



NATIONAL CENTER ON  
Early Childhood Health and Wellness

# Preparing for Landslides or Mudslides



Landslides occur when mud, rocks, or debris move quickly down a slope. Debris flows, also known as mudslides, are a common type of fast-moving landslide that tends to flow in channels.

## What can your program do now to prepare for mudslides or landslides?

### Know your risk

Landslides most often occur after heavy rains, or they follow droughts, wildfires, earthquakes, and volcanic eruptions. They can happen anywhere, but are more likely to occur in the Appalachian Mountains, the Rocky Mountains, the Pacific Coastal Ranges, and some parts of Alaska and Hawaii. Programs most at risk are located near steep mountains or hills.

### Know what to do

The recommended response to a mudslide or landslide is to **evacuate to a secondary location** if you are able.

Whether you work alone or in a center, all staff must know what to do in an evacuation response. Emergency plans are essential. Use this sheet to help you identify responsibilities to fit the needs of your program: [cchp.ucsf.edu/sites/cchp.ucsf.edu/files/Job-Action-Sheets.pdf](http://cchp.ucsf.edu/sites/cchp.ucsf.edu/files/Job-Action-Sheets.pdf).





## Practice your evacuation plan

Practice the evaluation plan that is right for the children in your program.

- *For infants and toddlers:* practice using an evacuation crib, a stroller with multiple seats, a wagon, or an infant vest/carrier.
- *For preschoolers:* practice having children line up and follow instructions while using a walking rope or jump rope.
- *For children with special needs:* refer to a child's [care plan](#) and [emergency information form](#) to ensure your evacuation response plan meets the needs of every child in your program. Designate a staff person to help children with special needs evacuate efficiently. For more information, visit [cshcn.org/resources-contacts/emergency-preparedness-for-children-with-special-needs](https://cshcn.org/resources-contacts/emergency-preparedness-for-children-with-special-needs).

Looking for a checklist to help your program practice your plan? For evacuation drills, visit [cchp.ucsf.edu/sites/cchp.ucsf.edu/files/Sample-Drill-Fire-Evacuation.pdf](https://cchp.ucsf.edu/sites/cchp.ucsf.edu/files/Sample-Drill-Fire-Evacuation.pdf).

## Learn who to contact to help with your emergency plan

An effective emergency plan covers three different phases: preparedness, response, and recovery. While developing your emergency plan, use community resources for different perspectives and recommendations on preparedness, response, and recovery efforts. These resources can include, but are not limited to:

- Child Care Health Consultants (CCHCs) and Head Start Health Managers
- Child Care Resource and Referral Agencies (CCR&Rs)
- First responders: fire, health, safety, law enforcement, public works, and emergency medical services
- State/Territory child care licensing agency
- Mental Health Consultants
- Emergency Management Agency (EMA)
- Transportation partners (e.g., bus companies)
- Public health department



## Remember, your community is there to help you!

Here are links you might find useful:

- Agencies in your community: [www.fema.gov/emergency-management-agencies](http://www.fema.gov/emergency-management-agencies)
- Questions to ask local officials: [www.ready.gov/community-and-other-plans](http://www.ready.gov/community-and-other-plans)
- Regional Emergency Management Specialist (for Head Start programs): [www.acf.hhs.gov/programs/ohsepr/early-childhood](http://www.acf.hhs.gov/programs/ohsepr/early-childhood) or email [ohsepr@acf.hhs.gov](mailto:ohsepr@acf.hhs.gov)



## Additional Landslide Resources:

There are many great resources online about preparedness, response, and recovery from landslides. Check out these resources for information about a variety of landslide topics:

- [Centers for Disease Control and Prevention](#): What landslides are, what causes them, what areas are most at risk, and what you can do to protect yourself.
- [American Red Cross](#): How to prepare, respond, and recover from landslides.
- [US Geological Survey](#): Landslide warning signs and areas generally prone to landslides.
- [Ready.gov](#): How to prepare, respond, and recover from landslides, as well as additional warning signs.
- [ECLKC Emergency Preparedness Page](#): The ECLKC Emergency Preparedness page has resources for creating an emergency plan for your program, including the [Head Start Emergency Preparedness Manual: 2015 Edition](#).

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## NATIONAL CENTER ON Early Childhood Health and Wellness

View other topics in the Embracing Health and Wellness Series on the Head Start Early Childhood Learning and Knowledge Center website: <https://eclkc.ohs.acf.hhs.gov/health-services-management/article/embracing-health-wellness-series>

**Our Goal:** To help Head Start and Early Head Start programs implement best practices and effective approaches within the areas of medical and dental care access, health awareness, healthy active living, emergency preparedness, and environmental safety to support healthy outcomes and school readiness for young children and their families.

**Contact Us:** The National Center on Early Childhood Health and Wellness welcomes your feedback as well as your suggestions for topics for future resources! Please forward your comments to: [health@ecetta.info](mailto:health@ecetta.info) or call us at 888-227-5125.

***School readiness begins with health!***