TUSLA
An Ghníomhaireacht um Leanaí agus an Teaghlach
Child and Family Agency

Emergency Family Plan

IMPORTANT

This booklet is for parents/carers to think about who could offer support in the event the primary carer is unable to provide care during COVID 19

Family Name

.....

Developed by.....Parent/Carer

Eircode .....

Date.....

Family Details

Name of Parent/Guardian/Carer:	Age/Date of Birth:	Address
Mother:		
Father:		
Children:		

Professional Contact Numbers

Name	Ph no.	Address
GP		
Pharmacy		
School		
Support Worker		
Other Professionals		

Medications

Name	Name of Medication	Dosage

Family/Friends Network – A list of Family members/friends who you think will be helpful in an Emergency

Name	Relationship to (Uncle Brother, Sister	Contact No.

Does anyone within the home have sensory issues? Yes ☐ No ☐

Does anyone within the home have behavioural difficulties Yes ☐ No ☐

What works to help to manage their stress/distress:

_____

_____

_____

_____

_____

Other Information: Use this space to consider what one of your contacts on your Friends/Network list would need to know if they were required to provide care in the event of an emergency

Ways of Managing our Worry: Breathing Exercises (HSE Psychology Services 6.3.20)

1.) Deep, slow breaths:
Inhale through the nose fully right down into the bottom of your lungs and exhale through the mouth (repeat 2-3 times and return to our normal breath)

2.) 'Tension Down' exercise:
Stand or sit with feet firmly on the floor**.**
Inhale through the nose and as you do notice any tension you have in your body. Imagine that you are 'picking up this tension' as you breathe in.
Exhale through your nose and slowly breathe out saying 'Tension Down'. Imagine the tension flowing down through your body, through your feet and out of the room and far away.
You can repeat the Tension Down exercise once or twice at a time. Then any time you notice yourself becoming tense repeat the sequence.

3.) 3) Breathing out for longer

Inhale through the nose to a count of 1,2,3,4
Exhale through the mouth for a count of 1,2,3,4,5 or 6
Repeat above steps for a minute or two, working at whatever pace is comfortable for you. When you are used to the practice you can stop the counting, so long as the out-breath is a little longer than the in-breath.
Return to your own natural breath

Cut Out and Place somewhere that can be seen easily On the Fridge or beside the phone

COVID 19 Ready
Relax and take a deep Breath

Step 1: Contact our Support
Person in our Emergency Plan

_____

Step 2: Tell them your name a
and what's going on –
Their number is

_____

Our Eircode Is

_____

If nobody is answering and you are scared
phone another person on your list
or the Gardai on 999 or 112

What Next?

Talk about the plan with the other adults in the home

Talk to your Family/Friends network and let them know about the plan

Give people a copy of the plan or let them know where they can find it

Make sure the information is regularly updated

Find out your eircode and make sure it is available close to the phone or the front door in Case of an Emergency

If you are comfortable let the Children know about the plan in a way that does not frighten them but prepares them to be able to help

In the event of an emergency please contact 999

Try to relax and know that you have a plan in the event of an Emergency.

How to Prevent

Stop
shaking hands or hugging when saying hello or greeting other people

Distance
yourself at least 2 metres (6 feet) away from other people, especially those who might be unwell

Wash
your hands well and often to avoid contamination

Cover
your mouth and nose with a tissue or sleeve when coughing or sneezing and discard used tissue

Avoid
touching eyes, nose, or mouth with unwashed hands

Clean
and disinfect frequently touched objects and surfaces

Symptoms

> Fever (High Temperature)
> A Cough
> Shortness of Breath
> Breathing Dif culties

For Daily Updates Visit

www.gov.ie/health-covid-19
www.hse.ie

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