# More Emergency Tips from the Oregon Family to Family Health Information Center

## Checklist for Parents:

**Planning for a medical emergency:**

- I’ve scheduled a discussion with my child’s doctor to discuss:
  1. a plan for medical emergencies
  2. Emergency Protocol Letter

- My child’s doctor and I have a plan for medical emergencies

- I have an Emergency Protocol Letter from my child’s doctor

- I have made at least two copies of the Emergency Protocol Letter and know where they are

- I have called the local fire station to schedule a visit with my child

- My child and I visited the fire station and talked to them about our emergency plan

- I have filled out the “My Support Team” worksheet and know where it is

- I downloaded a blank ACEP/AAP Emergency Form

- I have filled out the ACEP/AAP Emergency Form and made copies for everyone who needs one

- I have given important people the ACEP/AAP Emergency Form and know where they are located in my home/car

**Congratulations! You are ready!**

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## Tips from Parents:

**Taking care of yourself during an emergency:**

In an emergency, or when traveling to the Emergency Room, try to:

- Take a moment for yourself
- BREATHE!
- Have your own supplies/meds/vitamins etc in one place in case you have to go quickly
- Make a plan for an emergency trip and think about a back-up plan, too
- Stay in the moment
- If you can’t be calm, let another responsible person take over for you until you are
- Remember that your child’s safety is what matters most
- BREATHE!
- Drink water
- Eat nutritious food
- Wash your hands
- Ask all the questions you need
- If something doesn’t sit right with you, say so. Follow your instincts.
- Be nice to yourself. This is hard.
- Be ready for a long wait
- Download a funny book to escape worry
- Get up and move around
- Talk to other families in the waiting room
- Keep your heart and mind open so you can be receptive to incoming advice
- Be nice to nurses and others while advocating
- BREATHE!
- Tell support people what you need

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_For more information about navigating complex health systems for children with special needs:_

[www.oregonfamilytofamily.org](http://www.oregonfamilytofamily.org) 503-494-0865. To request these materials in Spanish, email contact@oregonfamilytofamily.org.