

State University of New York College at Buffalo - Buffalo State College  
**Digital Commons at Buffalo State**

---

NYS Child Welfare/Child Protective Services  
Training Institute

Institute for Community Health Promotion  
(ICHP)

---

2-3-2017

# Preparing Your Family for Emergencies: An Informational Tool for Parents Living in the State of New York

Jason D. Rivera M.P.A., Ph.D.

Follow this and additional works at: <http://digitalcommons.buffalostate.edu/cwcpstriaininginstitute>

---

## Recommended Citation

Rivera, Jason D. M.P.A., Ph.D., "Preparing Your Family for Emergencies: An Informational Tool for Parents Living in the State of New York" (2017). *NYS Child Welfare/Child Protective Services Training Institute*. 10.  
<http://digitalcommons.buffalostate.edu/cwcpstriaininginstitute/10>

This Article is brought to you for free and open access by the Institute for Community Health Promotion (ICHP) at Digital Commons at Buffalo State. It has been accepted for inclusion in NYS Child Welfare/Child Protective Services Training Institute by an authorized administrator of Digital Commons at Buffalo State. For more information, please contact [digitalcommons@buffalostate.edu](mailto:digitalcommons@buffalostate.edu).

## Know Your Vulnerability

One of the best ways for you and your family to prepare for emergencies is to know what might be coming. Learn about the hazards or emergencies that might be common in your community. Know the plans that your town has put in place to deal with these events.

Because emergencies can occur when you are not at home, learn about the emergency plans that have been put in place at your children's schools or daycares, at your work, and anywhere else you (and your family) regularly spend time.

## Be Involved

Now more than ever, people's lives are consumed with day-to-day routines that make getting involved in nonessential activities more and more difficult. This is especially the case for people with children, and even more so for those of us who are finding it difficult to make ends meet.

However, disaster and emergency management studies have shown over and over again that it's people like you, those that volunteer to get involved, that have the greatest impact on reducing the costs of emergencies for whole communities, in addition to your own families.

By learning about emergency/disaster programs, you can volunteer within your community. Not only will you be a more valuable asset to the rest of your family and children in a crisis situation, but you may also be able to help others.

**BE A VOLUNTEER**

## Other Resources

For more information on how you might be able to reduce emergency or disaster losses, and enhance your children's ability to recover from these events, please visit any of the following websites:

**New York Office of Emergency Management:**  
<http://www.dhSES.ny.gov/aware-prepare/>

**New York City Office of Emergency Management:**  
<http://www1.nyc.gov/site/em/ready/kids.page>

**New York State Citizen Preparedness Corps:**  
<http://prepare.ny.gov/>

**Ready.gov:** <https://www.ready.gov/>

**National Center for Disaster Preparedness:**  
<http://ncdp.columbia.edu/library/preparedness-tools/the-ncdp-model-for-disaster-preparedness/>

©Jason D. Rivera, MPA, Ph.D.

SUNY Buffalo State

Dept. of Political Science

1300 Elmwood Ave.

Buffalo, NY 14222

*This pamphlet was supported in part by  
the SUNY Buffalo State Institute for  
Community Health Promotion  
Collaborative Research Initiative*

## Preparing Your Family for Emergencies:

*An Informational Tool for  
Parents Living in the State of  
New York*





## Be Ready for Emergencies

Emergencies, disasters and other crises can occur without any warning throughout New York. Although we tend to think about emergencies and disasters as related to weather or terrorism, more commonly they take the form of house fires, household structural problems, or even household accidents.

Even though crises can affect everyone, low-income families and children are often the most vulnerable to these situations and their consequences.

Being prepared for these types of situations is not only the responsibility of homeowners, but also the responsibility of parents. Yet, preparing for an emergency should not be done on your own. Properly preparing yourself and your loved-ones is a family affair and should take place in advance of any emergency situation.

Although we cannot prevent all emergencies, there are some easy things you can do *now* so that your family, especially your children, are prepared when an emergency, disaster, or crisis occurs.

### Develop a Family Emergency Plan

Emergencies can happen anywhere. Develop a plan at home with the help of your children, and other family members that you live with. Be sure to include

information for friends and family members who do not live with you and who are both local and out of town.

### Some Considerations When Making a Plan

- Remember that infants/babies require extra care and different materials than older children. Be sure to think about what your infants/babies may need if you have to leave your home.
- Individuals with disabilities or special needs typically require more attention in emergency situations than others. Remember to think about their specific needs, and develop a plan that ensures their needs are addressed.
- Include evacuation and sheltering options in your plan. Many times people do not know where to go in the event of an emergency. Discuss possible options for temporary stay with family and friends who are both local and out of town.
- Ensure that when an emergency occurs, you have documents such as social security cards, medical documents, health information cards (insurance cards), insurance policies, and other important personal documents readily available because these are often needed after an emergency occurs.
- Be sure that your children know the phone numbers of family members, friends, and/or neighbors they can call for help in the event that you are either not home when an emergency happens, or if you are incapacitated.
- Discuss your plan with one or two of your neighbors. Oftentimes your neighbors are the first available people to help you in an emergency. Knowing their plans and vice-versa can help their family and yours in a crisis.



### Build a Family Emergency Kit

Every member of your family should have their own individualized emergency kit. Remember, during and after many emergencies the electricity we use to keep food fresh, cook meals, and get information from TV or the internet, is out.

As a family, you should help to build each other's emergency kits. Make sure that you have enough supplies to last for at least three (3) days. Collect these items and keep them together in a safe place so that it can be easily found in an emergency:

- 3-day supply of non-perishable food (dried fruit, canned foods, peanut butter, etc.) and can opener
- First Aid kit
- 3-day supply of clothes
- Toothbrush and toothpaste
- Waterproof matches and/or a lighter
- Sleeping bag and/or warm blanket for everyone
- Water: at least a gallon per person, per day
- Flashlights with extra batteries
- Plastic eating utensils (plates, cups, knife, forks, etc.)
- Whistle to signal for help
- Toilet paper and paper towels
- Charged extra cell phone battery
- Essential medications
- Baby supplies
- A toy and/or game for child comfort
- Copies of important personal documents in a resealable plastic bag