



## Disaster Kit for a Child with Asthma (1-3 years old)

| <b>Food</b>   | <b>Quantity/<br/>day</b> | <b>#<br/>days</b> | <b>Total # in<br/>Pack</b> |
|---|--------------------------|-------------------|----------------------------|
| Canned Fruit (4 oz)                                   | 2                        | 7                 | 14                         |
| Canned Beans or Pasta (7 oz)                          | 1                        | 7                 | 7                          |
| Tuna Fish (3 oz)                                      | 2                        | 7                 | 14                         |
| Crackers (small package)                              | 3                        | 7                 | 21                         |
| Breakfast/Snack/Granola Bar                           | 2                        | 7                 | 14                         |
| Nutrition Shake (i.e., Pedia-Sure)                    | 1                        | 7                 | 7                          |
| Juice Box   | 1                        | 7                 | 7                          |
| Water - liter bottle                                  | 0.5                      | 7                 | 3                          |
| <br><b>Non-Food Items</b>                             |                          |                   |                            |
| Light Sticks  |                          |                   | 7                          |
| Hand Sanitizer  |                          |                   | 1                          |
| Tissues (pocket size)                                 |                          |                   | 1                          |
| Survival Blanket                                      |                          |                   | 1                          |
| First Aid Kit   |                          |                   | 1                          |
| Garbage Bag   |                          |                   | 1                          |
| Chlorine Bleach (1 oz), or water purification tablets |                          |                   | 1                          |
| Clean cloth or cheese cloth (for water filter)        |                          |                   | 1                          |
| Plastic spoons  |                          |                   | 7                          |
| <br><b><i>Contents of First Aid Kit</i></b>           |                          |                   |                            |
| Antiseptic Cleansing Wipes                            |                          |                   | 7                          |
| Sterile Eye Wash                                      |                          |                   | 1                          |
| Polysporin or Bacitracin (individual packets)         |                          |                   | 7                          |
| Adhesive Bandages (assorted sizes)                    |                          |                   | 14                         |
| 4 x 4 sterile bandages                                |                          |                   | 4                          |
| Bandage roll  |                          |                   | 2                          |
| Acetaminophen (infant formula)                        |                          |                   | 14 doses                   |
| Ibuprofen (infant formula)                            |                          |                   | 14 doses                   |
| Benadryl  |                          |                   | 14 doses                   |
| First aid scissors                                    |                          |                   | 1                          |
| Tweezers  |                          |                   | 1                          |
| Ace bandage   |                          |                   | 1                          |
| Cold pack   |                          |                   | 2                          |
| Rectal Thermometer                                    |                          |                   | 1                          |
| Prescription Medications as needed                    |                          |                   | 7                          |

***Contents of Asthma Medications/Supplies***

***\*Consult with your child's medical provider for specific instructions and supplies needed for your child's condition during a disaster.***

Maintenance/rescue medication

Epi pen

Battery-powered Pulmo-Aide

Masks/Tubing

Other supplies usually needed