



## **Siena Adoption Services**

**2776 S. Arlington Mill Dr. Suite #524**

**Arlington, VA 22206**

**(703) 477-0411**

**sienaadoptionservices@gmail.com**

### **Emergency Plan**

If the event of an emergency, call 9-1-1, only after calling 9-1-1, contact Siena Adoption Services.

It is always a good idea to have posted in your home important phone numbers, such as the phone number for OBG/YN, Pediatrician, Primary Care Physician, and Poison Control.

It is always a good idea to keep in your home emergency supplies such as flashlights, batteries, battery operated radio, first aid supplies, drinking water and food that does not need to be cooked. Make sure food, medications and batteries are kept up-to-date.

Know what kind of natural disasters are common in your area, such as flooding, forest fires, tornados and earthquakes. If you had to leave your home in an emergency where is a safe place that you could go?

Adoption can be difficult, what would you do if you were feeling overwhelmed? Most county and city department of social services can put you in touch with a licensed provider of respite care. It is always a good idea to maintain a relationship with a local mental health provider to help you monitor stress and to build coping skills.

Please print and review this Emergency Preparedness plan from FEMA

[https://www.fema.gov/media-library-data/1530826217620-10775bfc5d7600be8e6b88308b24d8c/P1094\\_CreateYourFamilyEmergencyCommunicationPlan\\_070318.pdf](https://www.fema.gov/media-library-data/1530826217620-10775bfc5d7600be8e6b88308b24d8c/P1094_CreateYourFamilyEmergencyCommunicationPlan_070318.pdf).

Fill out the information and post it in your home in an obvious place.