



## EMERGENCY “TO GO” BAG

- Leave the pack somewhere handy and take it with you as you would your car keys. Get in the habit of grabbing your “To Go” Bag every time you go on a long trip, day excursions, any place that is a distance from home.
- Keep the pack in the front seat of the car with you where it will be visible and accessible in an emergency. (It’s not much good to you stuck in a smashed-in trunk.)
- Place a label of some kind on the outside of the pack stating "**Emergency Medical Supplies and Information.**" That way, if you are ever in a car accident, emergency personnel will send the pack with you to the hospital.
- Don’t forget the pack in the car if it contains factor products. You are responsible for protecting them from freezing and overheating!

### What to include in your “To Go” Bag

Be sure your name, address and phone number are boldly displayed inside the pack just in case it is ever lost or for quick reference by emergency personnel.

- **Important papers:** Travel Letter from HTC, copy of insurance card, Emergency Care Guide, Emergency Contact Form
- **Kids items:** books, small toys, comfort item, bubbles (distracts and promotes deep breathing)
- **An empty zip-lock bag** for your factor. Pop in the factor, along with a flexible ice pack, just before you leave.
- **Cell phone charger**
- **Another zip-lock bag** already stocked with everything you need for an emergency infusion:

tourniquet	syringe	butterfly needles
gloves	saline	alcohol swabs
Emla cream	gauze	adhesive bandages
adhesive tape	port needles*	betadine and heparin*
(* if your child has a port)		

(Source: [www.hemophilia.ca/files/er2.pdf](http://www.hemophilia.ca/files/er2.pdf))