



Family Emergency Kit Checklist



NATIONAL HEMOPHILIA FOUNDATION

for all bleeding disorders

Family Emergency Kit Checklist

This resource was developed by the NHF Emergency Preparedness Task Force in collaboration with the Centers for Disease Control and Prevention. It was part of the NHF Preparedness Initiative. To download additional copies visit WWW.HEMOPHILIA.ORG.



To develop your family emergency plan, you need to be able to answer the following:

1. What are the possible emergencies you/your family might face in your area of the country?
2. How will you evacuate/escape from your home if you need to?
3. Where will you meet your family members if you are all not home at the time of evacuation?
4. What route will you take out of your neighborhood and town if it becomes necessary?
5. Do you have an alternate route?
6. What supplies will you take with you?
7. What will you need to "shelter in place"? Do you have enough of those items?
8. Does your neighborhood/community have a warning signal system? Do you know what they sound like and what they mean?
9. What resources/other organizations/emergency services exist in your community that can help you in the event of an emergency? What is your backup plan if they are unable to reach you?
10. Have you contacted local organizations to let them know that your family has special needs in the event of an emergency? (local ER, United Way, neighborhood or block association, Red Cross, Salvation Army, etc.)
11. Do you have a place for your pets if you need to evacuate? Can you bring them with you?
12. Who is your out-of-state emergency contact person? Does everyone in your family/ chapter/hemophilia treatment center (HTC) know that person's phone number and to call that person if they need to get in touch with you?

13. Have you practiced your plan with your children?
14. Do you have a go-bag prepared?
- Does everyone know where it is in the house?
 - Is someone assigned the responsibility of taking it on the way out?
 - Who is the back-up person to check on the go-bag?
 - Do you have a system for rotating the supplies in your go-bag so that they do not expire? (e.g., every first day of the month?)
15. Do you know the emergency plan(s) of the school(s) your children attend?
16. Do you know your office's emergency plan?
17. Have you discussed emergency plans, and where you can access factor, with your HTC and/or homecare company?

Bleeding Disorders-Specific Preparedness

General Tips

- Wear a medical alert bracelet or necklace
- Place multiple ice packs in the freezer
- Always have, in the same place, enough cash/change for parking at HTC/hospital or cab/bus/subway fare to get you to the HTC or ER
- Always take factor and supplies with you when you leave home
- Keep important phone numbers (HTC, homecare company, physicians, insurance, ER, etc.) in multiple locations: on fridge, in wallet, on child's car seat in school bags/work bags/go-bag, with your car insurance papers, etc.
- Keep as much factor and supplies on hand as your insurance will allow
- Teach extended family and friends how to infuse, as circumstances may require others to infuse the patient
- Keep a reference notebook with pertinent family medical information, directions on mixing and infusing factor, maps of the area for the HTC/hospital, important phone numbers, diagnosis and treatment regimens, location of back-up HTC, etc.



- Keep an infusion log and take it with you in case there is a need for evacuation
- Keep a go-bag/small suitcase of factor and supplies packed at all times so it is easy to grab and go: make sure you rotate supplies on a regular basis in line with expiration dates
- Program your emergency contact into your phone under "ICE" (In Case of Emergency). EMS responders now *look* for it in cell phones and call that number if needed
- Program 1.800.42.HANDI into your phone in case you need access to HTC and chapter contact information.
- Bookmark WWW.HEMOPHILIA.ORG on your laptop or smartphone to connect with NHF.

VEHICLE SAFETY

- Ensure you have adequate fuel in vehicle prior to evacuation and keep extra fuel near your vehicle.
- Always carry a first aid kit, blankets and other roadside emergency supplies
- Attach an emergency information card to all child car seats; keep one in your wallet and glove compartment, and/or on the visor
- Ensure your vehicle is up-to-date on inspections and preventive maintenance.

MONEY AND DOCUMENTS

- Put aside emergency cash in small bills, like ones, fives, and tens, and traveler's checks. You can also maintain an ATM account that will let you access a multi-bank network
- Collect important identification information in one central place in a waterproof container (preferably in your go-bag). Include copies of social security cards, birth certificates, marriage records, driver's licenses and your complete insurance policy
- Financial information: This includes insurance policies for your home, health, and vehicle, and savings and checking account books. You won't use these at the time of an emergency, but you may need them afterward
- Personal information: This includes medical information for each family member, as well as any wills or powers of attorney



GENERAL SUPPLIES

- Two pairs of latex or other sterile gloves
- Sterile dressings to stop bleeding
- Cleansing agents or soap and antimicrobial towelettes to disinfect
- Antibiotic ointment to prevent infection
- Burn ointment to prevent infection
- Adhesive bandages in a variety of sizes
- Eye wash solution to flush the eyes
- Thermometer
- Prescription medications such as insulin, heart medicine and asthma inhalers. Periodically update your family's medications to ensure that they don't expire
- Prescribed medical supplies, such as glucose and blood pressure-monitoring equipment and supplies
- Petroleum jelly or other lubricant to prevent dryness, chafing, or cracking of the skin during extreme weather conditions
- Nonprescription drugs, such as nonaspirin pain relievers, feminine supplies and personal hygiene items, antidiarrhea medications, antacid for upset stomachs, and laxatives
- Flashlights with extra batteries
- Battery-powered radios with extra batteries or crank radio
- Dust masks and work gloves
- Plastic garbage bags and ties
- Whistle
- Cloth face masks to help filter contaminants in the air
- Towelettes or diaper wipes
- Plastic sheeting and duct tape for sheltering-in-place
- Power pack or battery powered phone charger.
- Matches in a waterproof container
- Games/activities for children



FOOD AND WATER

- Three-day supply of water (one gallon per person per day, more if you live in a warm climate)
- Three-day supply of ready-to-eat foods, such as canned meat, canned fruits and vegetables, and pasteurized milk
- High-energy foods like peanut butter and other nuts, dry cereal, granola and crackers
- "Stress foods" such as hard candy or cookies
- Manual can opener
- Eating utensils (mess kit, paper plates, plastic utensils, etc.)



CLOTHING

- One complete change of warm clothing and shoes per person, including:
- Jacket or coat
- Longpants
- Long-sleeved shirt
- Sturdy shoes
- Hat and gloves
- Sleeping bag or warm blanket

OTHER MISCELLANEOUS ITEMS:

- Emergency reference material, such as a first aid book, or a photocopy of it
- Rain gear
- Paper towels
- Fire extinguisher
- Tent
- Compass
- Signal flare
- Paper and pencil
- Medicine dropper
- Household chlorine bleach. You can use bleach as a disinfectant (diluted nine parts water to one part bleach). In an emergency, you can also use it to purify water. Use 16 drops of regular household liquid bleach per gallon of water. Do not use scented or color-safe bleach or bleaches with added cleaners



Adopted with permission from Freedom From Fear: A Guide for Safety, Preparedness and the Threat of Terrorism. Gregory A. Thomas, Random House Publishing, 2005.



NATIONAL HEMOPHILIA FOUNDATION
for all bleeding disorders

The National Hemophilia Foundation (NHF) is dedicated to finding better treatments and cures for inheritable bleeding disorders and to preventing the complications of these disorders through education, advocacy and research. Established in 1948, the National Hemophilia Foundation has chapters throughout the country. Its programs and initiatives are made possible through the generosity of individuals, corporations and foundations as well as through a cooperative agreement with the Centers for Disease Control and Prevention (CDC) .

7 Penn Plaza, Suite 1204, New York, NY10001
(800) 42-HANDI • www.hemophilia.org