



Emergency Preparedness and Resources



Provided By Family Voices of ND

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BE PREPARED

BE AWARE

BE READY

Preparedness for Emergencies

What You Need to Know and How to Plan Ahead

Emergencies happen. Being prepared can help protect you and your family. Agencies at all levels, local and federal, may have the plans to protect the general public, but you need to take responsibility for yourself and or family in emergencies and disasters. Let's Prepare.

1. Complete an Emergency Contact and Medical Information Form. Included.
2. Build and inform a Personal Support Network. A Personal Support Network is a group of people who come together to help keep one another safe in an emergency. The people in your Personal Support Network will work with you to prepare for a disaster. Your support network should consist of people you trust, people who know you, friends, family members, direct support providers, neighbors. Make sure to have at least 3 in your network and make sure to have at least 1 in areas where spend the most time. Make sure you always have a plan of where to meet during and after a disaster or emergency. **PRACTICE YOUR PLAN!**
3. Plan what you will do if you or your direct support provider gets sick. Create a contact list of family, friends, neighbors and local service agencies that can provide support if you are unable to. Example may be Emergency Respite Care, making sure a relative, friend, neighbor know who you and your family are. Prepare a person-centered plan just focusing on emergencies that are from the perspective of family or self.
4. Plan for alternative ways of communicating from home and work that can be used rapidly in an emergency: power loss, alternate phone(landline), messaging or chain that someone else in your network can relay. Keep this information and keep it with you, by paper, phone contact, apps and so forth.
5. Have enough supplies. Have 30 days of medications prescriptive and non-prescriptive, groceries, water, batteries and any equipment need you might have. Consult with your physicians on getting 90 days refills. Consider making a photocopy or picture in device of your type and dosage and what is used for. Know where your insurance information is at all times. Be prepared for other means of power in case of outage if equipment needs power.
6. Have fire extinguisher in your home and in a safe place. Know how and when to use it.
7. Know where to be in your home during a tornado or severe weather. Consider a weather radio or weather app so you know what is happening in your area. **PRACTICE!**

8. Find out the emergency plans at school.
9. Know what weather watches and warnings are. Know where shelters are located.
10. Have on hand dietary needs if required and the equipment to keep safe. If need refrigeration plan for this ahead of time
11. If you have a service animal prepare for your animal with registered papers, food and supplies.
12. Be prepared to let First Responders know about your child(children) and the special needs a child may have. Sensory issues, history of elopement, non-verbal, unapproachable are just examples of what may be important to First Responders. Have a recent photo.

Preparedness when properly pursued is a way of life, not a sudden program.



Fire Preparedness Tips

Install and Maintain Smoke Alarms

- Smoke alarms with a vibrating pad or flashing light are available for persons who are deaf or hard of hearing
- Smoke alarms with a strobe light outside of a home can catch attention of neighbors and emergency calls are available.
- In an apartment, make sure to install smoke alarms in different rooms; in home make sure smoke alarms are on every level.
- Test smoke alarm batteries every month; change batteries always twice per year more if need be.

Plan your Escape

- Know at least 2 exits from your home/apartment
- If you use a walker or wheelchair, check all exits to be sure the doorways are wide enough.
- Make any necessary changes, such as installing exit ramps.

Do not Isolate Yourself

- Speak to your family members, building managers and neighbors about your fire safety plan.
- Keep a phone near you and be ready to call 911



Tips on Plans for Pets and Service Animals During an Emergency

- Have an evacuation plan for pets. Know safe place where you can take your pet
- Develop a buddy system, maybe a friend, neighbor or relative can take care of your pet if you're experiencing an emergency situation.
- Have your pet microchipped.

- Put favorite toys in kit, sanitation items, food- supply, water supply, contact information of veterinarian, picture of pet.
- Make sure dog tags and contact information is up-to-date.



More General Tips for Persons with Special Needs

- Power source for IPADS, IPODS, Phones and Communication Devices
- Practice Your Plans
- Practice Telling People What Your Needs Are
- Store The Aids You Need in An Easily Accessible Area
- Think About What Type of Reactions You May Have During an Emergency

Things to Know about Your Utilities in an Emergency

Gas

If you smell or hear gas, see a broken pipeline, or think you have a leak:

- ✓ Shut off the main valve.
- ✓ Open all the windows and doors.
- ✓ Do not turn on electrical switches or appliances.
- ✓ Do not light a match or candle – it could cause an explosion.
- ✓ Call your local gas provider immediately

Water

Water leaks can cause damage to your home and electrocution.

- ✓ Shut off water at main valve
- ✓ Call local water provider about a leak
- ✓ 911 if electrocution occurs

Electricity

You can be electrocuted and killed if you touch live electrical wires or anything that has been touched by live electrical wires.

- ✓ Shut off electricity if a fire, water leak, tornado damage or other natural disasters
- ✓ You smell insulation burning, turn off electricity
- ✓ Area around switches and plug-ins is black or hot to the touch, turn off electricity
- ✓ Call local electrical provider as soon as possible
- ✓ 911 if electrocution occurs



Sheltering in Place Checklist

Possible suggested items if you cannot leave home for a few days.

These are general items, make sure you have a list of items you need that are specific to you.

- 3-day supply of water____
- 3-day supply of nonperishable ready to eat food____
- water for sanitation____
- manual can opener____
- 7-day supply of medication____
- pain reliever or other medications____
- 7-day supply of medical supplies____
- battery operated radio____
- extra batteries____
- battery operated flashlights____
- extra batteries____
- whistle____
- personal hygiene items____
- shampoo/conditioner____
- soap____
- toothpaste____
- deodorant____
- toilet paper____
- paper towels____
- trash bags____
- blankets____
- first aid kit____
- bleach____
- matches____
- candles____
- baby supplies____
- pet supplies____

If you are storing these supplies make sure they are in a sealed water proof container, preferably placed high off the ground. Creating and maintaining these supplies may be too expensive. Determine what you will need to maintain your health. Work with your providers, family, friends or Family Voices of ND to help you create a shelter in place kit.



Important Documents You Should Have Readily Available

Consider putting the following documents in a fire-safe/water-proof container. Copies of prescriptions and medical needs could also be stored on an external hard drive or USB that can be taken with you.

Important Documents and Resources: Keep in a safe area and send copies as appropriate to your out-of-state contact.

- Copies of prescriptions
- Credit card and bank information
- Social security cards
- Cash
- Insurance card
- Wills/deeds
- Immunization records
- Licenses/birth certificates/passports
- Map of Area (shows where your house is or where you live)
- Serial Numbers of any Medical Equipment
- **EMERGENCY CONTACT LIST**

*****Some people like to have their family photographs converted to a computer format so that those special memories can be saved in an emergency, too. *****



Covid-19 or other Pandemic Steps to Prevention

The best way to prevent infection is to take everyday preventive actions.

- Wear a mask.
- Stay at least 6 feet from people who don't live with you.
- Avoid crowds and poorly ventilated spaces.
- Wash your hands often, or use hand sanitizer made with at least 60% alcohol. Wash hands for at least 20 seconds.
- Avoid touching eyes, mouth and nose with unwashed hands.
- Clean and disinfect high touch areas frequently if not daily.
- Be alert for symptoms of illness; can include fever, headache, cough, shortness of breath. Monitor your temperature and symptoms.
- Seek immediate medical attention if symptoms warrant as soon as possible.
- Check CDC website to see what symptoms to look for. www.cdc.gov
- Check local public health websites for information and ND State Health Department. www.health.nd.gov
- Quarantine if exposed if possible.
- Get vaccinated when possible.

Stay Apart

Stay Protected

Stay Safe



ND Resources

<u>AGENCY</u>	<u>CONTACT INFORMATION</u>	<u>WEB INFORMATION</u>	<u>ADDITIONAL INFORMATION</u>
ND Department of Emergency Services	Fraine Barracks Lane, BLDG 35 Bismarck ND, 58504 701-328-8100	Home Department of Emergency Services, North Dakota (nd.gov)	Includes ND State Radio and Homeland Security
American Red Cross Western North Dakota	2021 4 th Avenue NW Minot ND 58703 701-368-4035	Western North Dakota American Red Cross	Disaster Relief and Recovery/ Open Shelters
American Red Cross Eastern North Dakota	2602 12 th Street North Fargo ND, 58102 701-364-1800	Eastern ND & Northwestern MN American Red Cross	Disaster Relief and Recovery/ Open Shelters
ND Department of Housing and Urban Development	657 2 nd Avenue North 3 rd Floor Room #366 PO Box 2483 Fargo ND, 58108 303-672-5440	Contact HUD: North Dakota HUD.gov / U.S. Department of Housing and Urban Development (HUD)	Includes for Section 8 Housing, Shelters, Food Pantries, Homeless , Clothing, Health Clinics, along with Covid-19 resource information
ND Department of Health	600 East Boulevard Avenue Bismarck ND 58505 701-328-2372	North Dakota Department of Health Department of Health (nd.gov)	Includes Emergency Medical Systems, Hospital Preparedness Division, Public Health Emergency Response, ND Alert Network, Birth, Death and Vital Records. Also Special Health Services.
ND Department of Human Services	600 East Boulevard Avenue Bismarck ND 58505 701-	North Dakota Department of Human Services (nd.gov)	Services that help all vulnerable persons in ND of all ages. ND Medicaid, services for persons with disabilities and aging, financial resources, behavioral health services, child support and more.
First Link-211	4357 13 th Avenue SW Fargo ND 58103 2-1-1 Suicide Hotline:1-800-273-8255 Or text your zip code to 898211	FirstLink – 2-1-1 and National Suicide Helpline for North Dakota and Clay County, Minnesota (myfirstlink.org)	24 hr. suicide and crisis helpline

9-1-1

Get Help for Police, Fire, Medical Emergency

Any Time, Any Where, Any Device

For More Resources

www.fvnd.org

888-522-9654

Emergency Information Form for Children With Special Needs

Last name:



American Academy of Pediatrics



Date form completed	Revised	Initials
By Whom	Revised	Initials

Name:		Birth date:	Nickname:
Home Address:		Home/Work Phone:	
Parent/Guardian:	Emergency Contact Names & Relationship:		
Signature/Consent*:			
Primary Language:	Phone Number(s):		
Physicians:			
Primary care physician:	Emergency Phone:		
	Fax:		
Current Specialty physician: Specialty:	Emergency Phone:		
	Fax:		
Current Specialty physician: Specialty:	Emergency Phone:		
	Fax:		
Anticipated Primary ED:	Pharmacy:		
Anticipated Tertiary Care Center:			

Diagnoses/Past Procedures/Physical Exam:	
1.	Baseline physical findings:
2.	
3.	Baseline vital signs:
4.	
Synopsis:	
	Baseline neurological status:

*Consent for release of this form to health care providers

Diagnoses/Past Procedures/Physical Exam continued:

Medications:	Significant baseline ancillary findings (lab, x-ray, ECG):
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	Prostheses/Appliances/Advanced Technology Devices:
5. _____	_____
6. _____	_____

Management Data:

Allergies: Medications/Foods to be avoided	and why:
1. _____	_____
2. _____	_____
3. _____	_____
Procedures to be avoided	and why:
1. _____	_____
2. _____	_____
3. _____	_____

Immunizations

Dates						Dates					
DPT						Hep B					
OPV						Varicella					
MMR						TB status					
HIB						Other					

Antibiotic prophylaxis:

Indication:

Medication and dose:

Common Presenting Problems/Findings With Specific Suggested Managements

Problem	Suggested Diagnostic Studies	Treatment Considerations

Comments on child, family, or other specific medical issues:

Physician/Provider Signature: _____ **Print Name:** _____