

Be Prepared, Build a Kit

Here are some items you and your family will need:

- Non-perishable food (such as dried fruit or peanut butter)
- First aid kit
- Extra batteries
- Prescription medications and glasses
- Matches in a waterproof container
- Toothbrush, toothpaste, soap
- Paper plates, plastic cups and utensils, paper towels
- Water – at least a gallon per person, per day
- Battery-powered or hand-cranked radio
- Sleeping bag or warm blanket for each person
- Flashlights
- Whistle to signal for help
- Can opener (manual)
- Local maps
- Pet supplies
- Baby supplies (formula, diapers)

There should be enough food, water, clothing and supplies to last for at least three days.

Some questions to consider for children and youth with special health conditions include, but are not limited to:

- Is medication needed?
- Is a power source needed for medical equipment or refrigeration of special supplies or food?
- Does the child have allergies?
- Are alternate plans needed to get from one place to another (ie: manual wheel chair)?

County of Orange Health Care Agency



Resources

OC Links

(855) OC-Links or (855) 625-4657

TDD Number: (714) 834-2332

www.ochealthinfo.com/bhs/about/pi/oclinks/

Monday - Friday, 8:00 a.m. to 6:00 p.m.

Centralized Assessment Team

(Emergency Psychiatric Evaluation)

(866) 830-6011

7 days a week, 24 hours a day

24-Hour Suicide Prevention

(877) 7 CRISIS or (877) 727-4747

www.suicidepreventionlifeline.org/

NAMI WarmLine

Non-crisis support

(877) 910 WARM or (877) 910-9276

www.namiosc.org

Monday - Friday, 9 a.m. to 3 a.m.

Saturday - Sunday, 10 a.m. to 3 a.m.

County of Orange Health Care Agency Behavioral Health Services Disaster Response

405 W. 5th Street, Suite 550
Santa Ana, CA 92701

<http://ochealthinfo.com/bhs>

County of Orange Health Care Agency



Preparing Children for Disasters



Behavioral Health Services Disaster Response

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Mission Statement

Making Orange County a safe, healthy, and fulfilling place to live, work and play, today and for generations to come, by providing outstanding, cost-effective regional public services.

Before a Disaster

Create a Family Disaster Plan

- Talk to your children about the dangers of disasters that are likely in your area and how to prepare for each type.
- Make sure they know where to go in your home to stay safe during an earthquake, tornado, hurricane or other likely disasters in your area.
- Teach your child how to recognize danger signals. Make sure your child knows what smoke detectors, fire alarms and local community warning systems sound like and what to do when they hear them.
- Explain to children how and when to call for help. Keep emergency phone numbers where family members can find them.
- Pick an out-of-state family contact person who family members can “check-in” with if you are separated during an emergency.
- Agree on a meeting place away from your home where you would get together if you were separated in an emergency.
- Put together a disaster supplies kit for your family.
- Practice your Family Disaster Plan every six months so that everyone will remember what to do in an emergency.

During a Disaster

Know What to Say to Your Child at the Time of Disaster

- ASK your child what they have already heard.
- SHARE basic information, not graphic details.
- Keep young children AWAY from repetitive graphic images/sounds on tv, the radio and online.
- Consider recording the news for older children so you can preview the contents and WATCH IT WITH THEM.

After a Disaster

What Parents Can Do to Help Children Cope After a Disaster

- Keep the family together as much as possible, make the children a part of what you are doing.
- Calmly and firmly explain the situation, tell children what you know and explain what will happen next.
- Encourage children to talk, let them talk about the disaster and ask questions as much as they want.
- Listen to what they say. Reassure them that the disaster was not their fault in any way. Assure fearful children that you will be there to take care of them. Children should not be expected to be brave or tough.
- Include children in recovery activities. Give children chores that are their responsibility, this will help them feel that they are a part of the recovery.
- Go back as soon as possible to former routines.
- Let them have some control, such as choosing what outfit to wear or what meal to have for dinner.
- Allow special privileges such as leaving the light on when they sleep for a period of time after the disaster.
- Find ways to emphasize to children that you love them.

Helping Children Cope

Disasters can leave children and teens feeling frightened, confused and insecure. Kids' responses can be quite varied. For many kids, reactions to disasters are brief, but some children can be at risk for more enduring psychological distress. Three risk factors for this longer-lasting response are:

- Direct exposure to the disaster such as being evacuated, observing injuries of others, or experiencing injury.
- Loss/grief relating to the death or serious injury of family or friends.
- On-going stress from secondary effects, such as temporary housing, loss of social networks, loss of personal property, or parent's unemployment.

Be aware that after a disaster, children are most afraid that:

- The event will happen again
- Someone will be injured or killed
- They will be separated from the family
- They will be left alone



Resources

<https://www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/Children-and-Disasters/Pages/CYWSN.aspx>

<https://www.fema.gov/coping-disaster>

<https://www.healthychildren.org/English/safety-prevention/at-home/Pages/Getting-Your-Family-Prepared-for-a-Disaster.aspx>

<http://www.ready.gov/kids/parents/coping>