

Infants/Toddlers/ Senior Citizens/Pets

Infants and children have special needs in a 72 hour kit. Items should include:

Their own bag - labeled with their own name
Disposable diapers (36 -48 minimum)*
Disposable wet wipes*
Plastic garbage bags*
Two changes of clothes*
Two pair pajamas
Two blankets
Hat/gloves/socks
Infant formula (May need to supplement nursing babies)
Instant baby cereal
Canned food & juices - must be eaten at one meal to prevent spoilage
Teething biscuits & Orajel
Sterilized water/also Pedialyte
Plastic bottles (label with name)
Disposable bottle liners
Extra nipples
Bib
Plastic spoon and bowl
Pacifier (Label with name)
Safety pins
Baby powder
Baby Oil
Diaper rash medication
Children's Tylenol
Assorted toys (label with name)

Senior Citizens

In addition to preparing a 72 hour kit:
Arrange for someone to check on you
Have a plan to signal the need for help
Have extra batteries for hearing aids, wheel chairs, extra oxygen, extra eyeglasses
List the style and serial numbers of medical devices such as pacemakers, and a list of all medications and dosages
Teach those who may need to assist you how to operate necessary equipment.

The most critical aspect of infant care during emergencies is sanitation. Infants, by nature, become soiled and dirty from one minute to the next, thus providing excellent breeding grounds for disease-causing bacteria which may infect not only the infant but also adults that come in contact.

*For proper sanitation, it is important that you store a sufficient supply of disposable diapers, wipes, and garbage bags. Change infants regularly and keep them clean. Dispose of the soiled diapers in the garbage can liners and keep them tightly sealed to prevent spread of disease. Wash hands often.

Emergency diapering needs may be met by lining plastic pants with scraps of cloth, tissue, paper towels, or other absorbent material.

Before the emergency, young children can help prepare and store supplies. Teach them about the warning sounds (smoke alarms, sirens, etc in your home & neighborhood)

Young children should memorize family name, address, and phone number as early as possible.

Children need extra reassurance - take time to hold, cuddle, talk and especially listen to them. Encourage them to talk about their feelings. Keep them with the rest of the family. Be prepared to sing songs and play simple games such as I Spy; Duck, Duck Goose; Button, Button; Lion Hunt; etc.

Pets

Consider your pet's needs in planning for an emergency.

- *Have a current ID tag, license.
- *Keep their vaccinations current.
- *Keep pet carriers, extra collars, and leashes on hand to contain and calm your pet.
- *Your pet also needs ½ gallon of drinking water per day.
- *Store at least 2 weeks supply of food

In case of evacuation, be aware that pets are not allowed in Red Cross emergency shelters.

Other Emergency Kits on the back of this sheet