

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.



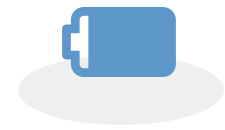
Be Ready: Disaster Preparedness for Families with Children/Youth with Special Health Care Needs

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

A fun, interactive preparedness education program featuring Pedro the penguin for children in grades K-2. Available in English and Spanish.



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.