

DISASTER PREPAREDNESS

PREPARING YOUR CHILD AND FAMILY BEFORE A DISASTER STRIKES

Have emergency kits in the home, office and car. Essential items are water, food, medications, money, work gloves, a flashlight and extra batteries, a crank radio, shoes, a blanket and a small shovel. Don't forget your pet's food and water needs. If there are infants and toddlers in the home, make sure to include diapers and formula.

Keep copies of essential documents, insurance policies, passports and kids' fingerprints and a list of five phone numbers of family or friends.

Establish meeting points when the family isn't together.

Create a buddy system with a neighbor to check in with one another.

Courtesy of Jeffrey Upperman, MD, director of the Trauma Program and Pediatric Disaster Resources and Training Center at Children's Hospital Los Angeles

