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# PLANNING FOR A HEALTH EMERGENCY

## YOUTH & YOUNG ADULTS

Preparing for a health 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 to prepare for acting quickly and staying calm during emergency situations.

### Helpful Tips

- Talk to your parent/caregiver about what to do in case of an emergency
- Learn about the symptoms or signs that mean you need to call 911 and how they are different from symptoms that can wait long enough for your next health care appointment
- Use the Preplowans book to make an emergency plan and build an emergency kit
- If applicable, make sure you are always wearing your health alert bracelet and have an In Case of Emergency (ICE) contact on your cell phone
- Tell the police and fire department about your health issues so they know how to help if there is a crisis
- Practice how to tell others about your health issues and medications
- Always carry your ID and health insurance card with you

### Helpful Resources

- Iowa's University Center for Excellence in Developmental Disabilities

#### **Preplowans Book**

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