



Emergency Preparedness for Children

Whether it is a tornado, flood, disease outbreak or terrorism; anytime a large emergency situation occurs, the entire community is affected. This includes children, one of our most vulnerable and precious populations.

It is important for parents and caregivers to know how to help children cope with disaster. The basic steps for all of us to be prepared also apply to children.

1. Create a home emergency supply kit. [Click here](#) for a home emergency supply checklist. Children can help decide what items the family needs in their kit and help shop for them. Make sure to customize your kit to the special needs of children. For example, remember to include diapers, formula or age appropriate toys for babies.
2. Make plans. Plans should include where to meet if there is an emergency at home, school or other locations. Everyone should know who to contact (grandparent, aunt, uncle, or other relative in a different city or state) to let someone know they are ok. Everyone should know appropriate phone/cell phone numbers for these contacts. Practice a fire drill, earthquake drill or other emergency plans at home.
3. Stay informed. Make sure to keep up through TV, radio, newspapers, or internet for instructions or helpful information such as weather alerts, shelter locations, vaccination clinics, etc. depending on the type of emergency situation.

There are many other helpful websites that offer specific information for parents and caregivers to help children during emergencies and disasters. Click on a link below to view more information.

www.bt.cdc.gov/preparedness

www.aap.org/disasters/index.cfm

www.ready.gov

www.fema.gov/plan/prepare/complan.shtm

