



## Being Prepared is Always a Good Idea

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Living in Texas, we can be faced with many forms of emergencies or disaster. As a family of a child or children with Special Health Care Needs, are you prepared? Here are a few questions to ask yourself when thinking about emergency preparedness:

Do your children know what to do and where to go in the event of an emergency? One good resource geared toward children is from the Disaster and Community Crisis Center (DCC) at the University of Missouri; they have a video series called [Hunter and Eve](http://dcc.missouri.edu/hunter-eve) which also includes printable coloring sheets. <http://dcc.missouri.edu/hunter-eve>.

Do you have a current care plan, including a list of medications and doctors' names and contact information? It's a good idea to make sure someone outside your family knows about your care plan! A neighbor or even a relative that lives in another area of the state away from the disaster area is also a good person to share your information with. This would also be a good person to list as your main point of contact on your emergency plan. Make sure each family member knows to call that contact person, who will be the main person everyone can try and get in touch with. FEMA recommends to text if possible instead of calling if you have cell phone service, so that the phone lines can stay open for emergency personnel.

Do you have a back up power source for any medical equipment that uses electricity? If you have a generator, remember to only use it outside!

As a family, do you have an evacuation plan? And do you practice it with your children? [Ready or Not](http://texasprepares.org/English/Family.htm) is a good resource for starting your family plans!  
<http://texasprepares.org/English/Family.htm>

Texas Department of State Health Services has published an Emergency and Disaster Planning Guide for Children with Special Health Care needs; you can find a PDF copy at: [http://texasprepares.org/English/emer\\_plan\\_cshcn\\_eng.pdf](http://texasprepares.org/English/emer_plan_cshcn_eng.pdf)

Hopefully you can start to take small steps today to be well prepared for whatever might come our way in Texas!

## Texas Parent to Parent

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