

# 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!**

## 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

*These tips brought to you with love from the Parent Partners of the Oregon Family to Family Health Information Center*

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](mailto:contact@oregonfamilytofamily.org).