



Your Family Emergency Health Guide

Simple steps to help care for the people you love — *before a crisis happens.*

Why preparedness is an act of love.

Health emergencies rarely come at convenient times — a child spikes a fever, a prescription runs low, a storm knocks out power. This guide walks you through eight simple steps to ready your household. Start with one; you don't need to do everything at once. Preparedness isn't fear — it's care.

The 8-Step Readiness Journey

- **Step 1** | Readiness Check & Family Health Plan — a 10-minute self-check, then the plan it points to
- **Step 2** | Build Your Kit — a home kit and a smaller mobile kit
- **Step 3** | Medication Readiness — lists, safe storage, and refill know-how
- **Step 4** | Common Health Situations — calm, practical responses
- **Step 5** | Caring for Children, Older Adults & Those with Ongoing Health Needs — help vulnerable loved ones
- **Step 6** | Everyday Prevention — simple habits that protect a household
- **Step 7** | Power & Staying Connected — when normal systems are interrupted
- **Step 8** | Your Action Plan — a few next steps, and a commitment

How to Use the Guide — Key Features



Ready Now

A small action you can take today



Family Discussion

A prompt to talk through before an emergency



Around the World

How access to care changes everything



Faith & Family

A short Scripture to anchor the journey.

Your Printable Workbook

As you work through each step, you'll gather names, numbers, medications, and plans. The Printable Workbook at the end of this guide is where all of it lives — five worksheets you can fill in, print, and keep with your kit.

Important Medical Note

This guide is for general preparedness, not a substitute for professional medical advice, diagnosis, or treatment. **In an emergency, call 911.** When a child, older adult, pregnant woman, or vulnerable person is involved, seek guidance sooner rather than later.



A Prayer as You Begin

*Lord, give us wisdom to prepare well and calm hearts when challenges come.
May these steps be one way we love the people You have entrusted to us. Amen.*

Step 1

Readiness Check & Family Health Plan

Start with a quick check — then build your plan.

Check each item your household already has in place — the rest points to what your family health plan should cover.

Do you know where these are?

- | | |
|--|--|
| ☐ A current prescription list for each person | ☐ School, childcare, or caregiver contacts |
| ☐ Allergy information | ☐ Copies of key medical documents |
| ☐ Insurance cards or medical ID numbers | ☐ First aid supplies & a working thermometer |
| ☐ Emergency contacts | ☐ Flashlight, batteries & a backup power bank |
| ☐ Doctor, specialist & pharmacy contacts | |

Could you answer these quickly?

- | | |
|--|---|
| ☐ Who would speak for you if you couldn't? | ☐ Who is authorized to pick up children? |
| ☐ Does anyone rely on refrigerated medicine? | ☐ Where is the nearest urgent care or Emergency Room (ER). |
| ☐ Does anyone rely on power for a medical device? | ☐ What local alerts should your household receive? |
| ☐ Who would check on an older loved one? | ☐ Where would your family meet if you couldn't get home? |
| ☐ What medications does each person take, and when? | |



Ready Now • Choose your first three steps

Write three actions you can take this week.

1.

2.

3.

What If?

These questions assume pharmacies are reachable and clinics stocked. For many families, a child may be diagnosed correctly — but the medicine isn't there. A diagnosis only becomes treatment when medicine reaches the clinic; that gap is where access becomes lifesaving.

Learn more at map.org

Step 1

Readiness Check & Family Health Plan

Build Your Family Health Plan.

This records what someone would need if you couldn't speak for yourself. Keep a copy at home, one in your kit, one with someone you trust; refresh it twice a year. A template is at the end.

Include for each household member

- ☐ Full name & date of birth | Phone & address | Emergency contact
- ☐ Primary doctor & pharmacy | Insurance information | Allergies
- ☐ Current medications | Medical conditions | Medical devices used
- ☐ Mobility & communication needs | Language needs | Advance directives

For children

- ☐ Guardian names & phone numbers
- ☐ School / childcare contact & approved pickup list
- ☐ Allergies, medications, pediatrician
- ☐ Special instructions (asthma, seizures, diabetes)

For older or vulnerable loved ones

- ☐ Medication schedule & specialist contacts
- ☐ Devices (oxygen, CPAP, glucose monitor)
- ☐ Power needs for medical equipment
- ☐ Backup caregiver & preferred hospital



Ready Now

Photograph the front and back of every insurance card and ID today, and store the images where you can reach them quickly.



Family Discussion

"Where are our important documents kept and does everyone who'd need them know?" A plan is only useful if people know it exists.



Lord, help us prepare with love instead of fear. Show us how simple steps today can become a blessing to those You have entrusted to our care. Amen.

Step 2

Build Your Kit

Build a practical health kit.

Think of two kits: a fuller one that stays home, and a smaller go-kit to grab on the way out. Build slowly, and click items as you gather them.

Basic health supplies

- | | |
|--|---|
| ☐ Antiseptic wipes | ☐ Oral rehydration packets |
| ☐ Assorted bandages | ☐ Small scissors |
| ☐ Disposable gloves | ☐ Soap |
| ☐ Dosing cup or syringe | ☐ Sterile gauze & tape |
| ☐ Elastic bandage wrap | ☐ Thermometer |
| ☐ Hand sanitizer (60%+) | ☐ Tissues |
| ☐ Instant cold pack | ☐ Tweezers |

Common household needs

- | | |
|---|--|
| ☐ Adult fever reliever | ☐ Phone charger / power bank |
| ☐ Child fever reliever | ☐ Bottled water & snacks |
| ☐ Antihistamine | ☐ Extra glasses / Contact lens |
| ☐ Anti-diarrheal (adult) | ☐ Hearing aid batteries |
| ☐ Masks | ☐ Diapers, wipes, formula (if needed) |
| ☐ Flashlight & batteries | ☐ Copy of Medication and Emergency Contact list |

Ask a pharmacist what's right for your household, and keep all medicines out of reach of children.



Ready Now

Start today: gather three kit items you already own into one box, and add a few more each week.

Comfort matters, too — a small toy, a family photo, a soft blanket, a Scripture card. It helps children and anxious loved ones feel safe.

Step 3

Medication Readiness

Medication readiness.

For many families, medication is the most important part of being ready. A missed dose is a minor inconvenience for one person — and dangerous for another managing diabetes, heart disease, asthma, or seizures.

Make a medication list

For each medication — prescription, over-the-counter, vitamins — write:

- | | |
|--|---|
| ☐ Name & dose | ☐ When & why taken |
| ☐ Prescribing doctor | ☐ Pharmacy & refill date |
| ☐ Storage / refrigeration | ☐ Allergies & reactions |

Store medicines safely

- ☐ Keep medicines in original labeled containers
- ☐ Store away from heat, moisture & sunlight
- ☐ Keep all medicines out of reach of children
- ☐ Check expiration dates regularly
- ☐ Never share prescriptions; dispose of old ones safely

Ask your doctor or pharmacist

- ☐ What should I do if I miss a dose?
- ☐ Can I create an emergency supply?
- ☐ What if the pharmacy is closed, or the power goes out?
- ☐ Does this medicine need refrigeration?
- ☐ Any interactions with common over-the-counter medicines?

Refill laws vary by location — learn your options before an emergency.



Ready Now

Photograph your medication list today. Keep a printed copy in your kit and give one to someone you trust.

Antibiotics — important & often misunderstood

Antibiotics save lives when truly needed, but they don't treat viruses like colds or flu. Take them only as prescribed — don't save leftovers or take someone else's.

Step 4

Common Health Situations

Calm thinking, when it counts.

Most of these moments don't call for perfect knowledge — just calm thinking and knowing when to reach for help. When a child, older adult, or pregnant woman is involved, call a professional sooner.

Fever & respiratory illness

What to do

- ☐ Encourage rest and offer fluids
- ☐ Monitor temperature & symptoms
- ☐ Use medicines only as directed
- ☐ Keep the sick person apart from vulnerable family

When to call

- ☐ A baby has a fever
- ☐ A child is hard to wake or not drinking
- ☐ Breathing is fast, labored, or noisy
- ☐ Lips or nails look blue; stiff neck, rash, or seizure

Good to know

- ☐ Colds & flu are viral — antibiotics don't help
- ☐ Never give aspirin to children unless directed
- ☐ Keep a working thermometer & dosing tool ready

Dehydration, vomiting & diarrhea

Steps to take

- ☐ Small, frequent sips of fluid
- ☐ Oral rehydration solution when advised
- ☐ Keep breastfeeding / formula for babies
- ☐ Avoid juice or fizzy drinks while ill

Watch for

- ☐ Dark urine, urinating less
- ☐ Dizziness, sunken eyes, tiredness
- ☐ In babies: fewer wet diapers, no tears

Seek help if

- ☐ Confusion or extreme sleepiness
- ☐ Very little urination
- ☐ Can't keep fluids down
- ☐ Any concern in a baby or older adult

Cuts, scrapes & wounds

What to do first

- ☐ Wash hands; wear gloves if you have them
- ☐ Apply gentle pressure to stop bleeding
- ☐ Rinse with clean running water
- ☐ Cover with a sterile dressing; keep clean & dry

What not to do

- ☐ Don't remove a deeply embedded object
- ☐ Don't use harsh chemicals in a wound
- ☐ Don't ignore spreading redness, warmth, or pus

Seek urgent care if

- ☐ Bleeding won't stop or is deep / gaping
- ☐ It's a human or animal bite
- ☐ It affects face, hand, joint, or eye
- ☐ Signs of infection develop

Minor burns

For a minor burn

- ☐ Cool with cool — not cold — running water ~10 min
- ☐ Remove rings or tight items before swelling
- ☐ Cover loosely with a clean bandage
- ☐ Use an over-the-counter pain reliever, if appropriate

What not to do

- ☐ Don't use ice or very cold water
- ☐ Don't apply butter, oil, or toothpaste
- ☐ Don't pull off stuck clothing or pop blisters

Call 911 if a burn

- ☐ Looks charred, leathery, white, or black
- ☐ Is larger than ~3 inches
- ☐ Affects face, hands, feet, genitals, or a joint
- ☐ Is from electricity or chemicals, or affects a baby



Around the World

For many families, dehydration or a treatable infection turns dangerous not because caregivers don't care, but because clean water, rehydration supplies, or medicine are out of reach — and an ordinary illness turns life-threatening. [Learn more at map.org/why-medicine/](https://www.map.org/why-medicine/)

Step 5

Caring for Children, Older Adults & Those with Ongoing Health Needs

Helping the people in your care feel safe.

Children take their cues from us — when trusted adults stay calm, they feel safer, too. Caring for an aging parent, spouse, or neighbor protects two things at once: the people you love, and their dignity. And if it's you who may need care one day, preparing now is a gift to those who will help you.

Create a child emergency card

- ☐ Child's full name | Guardian names
- ☐ Emergency phone numbers · Allergies
- ☐ Medications · Medical conditions
- ☐ Pediatrician | Approved pickup people
- ☐ School / childcare contact | Comfort item

Keep one card in the backpack, another in your kit
(see *Worksheet 2*).

Teach children simple safety skills

- ☐ Their full name & a caregiver's phone number
- ☐ How and when to call 911
- ☐ Where to meet outside the home in a fire
- ☐ Which trusted adult to go to for help
- ☐ What to do if separated from you
- ☐ To stay away from medicine unless an adult gives it

Help children feel safe

Speak calmly and honestly, in words they can hold onto. Keep them close to a trusted adult, and give them a small job — it often steadies a worried child. Above all, reassure them that many people are working to help.



Family Discussion

Ask a child: "If you needed help and couldn't find me, who are three trusted adults you could go to?"

Build a circle of support

Choose at least three people who know your plan — family, a neighbor, a friend from church. Each should know:

- ☐ How to reach you
- ☐ Which devices you use
- ☐ How to enter in an emergency
- ☐ If you need help evacuating
- ☐ Where the medication list is kept
- ☐ Who else to contact

Step 5

Caring for Children, Older Adults & Those with Ongoing Health Needs

Medical devices & power needs

- ☐ Backup batteries & portable chargers
- ☐ Cooler & ice packs for refrigerated medicine
- ☐ Tell the utility company about medical needs
- ☐ Know where to go if power is out a long time

Never use fuel-burning equipment — generators, grills, camp stoves — indoors; they cause carbon monoxide poisoning.

Two small things that matter most

Make help easy to give: a marked envelope by the door or fridge with a current medication list, allergies, the doctor's number, and a healthcare proxy — those few pages save precious minutes. And since falls are the most common injury for older adults, clear walkways, brighten lighting, secure loose rugs, and add grab bars where balance feels uncertain.



Around the World

Many families care for older loved ones without reliable power, stocked pharmacies, or devices. Access to medicine, health supplies, and medical devices helps families care for those they love with dignity.

Learn more at [map.org](https://www.map.org)



Lord, strengthen those who care for children, aging parents, and neighbors. Give them patience, compassion, and the assurance that every quiet act of service matters to You. Amen.

Step 6

Everyday Prevention

The simplest habits are the most powerful.

The best emergency is the one that never happens. Much of readiness is simply lowering the odds someone gets sick — and the habits that protect a household most are the simplest ones you already know.

Wash hands well

With soap and clean running water — before food, after the bathroom, after caring for someone sick, after coughing or sneezing. Five steps:

1. Wet
2. Lather
3. Scrub for at least 20 seconds
4. Rinse
5. Dry

When soap and water aren't available, use hand sanitizer with at least 60% alcohol.

Keep illness from spreading

- | | | |
|--|--|--|
| ☐ Encourage rest | ☐ Cover coughs & sneezes | ☐ Keep sick members away from vulnerable loved ones |
| ☐ Keep cups, utensils & towels separate | ☐ Clean high-touch surfaces and improve airflow | |

Stay current on preventive care

- | | | |
|--|---|---|
| ☐ Vaccines | ☐ Dental care | ☐ Prenatal & well-child visits |
| ☐ Annual checkups | ☐ Vision & hearing | ☐ Chronic monitoring |

Know your safe water plan

- | | |
|--|--|
| ☐ Where bottled water is stored | ☐ Extra water for medical needs |
| ☐ How much your household needs | ☐ How to prepare formula safely |

In a storm, flood, or outage, safe water may be disrupted — watch for boil-water guidance.



Ready Now

Post the five handwashing steps where your family will see them, and set a reminder to restock soap and sanitizer.



Around the World

Clean water, soap, and vaccines prevent illness before it becomes a crisis — yet many families lack them. When MAP provides medicine, health supplies, and medical devices where they're needed, it supports prevention and treatment alike. [Learn more at map.org](https://www.map.org)

Step 7

Power & Staying Connected

When normal systems are interrupted.

Not every emergency begins with illness. A storm closes the roads, an outage shuts off the refrigerator, a phone goes dark. Planning for those disruptions is another way of caring for the people under your roof.

Power outage checklist

- | | |
|--|---|
| ☐ Charge phones & power banks | ☐ Plan for refrigerated medicine |
| ☐ Know how to get local alerts | ☐ Fridge / freezer thermometers |
| ☐ Flashlights & extra batteries | ☐ Backup for powered devices |

During an outage: keep fridge doors closed, use flashlights not candles, and check on vulnerable neighbors.

Evacuation go-kit

- | | | |
|---|--|--|
| ☐ Medication list | ☐ Water & snacks | ☐ Medical device supplies |
| ☐ Several days of medication | ☐ First aid basics | ☐ Child comfort item |
| ☐ Copies of key documents | ☐ Glasses, contacts | ☐ Cash |
| ☐ Phone charger | ☐ Hearing aids | ☐ Written contacts |

Family communication plan

Where we'll meet near home

First Name, Last Name, Address and Phone Number

Out-of-area family contact

Who picks up the children

Who checks on older relatives



Around the World

When emergencies strike communities with limited resources, families may lose food, water, medicine, and devices at once. MAP works so medicine, health supplies, and medical devices reach people through trusted partners when and where they're needed. [Learn more at map.org/emergency-response/](https://map.org/emergency-response/)

Step 8

Your Action Plan

The next right thing.

You've reviewed your plans, supplies, medication, and communication. Preparedness isn't about doing everything; it's about doing the next right thing.

My top three readiness priorities

Priority 1

Target date

Priority 2

Target date

Priority 3

Target date

My family readiness commitment

I will take at least one preparedness action within seven days.

Signature

Date



Family Discussion

"What's one thing we learned that surprised us — and one thing we feel more confident about now?"



Ready Now

Schedule your review date before you turn the page — then complete the five worksheets that follow.



Lord, help us turn good intentions into faithful action. May the preparations we make today strengthen our families and reflect Your love in practical ways. Amen.

Caring for Your Family, Remembering Others

You prepared your family. Now help another family access care.

So many steps in this guide quietly assume access — to clean water, a pharmacy, a doctor, medicine in stock. For many families, those aren't safe assumptions: a doctor may be ready to treat, but the medicine isn't there. This is where MAP's work matters.

In 2025, MAP:

- Distributed more than \$1.3 billion worth of donated medicine, health supplies, and medical devices.
- Reached 46 million people with treatment they need to live
- Extended care and healing to people in 100 countries
- Delivered 5.8 million pounds of medical aid

With supporters like you, MAP delivers medicine, health supplies, and medical devices to people in critical need. When access is restored, doctors are no longer empty-handed — families receive care, and children heal.

→ Learn more: map.org



→ Help deliver medicine: map.org/ways-to-give



Together, we are the body of Christ at work in places most of us will never see, making moments of healing possible for families around the world.



A Closing Prayer

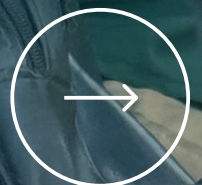
Lord, thank You for the people in our care. Give us wisdom to prepare well and compassion for families without access to care. Use our hands and resources to bring healing where it is needed most. Amen.



Family Readiness Workbook



Sierra Leone



Workbook

Fill these in, or print and complete by hand. Keep one set at home, one in your kit, and one with a trusted caregiver.

Worksheet 1 of 5 • Family Health Information Sheet

Print one per household member. Update every six months, or whenever anything changes.

Basic Information

Full name

Date of birth

Phone number

Address

Emergency contact

Relationship & phone number

Medical Information

Primary doctor & phone number

Preferred pharmacy & phone number

Allergies

Medical conditions

Medical devices used

Mobility or communication needs

Medications

Medication	Dose	When taken	Why taken	Prescribing doctor

Workbook

Worksheet 2 of 5 - Child Emergency Card

Print one per child. Keep one in the backpack or diaper bag, another in your kit.

Child's name

Date of birth

Parent / guardian 1 & phone

Parent / guardian 2 & phone

Emergency contact 1 & phone

Emergency contact 2 & phone

School / childcare & phone

Approved pickup people

Approved pickup person phone

Allergies

Medications

Medical conditions

Doctor / pediatrician

Comfort item

Notes



Ready Now

Photograph the completed card and keep it on your phone, so the information travels with you.

Workbook

Worksheet 3 of 5 · Medication Readiness Tracker

One sheet per person who takes regular medication.

Name

Pharmacy & phone

Doctor & phone

Medications

Medication	Dose	Time of day	Refill date	Storage	Fridge?

Discussed with my doctor or pharmacist? (Yes / No)

Emergency supply plan

What to do if a dose is missed

Power-outage plan for devices

Workbook

Worksheet 4 of 5 · Family Emergency Contact Plan

One plan for the household. Post a copy where everyone can find it.

Household meeting place

Near home

Outside the neighborhood

Out-of-area contact

Name

Phone

Email

Who checks on whom?

Child pickup

Older loved one

Neighbor

Person with medical needs

Pets

Local emergency numbers

Emergency services (911)

Poison control

Doctor

Pharmacy

Local emergency management

Other

Workbook

Worksheet 5 of 5 · Readiness Review Calendar

Review your family health readiness plan twice a year. Pick two dates you'll remember.

Spring review date

Fall review date

Tie reviews to something you already remember — a season's start, a birthday, the time change.

Check these items at each review

- | | |
|--|---|
| ☐ Medication checklist updated | ☐ First aid supplies restocked |
| ☐ Emergency contacts updated | ☐ Batteries checked & power bank charged |
| ☐ Children's backpack cards updated | ☐ Refrigerated medication plan reviewed |
| ☐ School / childcare plans reviewed | ☐ Important documents updated |
| ☐ Caregiver information updated | ☐ Family meeting place reviewed |
| ☐ Expired medicine removed | ☐ Go-bag restocked & ready |

Preparedness is not a one-time task. It is a rhythm of care — small, loving choices made ahead of time.



Together, we help families care for the people they love.

Thank you for preparing your household — and for caring about families beyond your own walls.



Honduras, Central America

→ map.org



→ map.org/ways-to-give



About this guide

This guide is for general preparedness and first-response awareness. It is not a substitute for medical advice, diagnosis, or treatment from a licensed professional. In an emergency, call 911 or your local emergency number. It was developed using the MAP content brief and public-health guidance from Centers for Disease Control and Prevention (CDC), Ready.gov, the American Red Cross, National Health Service (NHS), Mayo Clinic, and World Health Organization (WHO).