

First Aid Kit

- Band-aids in assorted sizes
- 2 and 4 inch sterile gauze pads (4-6)
- Hypoallergenic adhesive tape
- 2 and 3 inch sterile roller bandages (3 rolls)
- Thermometer
- Tongue blade
- Tube of petroleum jelly
- Safety pins (different sizes)
- Non-Latex gloves (2 pair)
- Sunscreen
- Antiseptic/Cleansing agent
- Triangular bandages (3)
- Non-prescription drugs
- Alcohol Wipes
- Disposable gloves
- Tweezers
- Sewing Needle
- Hand Disinfectant
- All medications



<http://www.wfsb.com/download/2006/0815/9679068.pdf>



Children in a Public Health Emergency



Planning ahead for natural and man-made disasters is crucial..... especially if you have children

Central Connecticut Health District

Serving Berlin, Newington, Rocky Hill, and Wethersfield

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If you must Relocate:

- Remain calm so the children stay calm too.
- Repeatedly reassure children you will stay with them at all times.
- Give children something to do to distract them.
- Provide food and water frequently.
- Locate an area with the least amount of noise, confusion, foot traffic, activity.
- Care for yourself, eat and drink, and rest regularly.
- Keep things simple and stay focused.



Care Plan For Children

Name _____

Also Responds To _____

Age _____

Address _____

Other Identification Information:

(Attach a recent family photo.)

Parent's Name: _____

Parent Emergency Phone #: _____

Secondary Emergency Contact :

Name Phone #

Allergies _____

(Attach a Medications list if applicable.)

Physician _____

Name Phone

Favorite Items, Activities, Conversational Topics:

Other Additional Notes:

Date _____

Assemble an Emergency Kit: Gather the following supplies and store in a waterproof container

Discuss your emergency plans with family and friends so they will know how to contact you

Child Reactions

Infants: will not understand or respond to emergency commands.

Toddlers: may be able to understand simple commands. "Kiss your knees" can be used for drop and cover. Toys should be used to occupy their attention.

Other Reactions: night fears, loss of trust in adult, afraid event will reoccur, revert to younger behavior, moody, easily upset.

<http://www.doh.wa.gov/phepr/handbook.htm>

<http://www.fema.gov/pdf/library/children.pdf>

http://www.redcross.org/preparedness/cdc_english/health_parents.asp

Getting Children Ready

- Practice Drills
- Internet games/resources

<http://www.ready.gov/kids/home.html>

<http://www.usfa.dhs.gov/kids/flash.shtm>



Water

- 1 gallon of water per person per day, Have at least a 3 day supply. Children tend to need more water than adults. Hot temperatures: double the amount of water needed. Check expiration date.
- If you bottle your own tap water, sanitize a plastic bottle by using 1 teaspoon non-scented liquid household chlorine bleach per quart of water. Shake bottle, let sit 1/2 hour. Then empty the bottle and add your tap water. Store in a dark cool spot and change water every 6 months.

http://www.cdc.gov/travel/water_treatment.htm
<http://www.bt.cdc.gov/disasters/foodwater.asp>

- Individual's needs vary depending on age, physical condition, diet, and climate.
- Medical emergency requires more water.

Food

- Manual Can Opener
- Canned Foods/Check dates
- Plastic Plates and Bowls
- Plastic Utensils
- Non-perishable foods, at least 3 days supply
- Check and update every six months

Identification Items

- Mark Belongings with Identification labels (clothing tags, etc.)
- Identification labels that identify caregivers and how to contact
- Pictures of child and family members with contact information on back
- Dog Tags, ID Tags, Bracelets

Safety Items

- Radio that runs on batteries, extra batteries
- Flashlight (wind-up or battery), extra batteries
- Roll of Quarters/Extra Money
- Phone # of a relative/friend out of town.
- Doctors, town emergency numbers, etc.
- Rain gear, shoe covers, boots
- Matches in water proof bag
- Diapers, Pull-ups
- Utility knife
- Plastic Bag
- Whistle
- Ear Protection

Personal Comfort Items

- At least 2 sets of clothes
- Extra shoes
- Toiletries, Soap
- Music CDs
- Favorite Movies
- Pictures
- Favorite security items/toys
- Sleeping Bag, Pillow
- Travel Size Board games
- Crayons and Paper/ Coloring Book



Kit Location

- Store kit as high as possible
- Use light weight bags that are easy to carry
- Label bags with contents
- Keep bags dry

Other Items

- Map of Area
- Duct Tape
- Paper/Pad, Pencil, Pen, Marker, Scissors
- Walkie Talkies