Emergency Preparedness: Resources and Strategies for Families

To view these resources on the Internet, use your cell phone camera to scan the QR codes below.

**Be Ready: Disaster Preparedness for Families with Children/Youth with Special Health Care Needs**
Informational video introducing families to the importance of disaster readiness and what they can do to prepare. Available in multiple languages.

**Tips for Families of Children/Youth with Disabilities & Medical Needs**
Infographic with lots of quick tips and real life situations that families can relate to. Available in multiple languages.

**Preparing your Child for Disasters**
Infographic to help parents talk to their children about disasters and emergencies.

**American Red Cross: Prepare with Pedro**

**Do1thing.com**
Free, easy to use organization tools to help you break down emergency planning one simple step at a time.
Some questions to get started:

- What seems like the first, or most important, step we should take to get prepared?
- What do we need in our home in case we have to shelter in place?
- What do we need for each person in the family if we have to evacuate our home?
- Who in our family or community can we look to for help in an emergency?

Ideas for preparedness supplies:

- Consider asking for supplies for gift-giving occasions (birthdays, weddings, etc.) or set up a gift registry
- Go in together with a neighbor to buy items in bulk (batteries, freeze-dried foods, etc.)
- Buy an extra can of food or a jug of water each time you shop
- Put together a binder of documents you need (emergency contacts, your conditions, medications)
- Sign up for do 1 thing for easy preparation ideas
- Look around your home for a place to store your items so they are easy to get to
- Keep your go kit and stay kit together in the same place

What's Impacting Oregon?

Look at these two tools to learn what current natural disasters are in your region.

- Overview of Oregon's Hazards
- Real-time Assessment and Planning Tool for Oregon

For more information, visit www.occyshn.org or visit www.oregonfamilytofamily.org.