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# PLANNING FOR A HEALTH EMERGENCY

## PARENTS & CAREGIVERS

Preparing for an emergency is important for all people. It can be even more important for people with special health care needs. All of us have basic needs – safe food, water, shelter, and things like going to the bathroom, bathing, and communicating. Emergencies can be scary, but there are things you can do as a parent/caregiver to help prepare your child to act quickly and stay calm.

### Helpful Tips

- Teach your child about the symptoms or signs that mean that they need to call 911 and how they are different from symptoms that can wait long enough for an appointment
- Use the Preplowans book to learn about how to make an emergency plan and build an emergency kit. Share this information with your child.
- If applicable, provide your child with a health alert bracelet or save an In Case of Emergency (ICE) contact on their cell phone
- Tell the police and fire department about your child's health issues so they know about their needs and how to help if there is a crisis
- Practice with your child how to tell others about their health issues and medications
- Encourage your child to always carry a form of ID and their insurance card

### Helpful Resources

- Iowa's University Center for Excellence in Developmental Disabilities

#### **Preplowans Book**

- <https://chsciowa.org/sites/chsciowa.org/files/resource/files/prepiowansbook.pdf>