Disaster Preparedness

For families of children and youth with special health care needs

State of Alaska
Sean Parnell, Governor

Department of Health and Social Services
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Contents

Introduction

Is your family prepared? 1

How to use this guide 1

Section 1: Thinking ahead

Types of disaster 2

Reflect on your child's needs. 2

Section 2: Disaster planning and preparation

Can you care for yourselves and your family member with special health care needs, without outside assistance, for 10 days? 3

Disaster supply kit 6

Section 3: Response and recovery

If disaster strikes. 9

Simple tips to help you support your children and youth with special health care needs during difficult times 10

Section 4: Resources for families

Resources on the web 12

State of Alaska resources 13

Federal resources 14

Contact information for vital documents 15

Appendixes and forms

Appendix A: Family Emergency Plan 17

Appendix B: Emergency Information Cards. 18

Appendix C: American Academy of Pediatrics Emergency Information form for Children with Special Needs 19

Introduction

Is your family prepared?

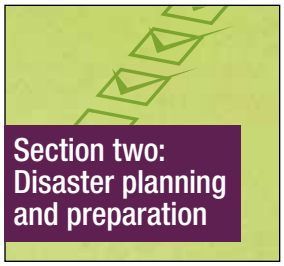
Tsunami, earthquakes, wildfires, volcanic eruption, heavy snowfall, acts of terrorism and floods are disasters foremost in the minds of Alaskans today. Even though we all know what can happen … are we prepared? Disaster can strike quickly and without warning. Can we protect ourselves and our family? Do we have a plan? Where will your family be when disaster strikes? They could be anywhere — at home, at work, at school or on the road. Will you know if your children are safe? What if your child has special health care needs?

In an emergency, we all have to plan to be self sufficient, and possibly spend several days without utilities, medical aid, transportation or communications. For Alaska families of children with special health care needs it can become even more difficult. Planning how you will respond is critical. It means extra attention to detail and needs that other families may not have to worry about. There is the need to have special equipment on hand, medications, know of special shelters, and consult health care providers just to name a few.

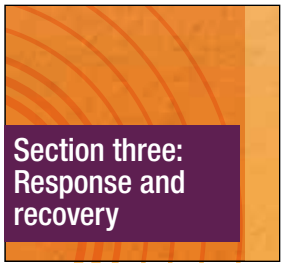
Families can cope with disaster by preparing in advance and working together as a team. Being prepared is your responsibility and best protection.

This guide is organized to assist you and your family in being prepared and ready.

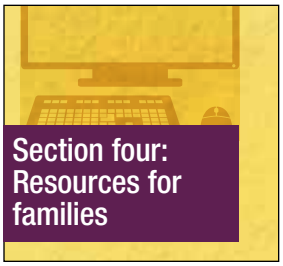
A prepared family thinks ahead and knows what to prepare for. This section will assist you in thinking about possible disasters.



Planning is critical to keeping your family safe. Families dealing with special health care needs require extra planning. This section will focus on planning and preparation.



Plans will be put to a test when a disaster hits. There are many things for a family to consider when responding to a disaster and beginning the recovery process. This section will offer strategies to enable families to move from the disaster through the response and recovery.



Resources for more information and easy-to-access forms for your family to use during a disaster.

1

Section 1: Thinking ahead

Types of disaster

When discussing disaster preparation, most Alaska families think about earthquakes. In fact Alaskans should prepare for a variety of both natural and man-made disasters. This is also known as planning for an "all hazards" approach.

Natural disasters might include an earthquake, wildfires, flooding, avalanches, volcanic eruption, epidemic diseases, wind storm, blizzard or other weather related events. Other disasters can include community power or utility failure, an oil/fuel spill or be the result of terrorism or bio-terrorism.

Alaskans should also be prepared for a major disease outbreak, causing limited access to health care, forcing strict hand washing and prevention practices or extended stays within the home or community because of quarantine.

Since disaster can come in many forms — weather, utilities outages (power, water or communication) terrorism, disease outbreak — it is important that your family understand how to put a disaster plan into action to cover a variety of situations or an "all hazards" approach. How will you communicate with your family in case of a disaster? Do you have a specially equipped vehicle or accessible transportation for your children and youth with special health care needs? Do you have access to an alternate electrical or power source? Now is the time to think about all potential situations and make sure you can adapt your plan to meet your family's needs.

Try to reflect on your child's needs if there was:

- No water, electricity, telephone, heat, or refrigeration
- A lack of transportation
- Confinement to home or evacuation to a shelter or elsewhere
- Separation from family members
- No mobility aids
- No local access to prescription refills or health product supplies
- Limited health care access and emergency rescue services

2

Section 2: Disaster planning and preparation

Can you care for yourselves and your family member with special health care needs, without outside assistance, for 10 days?

Preparation is the key to surviving a disaster and managing the chaos that occurs afterwards. There are many tips for preparing for a disaster that are applicable to all families. In addition, families with special health care needs must be prepared to manage their needs under challenging conditions.

Do you have a disaster plan for your family? Does your plan include emergency strategies if your child is away at school, child care providers, caregivers, or church?

At home

- ❑ Teach children how and when to call 9-1-1 or your local emergency medical services number for emergency help.
- ❑ Have an emergency information form filled out on your child. One for home, for school and other child care providers.
- ❑ Have a disaster supply kit for your family.
- ❑ Meet with your family and discuss why you need to prepare for disaster. Explain the danger of fire and severe weather to children. Plan to share responsibilities and work together as a team.
- ❑ Discuss the types of disasters that are most likely to happen. As a family discuss how this can affect all family members and how you will address the special needs of persons with a disability. Explain what to do in each case of disaster. Discuss preparation for common disasters, such as what to do in an earthquake (duck, cover & hold).
- ❑ Discuss what to do in an evacuation of your home, neighborhood and school. Practice using different ways out of a building, especially if you are above the first floor in a building with many stories.

- ❑ Draw a floor plan of your home. If possible, mark two escape routes from each room. Discuss who will be responsible for non-mobile family member and who is responsible for those without challenge.
- ❑ Discuss with families how to operate your garage door when there is no electricity.
- ❑ Pick two places to meet in the event you are separated. You might pick outside your home in case of a sudden emergency such as a fire. Or if you can't return home, you would pick some place outside of your neighborhood. Discuss with family and friends both the address of the meeting place and how to contact one another.

- ❑ Consider designating an out-of-state family member, or close friend, that all your family can call to communicate (sometimes it is easier to make an out of state call than to call within the city or state.) Everyone should carry your contact's phone number in their wallet emergency card.
- ❑ Show your small children pictures of emergency workers common to disaster scenes (such as workers in uniforms, in fire suits, and workers wearing protective face gear). Or, have communication card for non-verbal children.
- ❑ Have working smoke and carbon monoxide detectors in your home. Have necessary resources such as a water hose and fire extinguishers.
- ❑ Consider necessary back-up systems or plans for medical equipment that requires electricity.
- ❑ If planning to use a generator, know how to safely engage to prevent injury to power company personnel working to restore power.
- ❑ Find the location of cutoff valves and switches for utilities such as gas and electricity. Become familiar with how to operate them.
- ❑ Check your home for materials and items that may pose a hazard during a disaster (don't forget the outside).
- ❑ Know your neighbor's special skills (such as medical and technical) and how to help those families with special health care needs.
- ❑ Meet with your neighbors to plan how you can work together after a disaster until help arrives. Set up a system with your neighbors to "signal" for needed help.
- ❑ Teach your children who in the neighborhood can help them in the event there is a disaster and you cannot get home.
- ❑ Plan how to take care of your pets and your service animal.
- ❑ Make sure you have an extra set of keys for home, car, etc.

Child care, school, church

- ❑ Find a method for communication and transportation for your child with special health care needs. Determine who will communicate with personnel if there is no interpreter. Make sure your child's school, child care provider or other caregivers have more than one contact for your child.
- ❑ Post emergency telephone numbers by phones (fire, police, ambulance, hospital, health care provider, poison control, etc).
- ❑ Ask how emergency messages or instructions would be sent to you in case of a disaster. Include in the plan where and when to pick up your child.
- ❑ Assist your child's school, child care provider or other caregivers in developing an emergency care plan for your child. Some questions you want to ask include:
    - ❑ Does the school have a disaster plan that includes meeting the needs of students with special health care needs?
    - ❑ Does the school have disaster supply kits?
    - ❑ Does the school have emergency contact information in case of a disaster?
    - ❑ Does the school have the right medical equipment and medication for your child?
    - ❑ Do they have extra medical equipment and extra medication if your child had to stay overnight?
    - ❑ Do they have back-up systems or plans for medical equipment that require electricity?

Community

Find out whether your community has plans for persons with special health care needs.

- ❑ Notify the nearest fire station/emergency medical services or police department of your child's special health care needs.
- ❑ Talk with other families who have a child with the same condition as your child. Share ideas and tips.

Consult your child's health care provider

- ❑ If your child depends on dialysis, ventilation or other life sustaining treatment, talk with your child's doctor regarding the best place for him or her in the event there is a disaster. Find out the facility plans for emergencies and how your child will get treatment and medication.
- ❑ Obtain a list of medications from your child's health care provider.
- ❑ Obtain a two-week supply of medications and supplies for your child. Have extra medication and supplies for your child's school and other childcare providers. Talk to your child's health care provider or pharmacist about what you should do if you do not have enough medicine after a disaster.

Personal kit for child

Items your child should have at all times:

- ❑ Medical alert bracelet
- ❑ Contact information to reach parents
- ❑ If darkness such as blackouts or disaster drills in areas with poor lighting presents a communication problem for your child, they should carry a personal communication kit at all times:
  - ❑ Communication card
  - ❑ Flashlight
  - ❑ Paper
  - ❑ Pencil

Travel items

Have a disaster supply kit in your car, boat, or airplane. Don't forget to include these items:

- ❑ Extra clothing and sturdy shoes
- ❑ Coats or jackets
- ❑ Hats, mittens, and scarves
- ❑ Sleeping bags or warm blankets
- ❑ First aid kit and manual
- ❑ Flashlight and extra batteries
- ❑ Florescent distress flag or road flares
- ❑ Booster/jumper cables
- ❑ Bottled water and non-perishable foods such as granola bars

Disaster supply kit

For families of children and youth with special health care needs

One way to prepare is by making a disaster supply kit. When a disaster hits, you won't have time to shop or search for supplies. But if you've gathered supplies in advance, you and your family can handle an evacuation or home confinement.

Always be prepared to evacuate. Keep all of the items that you most will likely need during an evacuation in an easy-to carry container such as a backpack or duffle bag. Keep the bag in an easy to reach place near the exit you most often use at your home.

* Items should be packed in preparation for an evacuation to a shelter

Water

Store water in plastic containers that have not had other liquids stored in them. Avoid containers such as cardboard milk cartons or glass bottles. A person needs to plan for one gallon per person each day. Children, nursing mothers, and many persons with special health care needs will require more. This amount will allow for about a half-gallon to drink and a half-gallon for personal cleanliness and cooking. Mark the water containers and change the water every six months.

- ❑ Keep at least a three-day supply of water per person (one gallon per person per day for each person in your household for drinking, food preparation and sanitation).*

Food

Store at least a three-day supply of non-perishable food per person per day. Select foods that require no refrigeration, preparation or cooking, and little or no water. If you must heat food, pack a can of sterno. Select food items that are compact and lightweight. Identify the storage date and replace stored food every six months.

- ❑ Ready-to-eat canned meats, fruits, and vegetables with pop tops
- ❑ Canned or boxed juices
- ❑ Staples (salt, sugar, pepper, spices, etc.)
- ❑ High-Energy foods such as raisins, peanut butter, or granola bars*
- ❑ Food for infants*
- ❑ Food that meets diets of individuals with special health care needs (such as pedialyte)*

First aid supplies

Put together a first aid kit for your home and consider one for the car. A basic first aid kit should include:

- ❑ Sterile adhesive bandages in assorted sizes (band-aids)
- ❑ Assorted sizes of safety pins
- ❑ Cleaning agent/soap including waterless alcohol based hand sanitizer/ wipes
- ❑ Latex or vinyl gloves (2 pairs)
- ❑ Cotton balls
- ❑ 2-inch and 4- inch sterile gauze pad (4-6)
- ❑ Triangular bandages (3)
- ❑ 2-inch or 3-inch sterile roller bandages (3 rolls)
- ❑ Eye dressing pads
- ❑ Scissors
- ❑ Tweezers

- ❑ Needles and thread
- ❑ Moistened towelettes/wipes
- ❑ Antiseptic
- ❑ Thermometer
- ❑ Tongue blades (2)
- ❑ Tube of petroleum jelly or other lubricant
- ❑ Hot and cold compress, or plastic bag for snow or ice
- ❑ Non-prescription medications in age appropriate doses for all family members:
  - ❑ Aspirin or aspirin free pain reliever
  - ❑ Anti-diarrhea medication
  - ❑ Antacid (for upset stomach)

Sanitation (two week supply)

- ❑ Toilet paper, towelettes
- ❑ Soap, liquid detergent (waterless, antibacterial)
- ❑ Feminine supplies
- ❑ Personal hygiene items
- ❑ Plastic garbage bags, ties (for personal sanitation)
- ❑ Plastic bucket with tight lid
- ❑ Disinfectant or household chlorine bleach

Supplies for special health care needs

- ❑ Two week supply of all disposable supplies such as dressing materials, nasal cannulas, or suction catheters*
- ❑ Two week supply of all medications, prescription, and non-prescription*
- ❑ Generator or battery backup for all electrical medical equipment
- ❑ Copies of prescriptions for medical equipment and medications*
- ❑ Extra contact lenses and supplies or glasses (and copy of your prescription)*
- ❑ Extra batteries for hearing aids and communication devices*
- ❑ Special dietary foods and supplies*
- ❑ Manual wheelchairs and other necessary equipment as needed (cane, walker, etc.)*
- ❑ Extra medications, prescription, non-prescription & supplies for the school
- ❑ Pair of extra heavy gloves

Ask your physician or pharmacist about storing prescription medications that must be refrigerated. Have a cooler and ice on hand for this purpose.

Infants and children (two week supply)

- ❑ Formula-ready to eat or with sterile water for mixing*
- ❑ Diapers and wipes*
- ❑ Bottles*
- ❑ Powdered milk*
- ❑ Medications*
- ❑ Pacifiers*
- ❑ Favorite blanket or toy*

Tools and emergency supplies

- ❑ Cups, plates, and plastic utensils
- ❑ Emergency preparedness manual
- ❑ Battery-operated radio with extra batteries
- ❑ Flashlight with extra batteries
- ❑ Non-electric can opener
- ❑ Utility knife
- ❑ Fire extinguisher-small canister ABC type
- ❑ Tube tent
- ❑ Pliers

* Items should be packed in preparation for an evacuation to a shelter

- ❑ Duct tape
- ❑ Matches in a waterproof container or lighter
- ❑ Aluminum foil
- ❑ Plastic storage containers
- ❑ Signal flare
- ❑ Paper, pencil, marker
- ❑ Needles and thread
- ❑ Shut-off wrench, to turn off household gas and water
- ❑ Whistle to help signal for help
- ❑ Plastic sheeting
- ❑ Compass and map of the area (with shelter locations)
- ❑ Non electric cooking utensils
- ❑ Charcoal (for outside use only)
- ❑ Helmet, goggles and masks

Clothing and bedding

- ❑ Include at least one complete change of clothing and foot wear per person appropriate for the season and conditions*
- ❑ Long pants and long sleeve shirt
- ❑ Sturdy shoes or work boots*
- ❑ Jacket or coat
- ❑ Rain gear
- ❑ Sleeping bags or warm blankets
- ❑ Hat, mittens and scarf

Entertainment

- ❑ Games (card or board games)*
- ❑ Books for all ages*

Copies of the following documents (stored in waterproof container)

- ❑ Insurance policies*
- ❑ Contracts & deeds*
- ❑ Passports*
- ❑ Social Security cards*
- ❑ Immunization records*
- ❑ Bank Account numbers*
- ❑ Credit Card account numbers and companies*
- ❑ Family records (birth, marriage, death certificates)*
- ❑ Stocks and bonds*
- ❑ Will*
- ❑ Current photograph of each person living in the household*

Other important items

- ❑ Cash, traveler's checks, and change*
- ❑ Extra set of keys (car, house, etc)*

Pet supplies

- ❑ Medications and medical records (stored in a waterproof container)*
- ❑ Current photos of your pets in case they get lost*
- ❑ Information on feeding schedules, medical conditions, behavior problems, and the name and number of your veterinarian in case you have to foster or board your pets*
- ❑ Sturdy leashes, harnesses, and/or carriers to transport pets safely and ensure that your animals can't escape*
- ❑ Food, potable water, bowls, cat litter and pan*
- ❑ Pet beds and toys, if easily transportable*

* Items should be packed in preparation for an evacuation to a shelter

3

Section 3: Response and recovery

If disaster strikes….

- **Stay calm.** Check the area around you for safety.
- **Check for fires, fire hazards and other household hazards.**
- **Check (smell) for gas leaks, starting at the water heater.** If you smell gas or suspect a gas leak, turn off the main gas valve, open windows, and get everyone outside quickly. Shut off any other damaged utilities. Do not turn off the gas unless you smell it, as you may not be able to turn it back on. The utility company will need to turn it back on for you.
- **Stay away from downed power lines.**
- **Clean up spilled medicines, bleaches, gasoline and other inflammable liquids immediately.**
- **Have injuries treated by a medical professional.**
- **Listen to your battery powered radio for news and instructions.**
- **Evacuate, if advised to do so.** Return only when local authorities advise that it is safe to do so.
- **Check for damage in your home.**
- **Use flashlights.** Do not light matches or turn on electrical switches if you think there may be damage to your home.
- **Call your family contact.** Do not use the telephone again unless it is a life-threatening emergency.
- **Check on your neighbors, especially elderly or disabled persons.**
- **Put your pets in a safe place as they will be confused and scared and may be dangerous.**
- **Don't get caught up in the "HYPE."** Constant exposure to crisis or disaster pictures, news, and information can cause serious emotional issues for children. Limit your family's time in front of the television and tune in for regular updates and alerts.

Simple tips to help you support your children and youth with special health care needs during difficult times

- **Have a plan and know what you will do.** It is the unknown that frightens most people. Most children and youth are more disturbed about what they think might happen than by reality. Planning makes the unknown easier for children.
- **Talk on a level that your child can understand.** Children of all ages will know or sense that something is wrong. Older children should be included in developing the family plan. They should also be encouraged to develop their own plan about things important to them. Younger children may not understand, but take the time to hold them and tell them how much you love them and that you will always do your best to care for and protect them. Singing and playing games they recognize can help calm them.

- **Give them information they need.** When a child asks how bad the expected disaster can be, such as an earthquake, you can compare it to others they may have experienced. If they see devastation on television explain to them what you will do if it is that bad. Have them talk about what they think they could do help protect themselves and their belongings. Talk about the plan and where you will be. Practice the plan to make everyone feel more comfortable. Have practice drills for "Duck, Cover, Hold" and fire evacuation.
- **Keep routines and regular schedule.** Routines reinforce to children that things will be staying the same for a while. They are comforted by doing what they are used to doing. This helps them understand that "life goes on." Explain why and how the routine is changing.

- **Children with chronic medical conditions** such as asthma, allergies, or implanted devices should have a medical alert tag. This is especially important if they have a need that may not be obvious, such as diabetes. Teach your child to answer questions about their condition and treatment as soon as they are old enough. This will help ensure that others can care for them in your absence. Also, keep a health history information form on your child and make copies to keep with you.
- **Children with cognitive limitations** may respond to traumatic events based more on their observations of adult and peer emotions rather than the verbal explanations that they may receive. Discussions with them need to be specific, concrete and basic; it may be necessary to use pictures in explaining events and images. These children will need concrete information to help them understand that images of suffering and destruction are in the past, and that they are not going to hurt them.

- **Children with visual, hearing or physical limitations** will understand at their level of development, what is happening and may become frightened by the limitations their disability poses on them. They need to know that they are going to be safe and that they can find a safe place in an emergency. When explaining plans that may take them into unfamiliar territory, provide very simple and explicit explanations.

Children with visual impairments will need to have the area carefully described to them, while children challenged by physical or hearing impairments may need visual aids as to what they have to do and where they have to go.

- For hearing impaired children with communication needs, it is important to have a signer or interpreter near them. They need to know that someone will be there for them. For oral communicators, distance may be an issue as they may experience difficulty with lip reading. Darkness such as blackouts or disaster drills in areas with poor lighting, presents problems for children with communication needs. Your child should always carry their own personal kit including flashlight, pencil and paper. Make sure your child knows where they are kept.

- **Make sure children know what to do if you are not around.** If your child is old enough to talk, they should be taught your name. Older children should be taught their address, phone number, and your cell phone number. Make sure your children have some identification on them even if they are with you; such as those sold for shoe laces or an information card in their pocket on how to get a hold of you should you be separated. Ensure caregivers who may be in charge of children with special health care needs know the emergency plan in the event you are unable to return home.

- **Teach your children to recognize and accept help from emergency officials.** Make sure your children can recognize emergency officials, such as police, Red Cross, firemen, and others. Help them understand that if they are alone they can go to these people for help. It is important that they learn to NOT be afraid and hide from emergency officials. This can make locating them if they are separated from you more difficult. Children with special health care needs should carry a personal emergency kit which includes a flashlight and a whistle.

4

Section 4: Resources for families

Resources on the web

http://www.alaska211.org
2-1-1 is an easy-to-remember telephone number that connects callers at no cost to information about critical health and human services available in communities around Alaska.

http://www.ak-prepared.com/
This site manages the State of Alaska's role in disaster preparedness and response. Also provides emergency preparedness information to residents, including daily situation reports and advisories, disaster preparation check lists, mitigation information, and links to information about pandemic illnesses and other emergencies.

http://www.fema.gov/
The Federal Emergency Management Agency website has information in current and past disasters, applying for assistance, maps, and libraries of information and resources for disaster planning, response, and recovery. They also have a special website (http://www.fema.gov/kids/) just for kids.

http:/www.ready.gov/america
The Homeland Security office hosts a website to assist Americans in preparing for and responding to disasters of all kinds. The site has kits, tools, forms, and resources available for downloading.

http://www.alaska.redcross.org
The Red Cross website is home to a broad base of information relating to planning and response to disasters. The site has resources as well as specific information for communities after a disaster strikes.

http://www.aap.org/
An official website of the American Academy of Pediatrics—an organization of 60,000 pediatricians committed to the attainment of optimal physical, mental, and social health and well-being for all infants, children, adolescents, and young adults.

http://www.cshcn.org
The Center of Children with Special Needs' mission is to improve and promote the health and well being of children with special health care needs and their families. They focus on providing information to families and health care professionals.

http://www.nasponline.org
The National Association of School Psychologists is the premier source of knowledge, professional development, and resources, empowering school psychologists to ensure that all children and youth attain optimal learning and mental health.

http://ready.alaska.gov
Alaska Homeland Security & Emergency Management (DHS&EM)

http://www.commerce.state.ak.us/dca/nfip/nfip.htm
Department of Commerce, Community and Economic Development (DCCED), State of Alaska Floodplain Management

http://www.flood.alaska.gov
Flood information for Alaskans

http://www.floods.org/
Association of State Floodplain Managers

http://aprfc.arh.noaa.gov
Alaska-Pacific River Forecast Center (APRFC)

http://ambcs.org
Natural Resources Conservation Service (NRCS), Alaska Snow, Waterand Climate Services

http://www.arh.noaa.gov/
National Weather Service (NWS), Alaska Region Headquarters

http://akweathercams.faa.gov/
Federal Aviation Administration (FAA), Alaskan Region's Weather Cameras

http://fire.ak.blm.gov/
U.S. Department of the Interior—Bureau of Land Management (BLM), Alaska Fire Service

http://www.aidea.org/aea/index.html
Alaska Energy Authority (AEA)

http://www.commerce.state.ak.us/dca/commdb/CF_COMDB.htm
Department of Commerce, Community and Economic Development (DCCED), Community Profiles

http://www.dps.state.ak.us/fire/
TEB/ruralfireprotection.aspx Alaska Department of Public Safety, Rural Fire Training Office

http://www.state.ak.us/dec/
Department of Environmental Conservation (DEC)

http://pafc.arh.noaa.gov/ice.php
National Weather Service, Forecast Office Alaska Ice Desk

http://www.sba.gov/localresources/
disasteroffices/focwest/index.html
Small Business Administration

State of Alaska resources

Alaska Department of Homeland Security & Emergency Management

State Emergency Coordination Center (SECC) ..... 907-428-7100 or 1-800-478-2337

Alaska Department of Environmental Conservation

Disaster Response Emergency Coordinator ..... 907-376-1850/1865 or 1-800-478-9300
Anchorage Office 907-269-3063
Fairbanks Office 907-451-2121
Juneau Office 907-465-5340

Alaska State Troopers

Anchorage 269-5511
Anchor Point 235-8239
Aniak 675-4398
Bethel 543-2294
Cantwell 768-2202
Cold Bay 532-2440
Coldfoot 678-5211
Cooper Landing 595-1233
Cordova 424-3184
Crown Point 288-3346
Delta Junction 895-4800
Dillingham 842-5641
Dutch Harbor 581-1432
Emmonak 1-866-949-1303
Fairbanks 451-5100
Galena 656-1233
Girdwood 783-0972
Glennallen 822-3263
Haines 766-2552
Healy 683-2232
Hoonah 945-3620
Iliamna 571-1871
Juneau 465-4000
Ketchikan 225-5118
King Salmon 246-3307
Klawock 755-2918
Kodiak 486-4121
Kotzebue 442-3222
Mat-Su West 373-8300
McGrath 524-3052
Nenana 832-5554
Ninilchik 567-3660
Nome 443-2835
Northway 778-2245
Palmer 745-2131
Petersburg 772-3983
Sitka 747-3254
Soldotna 262-4453
St.Marys 438-2019
Talkeetna 733-2256
Tok 883-5111
Unalakleet 624-3073
Valdez 835-4307
Wrangell 874-3215
Yakutat 784-3206

Alaska Village Electric Cooperative

Hotline ..... 1-800-478-1818 or 907-561-1818

Alaska Department of Commerce, Community and Economic Development

Floodplain Insurance and Management 907-269-4583/67
Alaska Energy Authority 907-771-3025

Federal resources

American Red Cross

Anchorage.....907-646-5400/5407/5409
Toll free.....1-800-451-8267

Army Corps of Engineers

Anchorage.....907-753-2513

National Weather Service

Anchorage.....907-266-5105
Fairbanks 907-458-3708
Juneau 907-790-6824

Contact information for vital documents

Driver's license — *Alaska Department of Motor Vehicles:* 907-465-4361 or 907-269-5551

Government issued ID — *Contact the local issuing authority:* _____

Insurance policies — *Your insurance agent:* _____

Military discharge papers — *Department of Veterans Affairs:* 1-800-827-1000 or TDD/TTY 1-800-829-4833

Passports — *Passport Services (State Department):* 202-955-0430 (24 hours)

Birth, death and marriage certificates — *Bureau of Records in the issuing state:* _____

Social Security, Medicaid or Medicare cards — *Local Social Security office*: 1-800-772-1213 or TDD/TTY 1-800-325-0778

Credit Card: *Contact issuing companies as soon as possible*

MasterCard — Contact issuing financial institute: _____

VISA — Contact issuing financial institute: _____

American Express: 1-800-528-4800

Discover: 1-800-DISCOVER (1-800-347-2683), TDD/TTY 1-800-347-7449

Titles to deeds — *Local record department:* _____

Stocks and bonds — *Issuing company or your broker:* _____

Wills — *Your attorney:* _____

Income tax record — *The IRS center (1-800-829-1040), or your accountant:* _____

Citizenship papers — *Bureau of Citizenship and Immigration Services:* 1-800-375-5283

Mortgage papers — *Your lending institution:* _____

Appendixes and forms

Appendixes and forms

Appendix A: **Family Emergency Plan**

Keep a copy of this plan in your emergency supply kit or another safe place where you can access it in the event of a disaster.

http://www.aap.org/

Appendix B: **Emergency Information Cards**

Give to each family member of your family to make sure they know who to call and where to meet in case in an emergency.

http://www.ready.gov/

Appendix C: **American Academy of Pediatrics Emergency Information form for Children with Special Needs**

Work with your Health care Provider to complete the form. Make sure to keep a copy for yourself.

http://www.ready.gov/

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FEMA

Family Emergency Plan

Make sure your family has a plan in case of an emergency. Before an emergency happens, sit down together and decide how you will get in contact with each other, where you will go and what you will do in an emergency. Keep a copy of this plan in your emergency supply kit or another safe place where you can access it in the event of a disaster.

Neighborhood Meeting Place: _____ Phone: _____

Out-of-Neighborhood Meeting Place: _____ Phone: _____

Out-of-Town Meeting Place: _____ Phone: _____

Fill out the following information for each family member and keep it up to date.

Name: _____ Social Security Number: _____
Date of Birth: _____ Important Medical Information: _____

Name: _____ Social Security Number: _____
Date of Birth: _____ Important Medical Information: _____

Name: _____ Social Security Number: _____
Date of Birth: _____ Important Medical Information: _____

Name: _____ Social Security Number: _____
Date of Birth: _____ Important Medical Information: _____

Name: _____ Social Security Number: _____
Date of Birth: _____ Important Medical Information: _____

Name: _____ Social Security Number: _____
Date of Birth: _____ Important Medical Information: _____

Write down where your family spends the most time: work, school and other places you frequent. Schools, daycare providers, workplaces and apartment buildings should all have site-specific emergency plans that you and your family need to know about.

Work Location One
Address: _____
Phone: _____
Evacuation Location: _____

Work Location Two
Address: _____
Phone: _____
Evacuation Location: _____

Work Location Three
Address: _____
Phone: _____
Evacuation Location: _____

Other place you frequent
Address: _____
Phone: _____
Evacuation Location: _____

School Location One
Address: _____
Phone: _____
Evacuation Location: _____

School Location Two
Address: _____
Phone: _____
Evacuation Location: _____

School Location Three
Address: _____
Phone: _____
Evacuation Location: _____

Other place you frequent
Address: _____
Phone: _____
Evacuation Location: _____

Name	Telephone Number	Policy Number

Dial 911 for Emergencies

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FEMA

Family Emergency Plan

Make sure your family has a plan in case of an emergency. Fill out these cards and give one to each member of your family to make sure they know who to call and where to meet in case of an emergency.

ADDITIONAL IMPORTANT PHONE NUMBERS & INFORMATION:

Family Emergency Plan

EMERGENCY CONTACT NAME:
TELEPHONE:

OUT-OF-TOWN CONTACT NAME:
TELEPHONE:

NEIGHBORHOOD MEETING PLACE:
TELEPHONE:

OTHER IMPORTANT INFORMATION:

DIAL 911 FOR EMERGENCIES

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ADDITIONAL IMPORTANT PHONE NUMBERS & INFORMATION:

Family Emergency Plan

EMERGENCY CONTACT NAME:
TELEPHONE:

OUT-OF-TOWN CONTACT NAME:
TELEPHONE:

NEIGHBORHOOD MEETING PLACE:
TELEPHONE:

OTHER IMPORTANT INFORMATION:

DIAL 911 FOR EMERGENCIES

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ADDITIONAL IMPORTANT PHONE NUMBERS & INFORMATION:

Family Emergency Plan

EMERGENCY CONTACT NAME:
TELEPHONE:

OUT-OF-TOWN CONTACT NAME:
TELEPHONE:

NEIGHBORHOOD MEETING PLACE:
TELEPHONE:

OTHER IMPORTANT INFORMATION:

DIAL 911 FOR EMERGENCIES

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ADDITIONAL IMPORTANT PHONE NUMBERS & INFORMATION

Family Emergency Plan

EMERGENCY CONTACT NAME:
TELEPHONE:

OUT-OF-TOWN CONTACT NAME:
TELEPHONE:

NEIGHBORHOOD MEETING PLACE:
TELEPHONE:

OTHER IMPORTANT INFORMATION:

DIAL 911 FOR EMERGENCIES

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Emergency Information Form for Children With Special Needs

Last name:

American College of Emergency Physicians®

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 .

2.

3.

4.

Synopsis:

Baseline physical findings:

Baseline vital signs:

Baseline neurological status:

*Consent for release of this form to health care providers

Last name:

Diagnoses/Past Procedures/Physical Exam continued:

Medications:

1.
2.
3.
4.
5.
6.

Significant baseline ancillary findings (lab, x-ray, ECG):

Prostheses/Appliances/Advanced Technology Devices:

Management Data:

Allergies: Medications/Foods to be avoided **and why:**

1.
2.
3.

Procedures to be avoided **and why:**

1.
2.
3.

Immunizations

Dates					
DPT					
OPV					
MMR					
HIB					

Dates					
Hep B					
Varicella					
TB status					
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:**

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http://www.hss.state.ak.us/dph/wcfh/pdf/Prepared4HealthCare.pdf

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