



# CARING

*caring is preparing*

ALL HAZARDS PREPAREDNESS PACKET



## Taking Care of Your Children

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Planning on who will take care of your children is the most important thing you can do to prepare your family for a disaster situation. Talk with your family, friends and neighbors and see who will be able to take care of your child(ren) in the event that you are needed to report to work. This includes picking your child(ren) up from school or daycare. If you will need someone other than your immediate family member to take care of your child, here are some questions to ask yourself:

- Does your child's school/daycare have all your current contact phone numbers?
- Does your child's school/daycare have a current list of your emergency contacts?
- Do your child's emergency contacts know where your child's school/daycare is located?
- How will you communicate to your emergency contacts that they may need to care for your child? Do you have all of their current contact phone numbers?

Included in this packet is an "Emergency Contact and Information Sheet" you can complete and share with your family, friends, neighbors and co-workers who may wish to assist you in an emergency.

You may also want to check the emergency policies of your child's school or daycare. Some schools may already have plans to take care of the children at their facilities during a disaster situation.

You should also prepare an emergency supply kit for your child to take to the child care center including:

- diapers and wipes – if appropriate
- extra change of clothes (socks and underwear)
- copy of the Emergency Child Care Request form
- comfort item (small stuffed animal)
- formula, breastmilk and bottles if
- any prescription medications your child may be taking
- dry foods (crackers, etc.)

## Pet Care

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Emergency planning should include pet care. If possible, make prior arrangements for someone to board the animal or for someone to check on its well-being during your absence. Many shelters, including the American Red Cross, cannot accept pets.

Recommended items for a basic disaster pet kit include:

- airline approved carrier for each pet with ID, photo, vaccination records and special needs list
- sufficient medicines
- a muzzle/leash
- can opener
- blankets
- extra supply of pet food
- paper towels, trash bags and other waste disposal supplies
- plenty of clean water
- bowls

**For more information, contact your local American Red Cross, Humane Society or the American Veterinarian Medical Association.**

# Disaster Supplies Kit

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Planning for any emergency requires considering scenarios that could disrupt your daily life. Consequently, you should plan to have food, water and other essentials to get you through the emergency. The following is a list of the basic items that you might want to consider storing in your home. Remember to check your supplies and re-think your needs every year.

## Water

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- Store in plastic containers or purchase bottled water
- Plan for one gallon of water per person per day (3-5 day supply)
- Store in cool, dark place and label with the date
- Tap water generally may be stored for up to two weeks (Use 2-3 drops per gallon of standard household bleach to disinfect and store water in sterile containers.)

## Food

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- Keep a supply of 3-5 days' worth of non-perishable food per person
- Store foods that require no refrigeration and little preparation or cooking
- Some suggestions include canned or boxed juices, soup, peanut butter, jelly, granola bars, canned meats, fruits and vegetables (can opener)

## First Aid Kit

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Consider including the following items in your home first aid kit:

- Sterile adhesive bandages in assorted sizes
- Gauze pads
- Hypoallergenic adhesive tape
- Scissors
- Tweezers
- Needle
- Moistened towelettes
- Antiseptic
- Thermometer
- Petroleum jelly or other lubricant
- Gel ice packs
- Safety pins
- Cleansing soap
- Latex gloves
- Sunscreen
- Cough syrup
- Anti-diarrhea medicine
- Laxatives
- Syrup of Ipecac
- Activated charcoal to counter poisoning
- Aspirin and non-aspirin pain medications
- Medicine dropper

## Tools and Supplies

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Keep the following items handy for all-around use:

- Extra batteries of assorted sizes
- Paper cups, plates and plastic utensils
- Flashlight
- Battery-operated radio
- Carbon monoxide and smoke detectors
- Cash and/or travelers' checks
- Non-electric can opener and utility knife
- Small ABC fire extinguisher
- Waterproof matches
- Plastic storage containers
- Sewing supplies
- Signal flares
- Shut off wrench for house gas and water
- Toilet paper, moist towlettes, soap and liquid detergent
- Household chlorine bleach
- Duct tape
- Roll of plastic

## Clothing and Bedding

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Consider assembling one or two complete changes of clothing per person including:

- Sturdy shoes or workboots
- Raingear
- Blankets or sleeping bags
- Hats and gloves
- Thermal underwear

## Specialty Items

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### Adults

- Medications (At least a 2 week supply)
- Prescriptions (At least a 2 week supply)
- Eyewear and contact lens supplies
- Denture needs
- Hearing aids and supplies

### *Important family documents:*

- Insurance policies
- Contracts and deeds
- Passports
- Stocks and bonds
- Immunization records
- Credit card accounts
- Social Security cards
- Important phone numbers and family records
- Wills

### Babies

- Formula
- Diapers/Wipes
- Bottles
- Powdered milk
- Medications
- Breastmilk
- Pacifiers

## Car Kit

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- Supply of non-perishable food
- Water (3-5 day supply)
- First Aid Supplies
- Flares
- Jumper Cables
- Seasonal Supplies (salt, sand, boots)



**Child's Name:** \_\_\_\_\_ **Age:** \_\_\_\_\_ **Date of Birth:** \_\_\_\_\_

**School:** \_\_\_\_\_ **Phone:** \_\_\_\_\_

**Pick-Up Directions:**

\_\_\_\_\_  
School bus arrives home/when and where:

\_\_\_\_\_  
**Special Health Needs/Allergies/Medications/Physician:**

\_\_\_\_\_

**Child's Name:** \_\_\_\_\_ **Age:** \_\_\_\_\_ **Date of Birth:** \_\_\_\_\_

**School:** \_\_\_\_\_ **Phone:** \_\_\_\_\_

**Pick-Up Directions:**

\_\_\_\_\_  
School bus arrives home/when and where:

\_\_\_\_\_  
**Special Health Needs/Allergies/Medications/Physician:**

\_\_\_\_\_

**Child's Name:** \_\_\_\_\_ **Age:** \_\_\_\_\_ **Date of Birth:** \_\_\_\_\_

**School:** \_\_\_\_\_ **Phone:** \_\_\_\_\_

**Pick-Up Directions:**

\_\_\_\_\_  
School bus arrives home/when and where:

\_\_\_\_\_  
**Special Health Needs/Allergies/Medications/Physician:**

\_\_\_\_\_

**Parent/Elder**

**Name:** \_\_\_\_\_ **Age:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Allergies/Special Needs:** \_\_\_\_\_

\_\_\_\_\_  
**Primary Care Physician:** \_\_\_\_\_ **Phone:** \_\_\_\_\_

**Family Physician:** \_\_\_\_\_ **Pharmacy Phone:** \_\_\_\_\_

**Pets** \_\_\_\_\_ **Type:** \_\_\_\_\_

**Special Needs/Feeding Schedule:** \_\_\_\_\_

\_\_\_\_\_

**Veterinary/Animal Hospital:** \_\_\_\_\_ **Phone:** \_\_\_\_\_



Please cut along dotted line.

# Widespread Flu or Avian Flu Outbreak Planning

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## Annual Flu Shots

There are some things that you and your family can do to help prevent the spread of flu. It is important to get an annual flu (influenza) vaccine. A flu shot will not likely protect you from the Avian flu, but a flu shot can help to keep your immune system strong in case there is a wide-spread influenza outbreak.

If you are eligible to get a pneumonia vaccine, it's a good idea to do so. This vaccine protects against bacterial pneumonia, which is a common complication from the flu.

## Wash Your Hands

Washing your hands regularly is an important way to stop the spread of influenza. It's an important thing to teach your children as well. Keeping an alcohol-based hand sanitizer at home, work and in the car will help you to keep your hands clean in between washing.

## Keep Supplies Handy

If there is a widespread flu outbreak, it is likely that schools, offices and businesses will temporarily close. This could result in the disruption of mail service, transportation, phone service, access to banks and grocery stores. Because of this, it is a good idea to have some essential supplies and cash on hand. A two week supply of non-perishable food and water is a start.

If you or a family member has special health concerns, plan accordingly. Talk to your doctor to find out how you can get access to additional supplies of medicine. You should also keep an extra supply of any necessary medical supplies such as blood glucose and blood pressure monitoring equipment. Because you may not be able to see your regular physician during an emergency event, you should keep a record of your family's medical history on hand. The forms on the next page will help you to organize this information.

## Have a Family Plan

Create a back-up plan for child care in case schools are closed for an extended period of time. Find out if your child's school has a flu outbreak operations plan. Have a family plan in place and make sure everyone knows where to meet in case you are separated during an emergency.

The forms on the following pages will help you collect important details about your family's medical history and contact information in the event of an emergency. Make copies for each member of your family to keep.



**Contact****Name and Phone Number**

Local personal emergency contact	
Out-of-town personal emergency contact	
Hospitals near:  Work School Home	
Family physician(s)	
Pharmacy	
Employer contact and emergency information	
School contact and emergency information	

# Additional Resources

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## Links to Additional Web sites

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- American Red Cross** ..... [www.redcross.org](http://www.redcross.org)
- 202-303-4498 National Headquarters in Washington, DC
  - 703-584-8400 National Capital Chapter in Northern Virginia
- Centers for Disease Control (CDC)** ..... [www.cdc.gov](http://www.cdc.gov)
- Public Health Emergency Preparedness and Response** ..... [www.bt.cdc.gov](http://www.bt.cdc.gov)
- Virginia Department of Health**.....[www.vdh.state.va.us](http://www.vdh.state.va.us)
- Federal Emergency Management Agency (FEMA)** ..... [www.fema.gov](http://www.fema.gov)
- Alexandria City Government Emergency Management**..... [www.alexandriava.gov/fire/emerg\\_srvcs.html](http://www.alexandriava.gov/fire/emerg_srvcs.html)
- Fairfax County Government Emergency Management** ..... [www.fairfaxcounty.gov/oem/preparedness.htm](http://www.fairfaxcounty.gov/oem/preparedness.htm)
- Loudoun County Government Emergency Preparedness** ..... [www.loudoun.gov/general/emergprep.htm](http://www.loudoun.gov/general/emergprep.htm)
- Northern Virginia Regional Commission Emergency Preparedness Guide** ..... [www.alexandriava.gov/citymanager/finalfrompost.pdf](http://www.alexandriava.gov/citymanager/finalfrompost.pdf)
- The Department of Homeland Security**..... [www.dhs.gov](http://www.dhs.gov)
- The Humane Society** ..... [www.hsus.org](http://www.hsus.org)
- e-medicine Web Site** ..... [www.emedicine.com](http://www.emedicine.com)
- Journal of the American Medical Association** ..... <http://pubs.ama-assn.org>

## Emergency Radio Stations

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- WMAL 630 AM
- WTOP 820 AM
- WTOP 103.5 FM
- WASH 97.1 FM
- WAMU 88.5 FM
- WBIG 100.3 FM
- WMZQ 98.7 FM
- WRC 1260 AM
- WTNT 570 AM



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Inova Health System is a not-for-profit health care system based in Northern Virginia that consists of hospitals and other health services, including emergency and urgent care centers, home care, nursing homes, mental health and blood donor services, and wellness classes. Governed by a voluntary board of community members, Inova's mission is to improve the health of the diverse community it serves through excellence in patient care, education and research. Inova provides a healthy environment for its patients, families, visitors, staff and physicians by prohibiting tobacco use on its campuses

[www.inova.org](http://www.inova.org)

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