. Do you know the emergency plan(s) of the school(s) your children attend?

16. Do you know your workplace's emergency plan if one or more family members are working?

17. Have you discussed emergency plans with your HTC or homecare company, or both? Do you know where you can get factor and supplies if you cannot get them from your usual source?

Bleeding Disorders - Specific Preparedness

GENERAL TIPS FOR PEOPLE WITH BLEEDING DISORDERS

- Wear a medical alert bracelet or necklace that explains the family member's bleeding disorder.
- Place multiple ice packs in the freezer.
- Make sure you always have enough cash or change for parking at an HTC or hospital or for cab, bus, or subway fare to get you to the HTC or an ER, and make sure you always keep it in the same place.
- Make sure you always take factor and supplies with you when you leave home.
- Keep important telephone numbers in multiple locations for example, for your HTC, homecare company, physicians, insurance, and ER (for example, on the refrigerator, in your wallet, on your child's car seat, in school or work bags, with your car registration papers, and in your go-bag).
- Keep as much factor and supplies on hand as your insurance will allow.

- Teach extended family and friends how to mix the clotting factor into a syringe, put the needle into the vein and give the factor, as others might have to give the factor.
- Keep a family manual, or notebook, containing such things as up-to-date medical information, directions on mixing and infusing factor, maps of the area to the HTC and hospital, important telephone numbers, diagnosis and treatment regimens, and the location of a backup HTC. See www.cdc.gov/bloodtreatmentcenters for a list of treatment centers in the U.S.
- Keep an infusion log and take it with you in case you have to leave your home.
- Keep a go-bag or small suitcase of factor and supplies packed at all times so it is easy to grab and go. Make sure you change out supplies regularly so they can be used before they expire.
- Program your emergency contact into your telephone under "ICE" (In Case of Emergency). Emergency medical services responders now look for such numbers in cell phones and call the number if need be.
- Program 1-800-42-HANDI into your cell phone in case you need information on available HTCs in areas to which you might have to evacuate.
- Contact your local emergency management office or public health department for information on sheltering in place and other safety procedures for your area.

VEHICLE SAFETY

- Ensure that everyone wears a seatbelt.
- Ensure that car seats are installed properly.
- Always carry a first-aid kit, blankets, and other roadside emergency supplies.
- Attach an emergency information card to all child car seats; keep one in your wallet and one in the glove compartment of all of your vehicles.
- Ensure that you have adequate fuel in your vehicle before you have to evacuate.

MONEY AND DOCUMENTS

- Put aside emergency cash in small bills, (for example, ones, fives, and tens). You also can maintain an automated teller machine (ATM) account that will let you get money from more than one financial institution (such as a bank or credit union).
- Collect important identification information in one central place in a waterproof container

(preferably in your go-bag). Include copies of Social Security cards, birth certificates, marriage records, and driver's licenses. Make sure all of your financial information is in one place and easy to get to; this includes insurance policies for your home, health, and vehicle(s), and savings and checking account information. You might not use these at the time of an emergency, but you might need them afterward.

- Carry up-to-date personal information with you. This includes medical information for each family member, as well as any wills or powers-of-attorney.

GENERAL SUPPLIES

Keep the following supplies on hand at all times:

- Two pairs of latex or other sterile gloves
- Sterile dressings to stop bleeding
- Cleansing agents or soap and antibiotic towelettes
- Antibiotic ointment to prevent infection
- Burn ointment to prevent infection
- Adhesive bandages in a variety of sizes
- Eye wash solution to flush the eyes or for use as a general decontaminant
- Thermometer
- Prescription medications such as insulin, heart medicine, and asthma inhalers; periodically update your family's medications to ensure that they don't expire
- Prescribed medical supplies, such as glucose and blood pressure monitoring equipment and supplies
- Petroleum jelly or other lubricant to prevent dryness, chafing, or cracking of the skin during extreme weather conditions
- Nonprescription drugs, such as non-aspirin pain relievers, feminine supplies and personal hygiene items, antidiarrheal medications, antacid for upset stomachs, and laxatives
- Flashlights with extra batteries
- Battery-powered radios with extra batteries or a hand crank-powered radio
- Dust masks and work gloves

- Plastic garbage bags and ties
- A whistle
- Cloth face masks to help filter contaminants in the air
- Towelettes or baby wipes
- A wrench or pliers to turn off utilities (such as water or gas)
- Plastic sheeting and duct tape for sheltering in place
- Universal or wind-up cell phone charger
- Matches in a waterproof container
- Games and activities for children

FOOD AND WATER

Keep the following food and drink items on hand at all times:

- A 3-day supply of water (1 gallon per person per day; more if you live in a warm climate)
- A 3-day supply of ready-to-eat foods, such as canned meat, canned fruits and vegetables, and ultra-high temperature milk (also called UHT milk). This is a specially processed milk that has a long shelf life.
- High-energy foods such as peanut butter, nuts, dry cereal, granola, and crackers
- "Stress foods" such as hard candy or cookies
- A manual can opener
- Eating utensils and supplies (for example, paper plates and plastic forks, spoons, and knives)

CLOTHING

Have on hand at all times, whether sheltering in place or evacuating, one complete change of warm clothing and shoes per person, including:

- A jacket or coat
- Long pants
- A long-sleeved shirt
- Sturdy shoes
- A hat and gloves
- A sleeping bag or warm blanket

OTHER MISCELLANEOUS ITEMS

The following items also should be stocked:

- Emergency reference materials, such as a first-aid book or a photocopy of such a book or manual
- Rain gear
- Paper towels
- A fire extinguisher
- A tent
- A compass
- Matches in a waterproof container
- Signal flares
- Paper and pencils
- A medicine dropper
- Household chlorine bleach, which you can use as a disinfectant to clean surfaces (mix nine parts water to one part bleach). In an emergency, you also can use it to purify water. Use 16 drops of regular household liquid bleach per gallon of water. Do not use scented or color-safe bleach or bleach with added cleaners.

This informational resource was developed for families with bleeding disorders. This work was done by the National Hemophilia Foundation (NHF) Emergency Preparedness Task Force in collaboration with the Centers for Disease Control and Prevention. Adapted with permission from *FREEDOM FROM FEAR: A GUIDE FOR SAFETY, PREPAREDNESS AND THE THREAT OF TERRORISM*. GREGORY A. THOMAS, RANDOM HOUSE PUBLISHING, 2005.

For more information about bleeding disorders, visit www.hemophilia.org or contact 1-800-42-HANDI.

For more information about emergency preparedness, visit http://emergency.cdc.gov.