

# Disaster Preparedness Is Easy as 1, 2, 3, 4!

Brought to you by the Idaho Chapter of the American Academy of Pediatrics

## 1. FIND OUT WHAT THE DISASTER RISKS ARE IN YOUR AREA

What types of disasters are likely in your area and how do you prepare for each?

What are your community's warning signals and what do they sound like? What do you do if you hear them?

How do you help the elderly and people with special needs?

**Forest Fires   Floods   Hurricanes   Earthquakes   Winter Storms   Power Outages**

## 2. CREATE A FAMILY DISASTER PLAN

Choose a meeting place. Plan what to do in an evacuation. Meet with neighbors to plan how you can work together during a disaster. Choose someone out of town to be your family contact. Make an Emergency Contact Information Form. Know your child's child care or school's disaster plans. Plan how to take care of your pets. Do a home hazard hunt.

## 3. MAKE A KIT AND BE PREPARED

Put phone numbers by each phone. Make a 72-hour kit to take with you if you need to leave in a hurry. Make a kit for your car. Stock enough emergency supplies to last 7 days. Take a first aid and a CPR class. Know how to turn off your utilities. Make two copies of Important Documents and keep originals in a safe deposit box. Keep one copy and give the second to your out-of-town contact.

## 4. PRACTICE AND MAINTAIN YOUR PLAN

Test your smoke alarms every month. Go over the family disaster plan every six months.

American Academy of Pediatrics  
DEDICATED TO THE HEALTH OF ALL CHILDREN™  
Idaho Chapter



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

## Resources

**Family Readiness Kit** from the American Academy of Pediatrics.  
Download your guide at:  
[www.aap.org/family/frk/frkit.htm](http://www.aap.org/family/frk/frkit.htm)

**Children & Disasters** from the American Academy of Pediatrics.  
Resources, Guides, Education, and more: [www.aap.org/disasters/natl-preparedness.cfm](http://www.aap.org/disasters/natl-preparedness.cfm)

**Federal Emergency Management Association (FEMA)**  
[www.fema.gov](http://www.fema.gov) or [www.fema.gov/kids](http://www.fema.gov/kids)

**Ready Kids:** [www.Ready.gov/kids](http://www.Ready.gov/kids)

Videos on Getting Ready for Disasters from Grover:  
[www.sesameworkshop.org](http://www.sesameworkshop.org)



### **Make a KIDS GET READY KIT**

- |   |   |
|---|---|
| <input type="checkbox"/> A few favorite books                                 | <input type="checkbox"/> A favorite stuffed animal                                  |
| <input type="checkbox"/> Two favorite small toys like a doll or action figure | <input type="checkbox"/> A favorite blanket or pillow                               |
| <input type="checkbox"/> A board game   | <input type="checkbox"/> Picture of your family and pets                            |
| <input type="checkbox"/> A deck of cards                                      | <input type="checkbox"/> A box with special treasures that will help them feel safe |
| <input type="checkbox"/> A puzzle   |   |

## **Talking to your Children about Disasters**

Talking to your children about disasters is important. They need to know that a disaster can happen and what to do if there is a disaster. Have your children help prepare for a disaster. Children can help make a “KIDS GET READY KIT” and need to practice evacuation plans.

Teach children:

- How to call for help.
- When to call each emergency number.
- To call the family contact if separated.
- To keep personal identification information in their possession at all times.
- How to recognize danger signals.

### **What can you do to help children in a disaster?**

- Stay Calm
- Turn off the TV
- Encourage your children to talk
- Be sensitive to each child’s needs
- Let your pediatrician know if you think your children are showing signs of stress



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