

Back to School Safety

Back to School & Emergency Preparedness: Brought to you by Aurora EAP



Throughout the year, schools actively prepare for natural disasters, outbreaks and other emergency situations.

Similarly, families should have an emergency kit, make a family disaster plan and be informed about events that could affect their community. Parents can take extra steps to help children prepare:

- Make sure they know the full name, address and phone numbers of parents or guardians. Even in our world of smartphones, memorizing emergency phone numbers is very important! Include a copy of this information in their backpack.

- Other items to keep in their backpack include water and nonperishable snacks; a pocket-sized first aid kit; a whistle to alert others for help; and a list of allergies, medical conditions and medications—make sure their school and teacher have a copy, too.

- Be familiar with different routes and ways to travel home like walking, taking the bus or riding home with another student who lives nearby.

- Establish a secret code word with your child and whoever takes them home from school to protect against an unauthorized person picking them up.

- Ask school administrators and teachers about emergency preparedness plans so you know what steps they are taking to keep your child safe. Many schools have guidelines on how to seek shelter during natural disasters, how to secure classrooms during an emergency lockdown and how to teach preparedness curriculum to students.

Remember, emergency preparedness is important for everyone. Children who are prepared are more confident during stressful emergency situations.