



# Emergency & Pandemic Preparedness Toolkit

Be prepared for your family's unique needs in a crisis.



Stay informed. Make a plan. Be prepared.



# Notes

# Overview

An emergency or pandemic can be especially challenging for families of children with special healthcare needs. When it comes to **emergency** preparedness it's important for families of children with disabilities to plan for natural disasters, especially living in California where fires and earthquakes commonly occur.

Additionally, children with special healthcare needs are more likely to experience ongoing disruptions in healthcare, education, and other everyday necessities during a **pandemic**. This toolkit will allow you to think through all the individual needs of your family, specifically those that are unique to children with disabilities. **Templates** are provided to create your own emergency/pandemic preparedness plan to keep your family safe and healthy in a crisis.

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# Emergency Preparedness

Families of children with disabilities may have additional obstacles during an emergency situation, making it especially important to plan ahead for emergencies.

## Stay Informed.

### Register for Alerts:

- Know what **disasters** can affect the area you live in and what added risks there may be depending on your location
- **Register** for:
  - Santa Monica Alerts (**SMA**Alerts)
    - <https://member.everbridge.net/431700047822887/login>
  - City of Los Angeles Alerts
    - <https://member.everbridge.net/453003085619167/new>
  - Alert LA County
    - <https://public.coderedweb.com/CNE/en-US/BF5E205BID69>
  - Earthquake Warning California
    - <https://earthquake.ca.gov/get-alerts/>
- Download the **FEMA** app to receive weather alerts



### For Individuals with Disabilities:

- Contact your local **emergency management office** to determine if your city or county has a registry of individuals with disabilities to receive targeted assistance during a disaster
  - Santa Monica Office of Emergency Management
  - <https://www.smgov.net/departments/em/>
- Consider getting your **benefits electronically** if you depend on Social Security or other regular benefits:
  - Direct deposit to a checking or savings account. If you get federal benefits you can sign up by calling 800-333-1795 or sign up online.
  - The Direct Express® prepaid debit card is designed as a safe and easy alternative to paper checks. Call toll-free at 877-212-9991 or sign up online

Assess how the emergency will affect the following:

### Will there be...?

- |                    |                          |
|--------------------|--------------------------|
| • Water            | • Pharmacy access        |
| • Electricity      | • Family/friend support  |
| • Internet         | • Ability to leave home  |
| • Cell service     | • Ability to return home |
| • Air conditioning | • Healthcare access      |
| • Refrigeration    | • Transportation         |



# Emergency Preparedness

Emergency situations are extremely stressful. Having a plan cannot only minimize stress but can keep your family safe and potentially save lives.



## Make a Plan.

PRIOR TO AN EMERGENCY, YOU SHOULD...

### ...KNOW THE FOLLOWING:

- How you will receive **emergency alerts**, warnings, and updates
- Who to call and where to **evacuate to**
- Your **shelter plan**
- Your evacuation **route**
- How your family will find each other if they get split up
- Your family/household **communication plan**

### CONSIDER THE FOLLOWING FOR INDIVIDUALS WITH DISABILITIES:

- Create a **care plan** (pg. 7) for your child with special needs
- Have a **medical alert tag** or bracelet for your family members with disabilities
- If you have animals that are not **service animals**, locate shelters that allow non-service animals
- Create a **list** of nearby medical facilities, local hospitals, and nearest transportation and store in your emergency kit

### ...COMPLETE THE FOLLOWING:

- Have an updated **emergency kit**
- Create a **network** of support to help you
- Have a **code word** for your child and a family/friend to use (child will know the code word means the individual is safe to leave with in an emergency)
- Teach each family member, especially your children, **important contacts**, including names, phone numbers, and addresses
- If your child cannot memorize important contacts, make sure they have a physical or electronic copy handy at all times
- Practice your **emergency plan** (pg. 5) with your children to make sure they know what to do
- Make sure family members and network of support know where the emergency kit is stored

# Emergency Preparedness

## HAVE AN EMERGENCY KIT READY

Have a bag ready to grab and go in an emergency.

### BASIC SUPPLIES:

- **Water** and non-perishable **foods**
- Extra cell phone battery/**charger**
- Battery-powered or hand crank **radio** that can receive NOAA Weather Radio alerts
- Extra **batteries** for radio
- **Flashlight** (extra batteries for flashlight)
- **First-Aid kit**
- **Whistle** to signal for help
- Important **documents** (birth certificate, passports, bank account records)
- Paper and pencil
- Books, games, puzzles, and other **activities** for children
- Dust **masks** to help filter contaminated air
- Plastic **sheeting** and duct **tape** to shelter in place
- Personal **sanitation/hygiene**
- Non-sparking **wrench** or pliers to turn off utilities
- **Can opener** (if kit contains canned food)
- Local **maps**
- Sleeping bags/warm **blankets**
- Complete change of **clothing**
- **Fire extinguisher**
- **Cash**
- **Infant formula** and **diapers**

### SUPPLIES TO CONSIDER FOR INDIVIDUALS WITH DISABILITIES:

- A current copy of your child's **Care Plan** (pg. 7)
- Comfort toys
- **Pet food**, water and supplies for your service animal
- Copies of Important **documents** (insurance policies, IEPs, etc.)
- Emergency reference material (**first aid book**)
- A list of the style and serial number of **medical devices** (include instructions for operating equipment)
- A backup supply of **oxygen** if needed
- Additional **power supplies** (batteries)
- Several day supply of **prescription medicine**

# Emergency Preparedness Checklist



## Basic Supplies

- Water
- Non-perishable foods
- Cell-phone charger, extra batteries
- Battery-powered or hand crank radio
- Flashlight
- First-Aid Kit
- Cash
- Feminine supplies, personal hygiene items
- Hand sanitizer
- Garbage bags
- Plastic ties
- Whistle
- Face Masks
- Copies of Important family documents (insurance policies, passports, etc.)

# Emergency Preparedness

## SUPPLIES TO CONSIDER BASED ON DISABILITY TYPE

### SPEECH DISABILITY



- If you use any **assistive devices**, keep model information and determine how you will replace device if lost/destroyed
- Have back up plan of communication such as **laminated cards** with phrases and/or pictograms
- Carry printed cards or store information on your devices to inform **first responders** and others how to communicate with you

### SENSORY DISABILITY



- Ensure handheld **electronic devices** are charged
- Have spare chargers
- Consider having a small **pop-up tent** to decrease visual stimulation
- Have **noise-cancelling headphones** or earplugs to reduce auditory stimulation
- Have items that **soothe** you/your child such as snacks, stuffed animals, etc.

### BLIND/LOW VISION



- Mark emergency supplies with **Braille labels**
- Have an **audible list** of emergency supplies and contacts on a USB or an audio file
- Keep additional communication supplies in your kit

### DEAF/HARD OF HEARING



- **Hearing-aid batteries**
- **Pen & paper** to communicate in an emergency
- **Battery operated lantern** to be able to communicate if the electricity is out
- Carry **printed cards** or store information on your devices to inform first responders and others how to communicate with you

### MOBILITY DISABILITY



- Have a lightweight **manual chair** available if you use a power wheelchair
- Make sure others know how to operate your wheelchair
- Have an **extra battery** for any battery-operated devices
- Have a **patch kit** or can of sealant if device is not puncture proof
- Have a portable **air pump**
- Have an additional device to assist with mobility such as a **walker** or cane
- **Communicate** with neighbors to determine who can/will assist you in **evacuating**

# Emergency Preparedness Plan

## OUTLINE:



EVACUATION LOCATION #1:



EVACUATION LOCATION #2:



# Emergency Care Plan



For Children with Special Healthcare Needs

Name:

Medications:

Care Plan:

Medical Devices:

Other:

Name:

Medications:

Care Plan:

Medical Devices:

Other:

# Emergency Care Plan



## For Additional Family Members

Name:

Large empty white box for providing details for the first additional family member.

Name:

Large empty white box for providing details for the second additional family member.

Name:

Large empty white box for providing details for the third additional family member.

Name:

Large empty white box for providing details for the fourth additional family member.

# Emergency Contacts

NAME: \_\_\_\_\_

Relationship:

Phone #:

Address:

# Medical Contacts/Info



PHYSICIAN: \_\_\_\_\_

Specialty:

Phone #:

Address:

PHYSICIAN: \_\_\_\_\_

Specialty:

Phone #:

Address:

## MEDICAL INSURANCE

Phone #:

Email:

Policy #:

Other:

OTHER: \_\_\_\_\_

Phone #:

Email:

Address:

Other:

# Medical Contacts/Info



PHYSICIAN: \_\_\_\_\_

Specialty:

Phone #:

Address:

PHYSICIAN: \_\_\_\_\_

Specialty:

Phone #:

Address:

## MEDICAL INSURANCE

Phone #:

Email:

Policy #:

Other:

OTHER: \_\_\_\_\_

Phone #:

Email:

Address:

Other:

# Pandemic Preparedness

Preparing for a pandemic.

## BECOME INFORMED

To prepare for a pandemic, it's important to understand what a pandemic is and how disease is spread. A **pandemic** is an outbreak of a disease that spreads across the globe. Pandemics are hard to predict, can start anywhere, and spread very quickly. **Diseases** can be spread directly from person to person, from germs on objects, and from people who don't look sick.

## HAVE A PLAN

- Develop a plan in anticipation of schools, workplaces, and community centers **closing**
- Update your **emergency kit** and add appropriate supplies
- Have an "**outbreak plan**" (pg. 13) if a family member becomes infected
- Speak with your healthcare provider to ensure you have access to **Telehealth** services

During a pandemic.

### REDUCING RISK

- **Wash hands** frequently
- Avoid touching face
- Sanitize and **disinfect** "high-touch" objects
- **Avoid 3 C's:** closed spaces, crowded spaces, close-contact
- Wear **face masks** in public (2 years & above)
- **Stay home** if possible
- **Screen** for disease
- Get **vaccinated** once available
- Follow **guidance** from your healthcare provider, local public health office, and CDC

### TIPS FOR CHILDREN WITH DISABILITIES

- Use Telehealth services
- For **visually/hearing impaired** children visit [healthychildren.org](https://www.healthychildren.org) to find tools to help with virtual visits
- Use **home-based lab draws** and diagnostic imaging tests
- For in-person appointments, **wait in your car** instead of the waiting room
- Pick up **school meals** in batches or have them delivered to your home if child is in remote classes

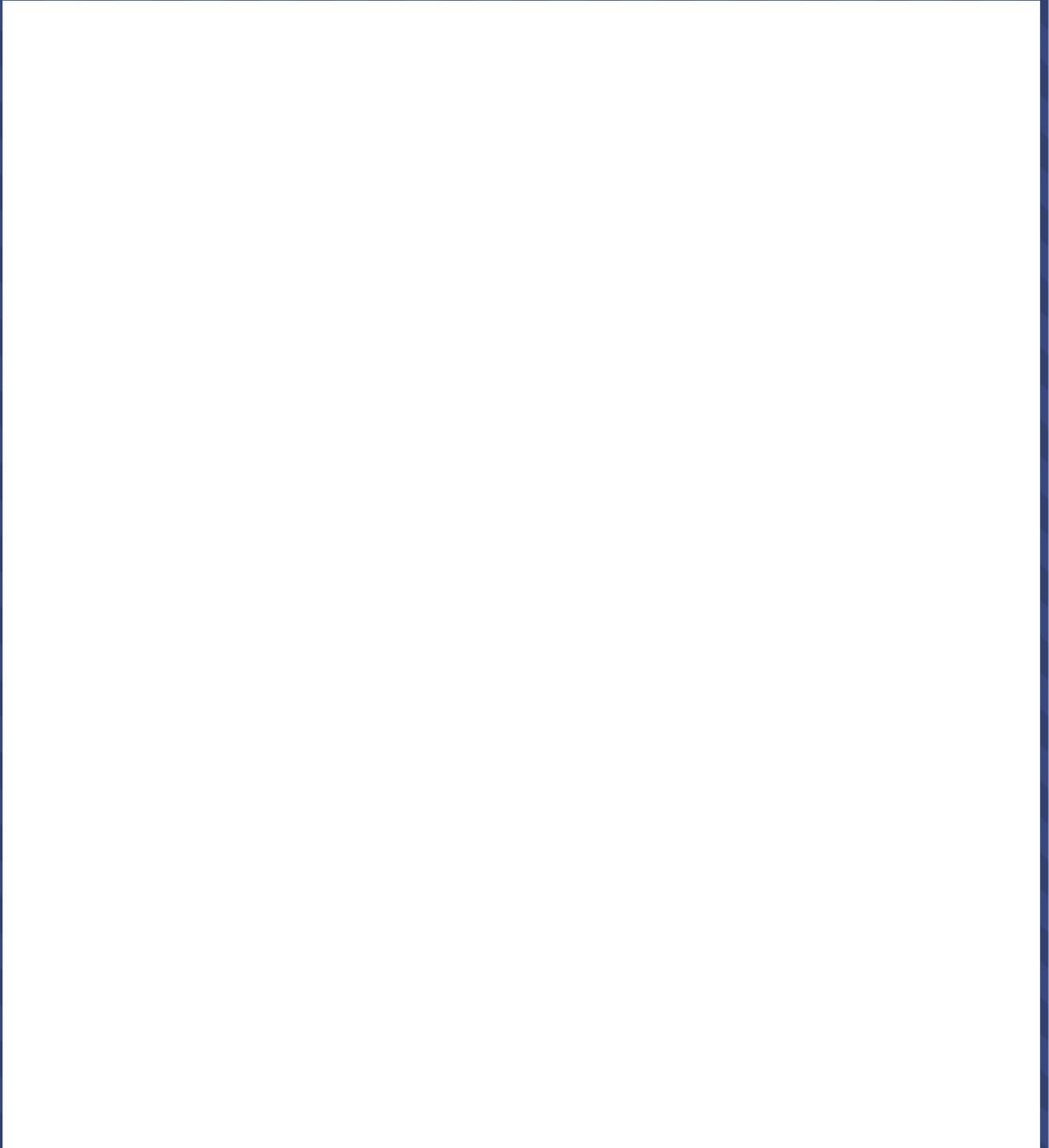
### QUESTIONS FOR YOUR CHILD'S PHYSICIAN

1. Is it safe for my child to return to in-person **school**?
2. What accommodations or **safety precautions** should my child's school be taking?
3. If child is **immuno-compromised**: does my child need (1) higher grade PPE, (2) frequent screening (e.g. COVID testing), (3) testing of close contacts?
4. If child is **hearing/speech impaired**: does my child need a transparent face mask/face shield?

# Pandemic Preparedness

## OUTBREAK PLAN

When creating your outbreak plan, consider who will need to be notified (physicians, work, school, etc.), where nearby hospitals are, how you will be accessing food, and who will be able to watch your children if needed.



# Pandemic Preparedness

During a pandemic.

## ESSENTIAL RESOURCES

### FOOD BANKS IN SANTA MONICA

Westside Food Bank  
1710 22nd St.  
Santa Monica, CA 90404  
(310) 828-6016  
<https://www.wsfb.org/>

Food Distribution Center - WSFB/Step  
Up On Second  
1328 2nd St.  
Santa Monica, CA 90401  
(310) 394-6889

Food Distribution Center - WSFB -  
Ocean Park Community Center  
503 Olympic Blvd.  
Santa Monica, CA 90401  
(310) 450-4050

Food Distribution Center -  
Saint Joseph Center  
204 Hampton Dr.  
Venice, CA 90291  
(310) 396-6468



### FINANCIAL TIPS

- Begin an emergency savings account
- Contact your insurance ASAP after a disaster
- Review insurance policies to make sure you are covered for natural disasters
- Renew your insurance annually
- Take photos of you property to potentially rebuild
- For more info visit:  
<https://www.ready.gov/financial-preparedness>

### FINANCIAL RESOURCES

- Financial Preparedness:  
<https://www.ready.gov/financial-preparedness>
- CalWORKS (TANF): a welfare program that gives cash aid and services to eligible needy California families.  
<https://www.benefits.gov/benefit/1229>
- City of Los Angeles Public Assistance:  
<https://lacounty.gov/residents/social-services/public-assistance/>
- CalFresh:  
<https://www.getcalfresh.org/>

# Pandemic Preparedness

## LOCAL HEALTH CLINICS

### Venice Family Clinic at Santa Monica High School

601 Pico Blvd  
Santa Monica, CA - 90405  
(310) 392-8636

### Venice Family Clinic At OPCC Annenberg Access Center

503 Olympic Blvd  
Santa Monica, CA - 90401  
(310) 392-8636

### Venice Family Clinic - Simms Mann Health And Wellness Center

2509 Pico Blvd.  
Santa Monica, CA - 90405  
(310) 392-8636

### Westside Family Health Center

1711 Ocean Park Blvd.  
Santa Monica, CA - 90405  
Venice Family Clinic - Daybreak Day Center  
1614 Ocean Ave.  
Santa Monica, CA - 90401  
310-392-8636

### Venice Family Clinic - Opcc Safe Haven & Daybreak Shelters

1751 Cloverfield Blvd.  
Santa Monica, CA - 90404

Visit: <https://dhs.lacounty.gov/>  
for other locations



### Finding a COVID testing site:

<https://covid19.lacounty.gov/testing/>

- Enter your location
- Find a free testing site near you
- Book an appointment to avoid long wait times

### Finding a COVID vaccine site:

<https://www.vaccines.gov/>

- Select "Find COVID-19 Vaccines"
- Enter Zip Code and select "search for vaccines"
- Select a site
- Select "book an appointment"

# Pandemic Preparedness

Families of children with disabilities experience increased levels of stress in comparison to other families. A pandemic only creates additional stressors, making it especially important for parents of children with disabilities to take care of their overall well-being.

## TIPS TO PROMOTE WELL-BEING:

- Recognize when you need a break
- Take care of your physical health since it affects your mental health
  - Engage in physical activity regularly
  - Meditate
  - Avoid unhealthy foods (high fat, high sugar, little nutritional value)
  - Increase your fruit and vegetable intake
- Participate in an activity/hobby you enjoy
- Connect with loved ones virtually through video chat, social media, texting, or calling
- Encourage family members to come up with creative activities to do to stay active and healthy
- Try to spend time outside in nature
- Monitor your child's emotional health
  - Talk to them about whatever concerns or feelings they may have
- Consider cognitive-behavioral therapy (virtual) for yourself or your child
- Talk to your child's pediatrician about any mental health concerns you may have about your child
- If you are experiencing mental health challenges of your own, talk to your healthcare provider

**SAMHSA's National Helpline** (free, 24/7)  
<https://www.samhsa.gov/find-help/national-helpline>  
1-800-662-HELP (4357)

**Open Counseling** (free/low-cost therapy)  
<https://www.opencounseling.com/california/>

## After a pandemic.

- Continue to take the following precautions:
  - Stay home when sick
  - Follow guidance of healthcare provider and CDC
  - Cover coughs and sneezes
  - Wash hands frequently
  - Wear face mask in public spaces if sick
  - Follow local public health guidance
- Make any updates to your emergency plan and restock your emergency kit

# Resources & References

This toolkit was developed from the following resources. Visit the following websites for additional information.

Ready.gov/FEMA:

[ready.gov/plan](https://ready.gov/plan) and [ready.gov/disability](https://ready.gov/disability).

Santa Monica Alerts (SMAAlerts):

<https://member.everbridge.net/431700047822887/login>

Santa Monica Office of Emergency Management:

<https://www.smgov.net/departments/oem/>

<https://www.smgov.net/Departments/CMO/content.aspx?id=53687099127>

American Academy of Pediatrics: Healthy Children

<https://www.healthychildren.org/English/health-issues/conditions/COVID-19/Pages/COVID-19-Youth-with-Special-Health-Care-Needs.aspx>

American Academy of Pediatrics:

<https://www.aap.org/en/pages/2019-novel-coronavirus-covid-19-infections/clinical-guidance/caring-for-children-and-youth-with-special-health-care-needs-during-the-covid-19-pandemic/>

Notes: