

## Emergency Preparedness Kits

### Prepare different kits for different places and situations (Carry on you, Grab-and-go, Bedside, Home)

- A “carry on you” kit is for the essential items, such as medications, contact names and phone numbers, health information etc., you need to keep with you at all times.
- “Grab-and-go” kits are easy to carry kits you can grab if you have to leave home (or school, workplace, etc.) in a hurry. They have the things you cannot do without but are not so big or heavy that you cannot manage them.
- A “home kit” is your large kit with water, food, first aid supplies, clothing, bedding, tools, emergency supplies, and disability-specific items. It includes all the things you would most likely need if you had to be self-sufficient for days either at home or in an evacuation shelter.
- A “bedside” kit has items you will need if you are trapped in or near your bed and unable to get to other parts of your home.
- A “car” kit has items you will need if stranded in your car.
- Keep important items in a consistent, convenient and secured place so you can quickly and easily get to them. (Items such as teeth, hearing aids, prosthesis, canes, crutches, walkers, wheelchairs, respirators, communication devices, artificial larynx, sanitary aids, batteries, eyeglasses, contact lens with cleaning solutions, etc)

**If you have any questions or concerns, please call Cook Children’s Home Health at (800) 747-8242.  
A nurse is available 24 hours a day.**

### Emergency Supplies Kits (Carry on you, Grab-and-go, Bedside, Home)

- Emergency health information
- Cell phone
- Standard telephone (does not need to be plugged into an electric outlet)
- Essential medications
- Other medications
- Flashlights and extra batteries. (People with limited reach or hand movement should consider low cost battery-operated touch lamps.)
- Extra batteries for oxygen, breathing devices, hearing aids, cochlear implants, cell phone, radios, pagers, PDAs.
- Copies of prescription medications
- Emergency food
- Assorted sized of re-closeable plastic bags for storing food, waste, etc
- Sturdy work gloves to protect your hands from sharp objects you may try to lift or touch by mistake while walking or wheeling over glass and rubble
- Lightweight flashlight (on key ring, etc)
- Small battery-operated radio and extra batteries
- Signaling device you can use to draw attention to you if you need emergency assistance (whistle, horn, beeper, bell(s), screecher)
- A container that can be attached to the bed or nightstand (with cord or Velcro) to hold hearing aids, eyeglasses, cell phones, etc, oxygen tank attached to the wall, wheelchair locked and close to bed. This helps prevent them from falling, flying or rolling away during an earthquake or other jarring, jolting event
- A patch kit or can of “sealant” to repair flat tires and/or and extra supply of inner tubes for non-puncture-proof wheelchair/scooter tires. Keep needed equipment close to you so you can get to it quickly. If available, keep a lightweight manual wheelchair for backup.

Source: <http://www.ready.gov/>

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