

September is National Preparedness Month

Family Emergency Kit Checklist

Great Lakes Hemophilia Foundation
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This informational resource was developed for families with bleeding disorders. Work was done by the National Hemophilia Foundation (NHF) Emergency Preparedness Task Force in collaboration with the Centers for Disease Control and Prevention. Adapted with permission from Freedom from Fear: A Guide for Safety, Preparedness and the Threat of Terrorism. Gregory A. Thomas, Random House Publishing, 2005.

For the full *Emergency Kit Checklist* for people with bleeding disorders visit:

<http://www.cdc.gov/ncbddd/hemophilia/documents/FamilyEmergencyKitChecklist.pdf>

Family Emergency Kit Checklist

Your family may not be together at the time of a disaster so it is important to develop an emergency plan before disaster strikes. The plan should include a communication plan, disaster supplies kit, and an evacuation plan. It is especially important for people with bleeding disorders to have a plan in place in order to ensure that the same level of care is maintained in the event of a disaster.

Bleeding Disorders - Specific Preparedness

GENERAL TIPS FOR PEOPLE WITH BLEEDING DISORDERS*

- *Be sure to consult your Hemophilia Treatment Center for a plan specific to your needs.
- Wear a medical alert bracelet or necklace that explains the family member's bleeding disorder.
- Place multiple ice packs in the freezer.
- Make sure you always have enough cash or change for parking at an HTC or hospital or for cab, bus, or subway fare to get you to the HTC or an ER, and make sure you always keep it in the same place.
- Make sure you always take factor and supplies with you when you leave home.
- Keep important telephone numbers in multiple locations for example, for your HTC, homecare company, physicians, insurance, and ER (for example, on the refrigerator, in your wallet, on your child's car seat, in school or work bags, with your car registration papers, and in your go-bag).
- Keep as much factor and supplies on hand as your insurance will allow.
- Teach extended family and friends how to mix the clotting factor into a syringe, put the needle into the vein and give the factor, as others might have to give the factor.
- Keep a family manual, or notebook, containing such things as up-to-date medical information, directions on mixing and infusing factor, maps of the area to the HTC and hospital, important telephone numbers, diagnosis and treatment regimens, and

the location of a backup HTC. See www.cdc.gov/bloodtreatmentcenters for a list of treatment centers in the U.S.

- Keep an infusion log and take it with you in case you have to leave your home.
- Keep a go-bag or small suitcase of factor and supplies packed at all times so it is easy to grab and go. Make sure you change out supplies regularly so they can be used before they expire.
- Program your emergency contact into your telephone under "ICE" (In Case of Emergency). Emergency medical services responders now look for such numbers in cell phones and call the number if need be.
- Program 1-800-42-HANDI into your cell phone in case you need information on available HTCs in areas to which you might have to evacuate.
- Contact your local emergency management office or public health department for information on sheltering in place and other safety procedures for your area.