



# PREP RALLY FAMILY GUIDE

Emergency Preparedness Resources for Families



Save the Children®  
Get Ready. Get Safe.

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## INTRODUCTION

The Prep Rally Family Guide contains all the family resources covered in the Prep Rally Playbook. All materials are organized by Prep Step and are available to download and print as needed.

# UNIQUE NEEDS OF CHILDREN IN EMERGENCIES: Q&A

Use the following questions to spark discussion about the unique needs of children in emergencies.

## Q&A

### 1. True or False: During a workday, children are most likely to be with their parents or guardians when an emergency occurs.

- False

**Learning Point:** Each work day, 69 million children are in school or child care, out of the care of their parents/guardians should disaster strike. This means parents, guardians and caregivers need to have emergency plans in place that can help families reunify following disasters.

### 2. Why do children need to have emergency identification cards?

- Some children may be unable to identify themselves and others may not know emergency contact information or who is authorized to look after children in an emergency.

**Learning Point:** Children may get separated from their caregiver and the card helps facilitate family reunification following disaster. The card contains critical medical information such as the child's medications and allergies.

### 3. How should an emergency shelter be setup to help protect children?

- Families should have a specific area to stay, separated from single men and women.
- Family bathrooms or bathroom times for children to bath.
- Bathroom monitors can patrol misuse of the bathroom facilities.
- Bathroom located close to family section so they can be easily; frequently accessed.
- A specific area designated for children to play; supervised by parents or screened adults.

**Learning Point:** Children face safety risks in shelters which are open to anyone; including potential pedophiles. It's imperative a shelter's setup provides protection to families in specific sleeping and bathroom areas, and shelter staff help monitor the facility with children's protection in mind.

# UNIQUE NEEDS OF CHILDREN IN EMERGENCIES: Q&A

**4. True or False: Children are more likely to be suffer from carbon monoxide poisoning than adults.**

- True

**Learning Point:** Children take more breaths per minute than adults, making them more vulnerable to toxin inhalation, poisoning and hyperventilation during an emergency situation.

**5. What are some key differences between children and adults that make children's bodies more vulnerable during disasters?**

Children:

- Are smaller.
- Are lower to the ground.
- Take more breaths per minute.
- Have thinner skin.
- Have a larger head size in proportion to the rest of their body.
- Are less coordinated.

**Learning Point:** Children have physiological differences that make them more vulnerable during disasters than adults.

**6. True or False: Children are affected by their parents'/guardians' and/or caregivers' responses to disasters.**

- True

**Learning Point:** In addition to their own experiences of the event, children identify with the responses of their families and caregivers. It's from these adults that they will seek comfort and guidance during traumatic events.

**7. What types of items or activities may help children cope after a disaster?**

# UNIQUE NEEDS OF CHILDREN IN EMERGENCIES: Q&A

- Children seek out familiar comfort items to help them cope with a tragedy such as blankets, stuffed animals or favorite toys. Children can also start to express their emotions and process events by using art supplies or a paper and pen to draw.

**Learning Point:** Children may not be able to verbally express their emotions following a disaster. Allowing children to play with familiar toys, act-out their experiences, write or draw can help them process what they are feeling. It's important to help children get back into a regular routine so they feel there is control in the situation.

## 8. True or false: Children need to drink less fluid per pound of body weight than adults.

- False: Children need to drink more fluid per pound of body weight than adults.

**Learning Point:** Fluids are lost when we breathe out and children breathe at a faster rate than adults, making them more vulnerable to dehydration or inhaling toxins during an emergency.

## 9. How might disasters affect children's educational and cognitive development?

- As the result of a disaster, schools or child care facilities may be destroyed or temporarily shut down. Children may have trouble focusing at school and may fall behind peers.

**Learning Point:** Disasters may disrupt children's access to educational programs and/or affect their ability to concentrate on activities that promote development.

## 10. Why should children's mobility be considered when planning for emergencies?

- Infants and toddlers may not be able to walk and other children may need to hold hands and be guided.

**Learning Point:** Emergency evacuation plans should account for how to move children in cribs and in car seats and safely move all children with the appropriate amount of adult supervision.

# UNIQUE NEEDS OF CHILDREN IN EMERGENCIES

When disaster strikes, children are the most vulnerable. When the people, places and routines they depend on for safety and wellbeing are affected by upheaval, children cannot adjust on their own. Yet, parents or guardians may be overwhelmed addressing the needs of their whole family's recovery. Child care centers and schools may be damaged, destroyed or used as shelters. At the same time, children are not just little adults. Infants, toddlers and children require special care and supplies at times of emergency. Children are also most likely to suffer long-term developmental, physical and psychological setbacks following a disaster. Preparing ahead of time to meet children's unique needs at times of disaster is critical to their protection.

**The following unique needs of children in emergencies need to be addressed in emergency planning and preparation to help ensure children are safe and protected from harm.**

## RELiance ON CAREGIVERS

Children are physically and emotionally dependent on their caregivers, and rely on the guidance and direction of adults to keep them safe. During a disaster, all little eyes will be on their caregiver to know how to respond, including where to go, what to do, what to take, and how to reunite with their family. If parents, guardians and other caregivers are unprepared for a variety of disasters, children are left vulnerable, scared and at risk of harm.

## SAFETY AND PROTECTION

Items that adults use every day can harm children. Medications, cleaning supplies, knives, plastic bags, coins, batteries and other small objects are unsafe for unattended children to be around. In the chaos of an emergency, it's important to have enough adults to care for children and also provide them with the supplies that they need. This rule also applies in disaster shelters, where planners and shelter managers should consider how the shelter setup can best protect children. For example, are there family areas and family bathrooms set aside for parents or guardians with children?

## COMMUNICATION AND IDENTIFICATION

Young children may not be able to verbally identify themselves or family members. Older children may not know who their emergency contacts are or how to reach them. Approximately 69 million children in U.S. schools or child care are separated from their family many hours a day, so all caregivers need to be equipped with the correct ID information for each child. This is critical to ensuring quick family reunification following a disaster.

## MOBILITY

Infants and toddlers are unable to walk and young children may need to hold hands for balance, and move at a slow pace. Emergency plans must ensure there is a way to safely evacuate every child and necessary evacuation equipment (e.g., car seats, cribs, transportation) especially if there are a limited number of caregivers available to assist during an evacuation.

# UNIQUE NEEDS OF CHILDREN IN EMERGENCIES

## PHYSICAL NEEDS

Children's bodies are smaller and less developed, putting them at greater risk of illness or harm during an emergency. For example, because children have thinner skin, take more breaths per minute, and are closer to the ground than adults, they are more susceptible to harmful chemicals or carbon monoxide poisoning from fire smoke or chemical leaks. Children also require age and size appropriate doses of medication, which should be included in disaster supplies kits.

## EMOTIONAL NEEDS

Children, no matter what age, are deeply affected by experiences of death, destruction, terror and the absence or powerlessness of their parents or guardians during a disaster. Their caregivers' reactions and responses can often add an additional layer of stress. Children process these events with limited understanding and require specialized support to develop the knowledge and healthy coping skills needed to heal and recover.

## ROUTINE AND COMFORT

Children depend on routine to help them make sense of their surroundings and feel comforted. Whether it is nap time, snack time or story time, keeping schedules consistent following a disaster is crucial in helping children cope and recover. Children also tend to be comforted by certain items they can touch or hold such as blankets, stuffed animals or toys. It's critical that parents, guardians and caregivers include such items in their disaster supplies kit.

## NUTRITIONAL NEEDS

Children also have unique nutritional needs that require special emergency planning. Children require more fluids pound for pound than adults, which should be accommodated by keeping plenty of fluids in disaster supplies and ensuring children continue to hydrate even in stressful situations. Kids also require healthy and nutritious food to help them grow. Children can be picky eaters, so storing child-friendly snacks such as granola bars or fruit snacks with disaster supplies kits is advisable.

## DEVELOPMENTAL NEEDS

A disaster may disrupt the school year or participation in child care. Children may also fall behind when they struggle with long-term physiological or psychological issues following a disaster. These setbacks, without the appropriate intervention, can cause children to lag behind their peers educationally and developmentally, potentially changing the course of their lives and ability to thrive.





# EMERGENCY PREPAREDNESS: WHY IT MATTERS TO YOU

We spend hours of every day preparing: for the day, the big presentation or a family meal. But when was the last time you took steps to prepare you family for a disaster? With nearly 100 years of emergency response experience, Save the Children knows that children are most vulnerable in disasters, with unique needs that require specific and purposeful planning to keep them from harm. Taking simple steps, like making a family plan, gathering disaster supplies and keeping informed will help protect your children.

**Don't let these assumptions stand in the way of making emergency preparedness a priority for your family and community.**

## IT'S SCARY

It may seem scary to talk to your children about emergencies, or maybe it just never seems like the right time. That's normal. But thinking and talking through worst-case scenarios can help prevent them from becoming worst-case realities. **It took seven months for the last child to be reunited with her family following Hurricane Katrina** and we can't let that happen again. Protect your family by having a disaster plan and being informed. If needed, spread out conversations about different types of emergencies so it doesn't feel so overwhelming. Ultimately, children will feel safer knowing what to do and understanding that adults are equipped to protect them.



## IT WON'T HAPPEN HERE

Many of us like to think we live in safe neighborhoods, but the reality is that disasters pose a threat to everyone. **Ninety percent of children in the United States live in areas at risk for natural disaster and manmade disasters can strike anywhere at any time.** That makes emergency preparedness a must for every family and community. Recently, Hurricane Sandy hit the north-eastern seaboard and tragedy struck Sandy Hook Elementary, a well-to-do Connecticut neighborhood. Both events occurred under unexpected circumstances that shocked the nation. While emergency plans cannot prevent the emergency, it can mitigate its effects, especially its harm to children who are dependent on caregivers for their safety.

# EMERGENCY PREPAREDNESS: WHY IT MATTERS TO YOU

## MY KIDS ARE SAFE WITH ME

What about all those times your kids aren't with you? Each work day, 69 million children are in child care or school, separated from their families, yet Save the Children's National Disaster Report Card found that **many states and the District of Columbia lack basic safety standards for protecting kids in these facilities.** Even if your school has a great emergency plan, the one down the street may not, leaving thousands of children vulnerable and at risk. Be familiar with your school's plan and take action by urging local, state and national leaders to make kids' needs a priority.

**“It isn't about waiting until the storm is upon you to ask yourselves if you are ready. It isn't the time when you are waiting in a room full of worried parents wondering if your child is seriously injured or worse... Now is the time for all of us to act. It is time to be prepared.”**

**--Alissa Parker,**

Mother of 6-year-old Sandy Hook Elementary victim

## WE'VE ALREADY PREPARED

Being prepared is more than having a plan and making a kit, it's part of a safe lifestyle that **requires regular practice and maintenance.** Practice emergency drills with the family. Provide the school with updated medical and contact information and make sure all caregivers are familiar with your emergency plan.

# SCHOOL & CHILD CARE CHECKLIST

You expect your child care provider to be prepared for medical emergencies, but do they have a plan for weather and other disaster-related emergencies? Use this check list to talk to your child's daycare provider, and pre-school and school personnel and ask:

**“How are you prepared to protect children in case of a disaster?”**

## FOR CHILDREN IN CHILD CARE

1. Do you have a written plan for evacuating and moving kids to a safe location in the event of disasters?
2. Do you have a written plan to notify me of an emergency and reunite me with my children?
3. Do you have a written plan that accounts for kids with special needs?

## FOR CHILDREN IN K-12 SCHOOLS

4. Do you have an emergency plan that accounts for multiple disasters?

### Emergency Plan

- If they have a plan:
- Do you have a copy of the plan?
  - Are you comfortable with their procedures?
  - Do local emergency responders have a copy of the plan?
  - Do they do practice drills?
  - Has the staff had adequate emergency planning training?
- If they do not have a plan:
- Have you expressed that having a plan is essential for the safety and well-being of your child?
  - Have you considered sending your child elsewhere?
  - Did you ask other parents to request a plan?

### Communication

- How you will be notified about a disaster?
- Do they have at least two ways for you to be contacted?
  - Do they have a contact for your child that is outside the area?
- How do you contact the child care program or school during and after a disaster?
- Do they have a contact for your child that is outside the area?

# SCHOOL & CHILD CARE CHECKLIST

## Disaster Resources/Kit

- Do they have disaster resources or a kit of supplies?
- Does the kit meet the needs of all staff and children for a minimum of 72 hours?
- If your child has any medical needs or regular medication, is your provider aware?
- Do you know how they plan to store and access vital records in case of loss of power or damages?

## Little Ones/Special Needs

- Is there a plan for infants or other non-mobile children who will need additional help evacuating?
- Is your provider aware of any special needs of your child?



# STORY SHARING



## PURPOSE:

To help children learn about and prepare for disasters through reading. Choosing books about disasters that may affect your area can help build children's resilience and ability to cope with crisis.

## INSTRUCTIONS:

Select one or more of the disaster books below to read together. While reading ask questions about the characters, settings and their reactions. Afterwards, have a discussion about what the book taught the children about preparing for and responding to disasters.

## STORY OPTIONS

### Emotional Resilience:

***Babies in the Bayou* by Jim Arnosky**

Demonstrates how parents and caregivers will protect children from harm.

*Grades K-1*

***Go Away, Big Green Monster!* by Ed Emberley**

Helps young children learn how to cope with and control their fears.

*Pre-K-Grade 1*

***I'll Know What to Do, A Kid's Guide to Natural Disasters* by Bonnie S. Mark and Aviva Layton**

Helps children understand the facts, their feelings and how to cope with natural disasters.

*Grades 2-5*

### Fires:

***Clifford the Firehouse Dog* by Norman Bridwell**

Focuses on being prepared and evacuating in a fire emergency.

*Grades K-3*

***Rhinos Who Rescue* by Julie Mammano**

Helps children learn that first responders, such as firefighters, help keep us safe during emergencies.

*Pre-K-Grade 1*





## Tornadoes:

### ***Franklin and the Thunderstorm* by Paulette Bourgeois**

Explains how knowing the facts about something can help ease fears.

*Grades K-2*

### ***Twister* by Darleen Bailey Beard**

Focuses on tornadoes, how to prepare and how to respond.

*Grades K-3*

### ***Tornadoes* by Gail Gibbons**

Teaches all about tornadoes: formation, classification and how to respond.

*Grades 3-6*

## Hurricanes:

### ***Clifford and the Big Storm* by Norman Bridwell**

A story of evacuation and returning home.

*Grades K-3*

### ***Louie the Buoy: A Hurricane Story* by Allain C. Andry, III**

A survival story about a buoy during Hurricane Camille.

*Grades 3-6*

### ***I Survived Hurricane Katrina, 2005* by Lauren Tarshis**

A chapter book about a boy who overcomes his fears during Hurricane Katrina.

*Grades 3-6*

## Earthquakes:

### ***We Shake in a Quake* by Hannah Gelman Givon**

Focuses on earthquakes, what causes them, how to prepare for them, and how to respond to them.

*Pre-K-Grade 2*

### ***Earthquakes* by Franklyn M. Branley**

A picture book for older children that describes earthquakes, what can happen during an earthquake and what to do if you find yourself in one.

*Grades 3-5*



**Floods:**

*Raging Floods* by Louis Spillsbury.

Explores what causes floods and how to prepare for them.

*Grades 3-5*

**With the book facing the children, read the story emphasizing key points.**

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**DISCUSSION:**

Reflect on key events in the story.

- **What happened?**
- **What did the characters do?**
- **How did the characters keep themselves safe when they were in the disaster?**
- **Reinforce what the characters did and did not do with respect to safety, evacuation and planning.**



I, \_\_\_\_\_,

**PLEDGE TO WORK WITH  
MY FAMILY AND MY COMMUNITY  
TO MAKE A PLAN AND BE READY  
FOR ANY DISASTER.**

DATE

SIGNATURE



A strong rotating tunnel of air that reaches from the sky to the ground. Tornadoes usually happen during thunderstorms and can cause a lot of damage.

### Prepare

- Identify and prepare a "wind safe" room, or shelter (basement/cellar or an interior room on the lowest floor).
- Know your community's warning system (e.g., tornado sirens).

### Respond

- Monitor weather reports.
- Shelter-in-place in a safe room or shelter.
- Get under a sturdy piece of furniture. Hold on to it with one hand. Use your other arm and hand to protect your neck.

# Tornado



# Hurricane



A strong storm that starts in the ocean, where powerful winds and rains can cause damage when the storm approaches land.

## Prepare

- Make an evacuation plan.
- Cover windows with plywood or shutters.

## Respond

- Monitor weather reports.
- Evacuate if instructed to do so.

Dangerously high temperatures sometimes accompany high humidity, which cause the body to work extra hard to maintain its normal temperature.

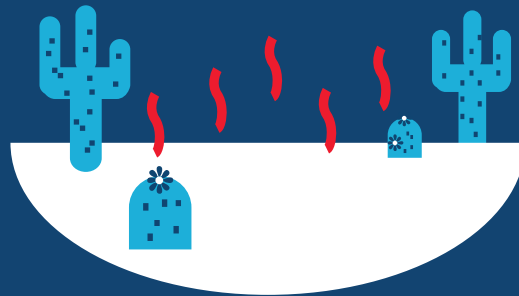
### Prepare

- Wear loose-fitting, light-colored clothes.
- Plan how to get relief from and avoid excessive heat (e.g., going to a library with air conditioning).
- Discuss with your family members what they should do to stay safe in excessive heat.

### Respond

- Stay inside, where air-conditioning is available.
- Drink lots of water and eat lightly.

# Extreme Heat



Dangerously low temperatures, sometimes accompanied by strong winds, icing, snow, sleet, and freezing rain. Winter weather can knock out heat, power, and communication and make traveling dangerous.

### Prepare

- Add warm clothing and blankets to your disaster supplies kit.
- Install and maintain smoke and carbon monoxide alarms.

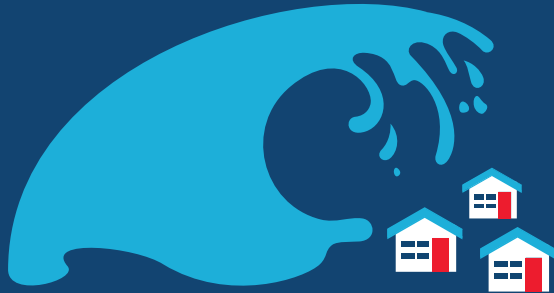
### Respond

- Dress warmly, in layers.
- Stay inside.
- If you can't feel your fingers or toes or you can't stop shivering, tell an adult.

# Extreme Cold



# Tsunami



A series of very big waves that crash into the shore caused by an underwater earthquake, a landslide, volcano eruption or meteorite.

## Prepare

- Identify and practice evacuation routes.
- Become familiar with the sound of a tsunami alert siren.

## Respond

- Stay informed.
- Evacuate if instructed to do so.
- Move inland, away from the ocean.
- Seek higher ground.

# Wildfire



An uncontrolled fire often occurring in open areas like forests or parks. Wildfires often begin unnoticed, but they spread quickly igniting plants and trees.

## Prepare

- Plan evacuation routes.
- Install smoke alarms on every level of your home, especially near bedrooms.

## Respond

- Monitor news about nearby fires.
- Evacuate if instructed to do so.
- Make your home easy to find and access (e.g., leave lights on in your home).

- Respond**
- Drop to the floor, take cover under something sturdy such as a table and hold on to it with one hand. With your other arm and hand protect your head and neck.
  - Stay inside until the shaking stops.
  - If outside, find a clear spot and drop to the ground.

- Prepare**
- Learn and practice Drop, Cover and Hold On method.
  - Pick "safe places" in each room.
  - Understand that aftershocks follow the first quake.
  - Secure your home's indoor and outdoor objects.

Shaking, rolling or sudden shock of the earth's surface.

# Earthquake



# Landslide



The movement of masses of rock, earth or debris down a slope. Landslides occur when the ground builds up water quickly such as during heavy rainfall or rapid snow melt. They can strike quickly with little or no warning.

## Prepare

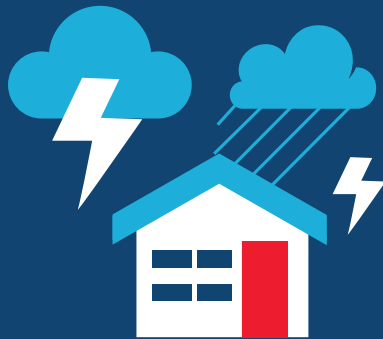
- Plan evacuation routes.

## Respond

- If you hear unusual sounds like boulders falling or trees cracking, tell an adult.
- Move away from the path of a landslide.
- If you can't evacuate, crouch down, covering your head with your arms.



# Thunderstorm



A storm producing lightning that is often accompanied by heavy rains or hail.

## Prepare

- Monitor weather reports.
- Prepare a safe room or shelter without windows or outside doors.

## Respond

- Keep informed.
- Go inside if you see lightning.
- Don't use items that plug into electrical outlets, including computers.
- Avoid lightning targets--Stay away from metal objects outside, open fields, hills or beaches.
- Close windows and doors.
- Don't take a bath or shower as faucets conduct electricity.

# DISASTER RESOURCE LIBRARY



**LEADERS:** Choose one or two of the risks that affect your community to cover in more detail, covering best ways to prepare and what to do during the event. Use this Disaster Resource Library to find basic guidance as well as additional resources that provide more complete guidance for each type of hazard or disaster.

Note that the tips outlined below are not exhaustive and to help families be more prepared you should utilize the guidance in the other resources section.

Make the content more engaging by asking questions along the way. For example, ask children things like “when do tornadoes happen?” or “what does the sky look like?” “What does it sound like?” Also ask them what steps their families have already taken to prepare for the disaster.

## COMMON HAZARDS

There are some common hazards that we should all be aware of. We can learn what to do to help prevent and respond to each type of hazard so we can feel safe.

### Home Fire:

Fires can spread quickly and are dangerous not only because of the flames, but also the heat smoke and poisonous gases emitted.

### Prepare:

- Install, maintain and test smoke alarms every 6 months and talk to your children about what to do if there is a fire.
- Plan evacuation routes.
- Ensure windows are not painted or nailed shut.
- Provide escape ladders for upper floors and teach children how to use them.
- Practice stop drop and roll during fire drills and explain to children that they should use this method when their clothes are on fire.

**Note: Help children know what firefighters look like with their breathing masks on by showing pictures. Kids often see images of firefighters when their faces are visible, but it can be scary and startling to see a firefighter wearing all of their equipment. If children understand that firefighters sometimes wear scary masks, it may help them stay calm during an emergency.**

**Additional Resources:**

**Red Cross:**

<http://www.redcross.org/prepare/location/home-family/prevent-home-fires>

<http://www.redcross.org/prepare/disaster/home-fire>

**FEMA:**

<http://www.ready.gov/wildfires>

**US Fire Administration:**

<http://www.usfa.fema.gov/campaigns/smokealarms/escapeplans/index.shtm>

**National Fire Protection Association:**

<https://www.nfpa.org/safety-information>

**CHEMICAL EMERGENCIES**



**FAMILIES:** This content on chemical emergencies is for adults who can take precautions to protect the children in their homes.

Chemicals are found in most homes and buildings in cleaning products, pesticides, paint supplies and lawn and garden products. Children and pets are at risk of drinking and being poisoned by these products when they are stored or labeled properly.

**Prepare:**

Make sure chemical products are:

- Clearly marked using words or symbols that children understand.
- Kept in their original containers.
- Stored out of children’s reach or in locked cabinets.

**Additional Resources:**

**Red Cross:**

<http://www.redcross.org/prepare/disaster/chemical-emergency>

**Prevention Web:**

<http://www.preventionweb.net/english/hazards/nbc/>

<http://www.preventionweb.net/english/hazards/technical-disaster/>

## UTILITY OUTAGES



**FAMILIES:** This content on Utility Outages is for adults who can take precautions to protect the children in their homes.

Utility outages and blackouts can occur anywhere, to anyone, at any time. For prolonged utility outages of more than two hours, the main concerns—beyond the safety of children and adults—are minimizing food loss and maximizing the comfort of people.

### Prepare:

- Know how and when to use emergency shutoffs for water, gas and electricity—and mark the shutoffs clearly.
- Have surge protectors.
- Ensure you have a means of communication with children, families or caregivers. Install a landline telephone that does not require electricity or have a battery-operated charger for our cell phone.
- Consider purchasing an emergency generator to provide electricity and keep food and medications cool.

### Additional Resources:

#### Red Cross:

<http://www.redcross.org/prepare/disaster/power-outage>

#### FEMA:

[http://emilms.fema.gov/IS909/assets/14\\_GoingOffGrid.pdf](http://emilms.fema.gov/IS909/assets/14_GoingOffGrid.pdf)

#### Going off the Grid:

<http://www.ready.gov/blackouts>

## ILLNESS OUTBREAKS

Children, because of their less developed immune systems and frequent contact with other children, are particularly vulnerable to illness outbreaks. It's important to protect kids by washing their hands and toys and getting regular check-ups.

### Prepare:

- Have regular check-ups with the doctor.
- Know which illnesses require a child to stay home. Keep your children home if instructed by a doctor or school nurse.
- Keep informed of outbreaks in your area by reading or watching the news.
- Be sure to follow the instructions of public health, town or school officials in the case of an outbreak.
- Stay home if you are ill, do not go into public places.
- Avoid public places or gatherings in the case of a local outbreak.
- Encourage children to wash hands frequently.
- Sanitize children's toys regularly.

**Additional Resources:**

**CDC:**

<http://www.cdc.gov/flu/protect/infantcare.htm>

<http://www.cdc.gov/flu/protect/children.htm>

**Department of Health and Human Services:**

<http://www.acf.hhs.gov/programs/ohs/news/what-head-start-programs-can-do-to-prevent-and-control-the-spread-of>

**Red Cross:**

<http://www.redcross.org/prepare/disaster/flu>

**Prevention Web:**

<http://www.preventionweb.net/english/hazards/epidemic/>

**FEMA:**

<http://www.ready.gov/pandemic>

**SEVERE WEATHER**

Severe weather can happen anywhere at any time. Sometimes we have very good warning systems, as with most bad storms and heat waves or cold fronts. Sometimes, we don't have much warning, as with a tornado. To be better prepared, it's important to know the types of severe weather risks in your area. We have included some specific examples of severe weather below, but no matter what the situation, there are some general rules for how to stay safe when severe weather strikes.

**Prepare:**

- Know the differences between a severe weather watch and a warning.
- Bring children indoors if severe weather is expected.
- Listen to the radio or television to monitor the weather.
- Follow the instructions from local officials.

**EXTREME HEAT**

A heat wave is a prolonged period of hot temperatures, often combined with humidity. Excessive heat contributes to disorders such as heat exhaustion and heat stroke. Extreme heat can happen anywhere, but people in urban areas may be at greater risk for prolonged heat waves.

**Prepare:**

- Plan activities that limit outside exposure during the hottest part of the day.
- Seek shelter in a home or building that has air conditioning or provide cool, shaded areas where children can cool down.
- Cover windows with drapes or shades.

**Additional Resources:**

**Red Cross:**

<http://www.redcross.org/prepare/disaster/heat-wave>

**FEMA:**

<http://www.ready.gov/heat>

**CDC:**

<http://emergency.cdc.gov/disasters/extremeheat/>

**HURRICANES**

Hurricanes have sustained winds and can produce heavy rains. All of the Atlantic and Gulf of Mexico coastal areas and parts of the Southwest and Pacific Coast are subject to the impact of hurricanes and tropical storms. The Atlantic hurricane season lasts from June to November, with the peak season from mid-August to late October.

**Prepare:**

- Secure outside items or bring them inside.
- Cover windows with plywood or shutters.
- Turn of propane gas tanks.
- Turn off utilities if instructed to do so.
- Ensure you have a supply of water for sanitary purposes as well as for drinking and cooking; fill bathtub and other large containers.
- Evacuate when instructed by local officials or if you feel unsafe.

**Additional Resources:**

**Red Cross:**

<http://www.redcross.org/prepare/disaster/hurricane>

**FEMA:**

<http://www.ready.gov/hurricanes>

**CDC:**

<http://emergency.cdc.gov/disasters/hurricanes/index.asp>

**National Oceanic Atmospheric Association, National Hurricane Center:**

<http://www.nhc.noaa.gov>

**TORNADOES**

Tornadoes are powerful storms with winds that usually exceed 100 mph. A thunderstorm is the first step in the development of a tornado; if conditions are right, then a tornado may develop. Tornadoes can appear without warning and you may not be able to see them until dust and debris are picked up. Tornadoes have been reported in every state and can occur at any time of the year. Danger signs of a tornado are dark or greenish skies, large hail, large, dark, low-lying clouds and a loud roar that sounds like a train. Know your risk of tornadoes and be familiar with notification terms: tornado watch and tornado warning.

### **Prepare:**

- Prepare a safe room in advance with water, snacks and activities for children. The best locations are a storm cellar or basement, interior room, or a hallway on the lowest floor possible.

### **If there are tornado warnings:**

- Immediately take everyone to a safe shelter.
- Keep everyone away from windows, doors, outside walls, and corners.

### **Additional Resources:**

#### **Red Cross:**

<http://www.redcross.org/prepare/disaster/tornado>

#### **FEMA:**

<http://www.ready.gov/tornadoes>

#### **CDC:**

<http://emergency.cdc.gov/disasters/tornadoes/index.asp>

## **FLOODING**

Flooding is the most common disaster in the United States. Floods can be caused by extended periods of heavy rain, tropical storms and hurricanes, warming after a heavy snow, or flash floods. Every state is at risk for flood hazards. Be especially aware if you live in low-lying areas near water or downstream from a dam. Know your risk of flooding and flash flooding and be familiar with the terms that identify floods: Flood watch, flash flood watch, flood warning, and flash flood warning.

### **Prepare:**

- Waterproof or raise important belongings off the ground.
- Turn off utilities and electricity if instructed to do so.

### **In event of a flood:**

- Don't allow children to play in standing water.
- Ensure access to bottled or clean water for children until water is safe to drink.
- Avoid floodwaters and moving water.
- Teach children to stay away from downed power lines.

### **Additional Resources:**

#### **Red Cross:**

<http://www.redcross.org/prepare/disaster/flood>

#### **FEMA:**

<http://www.ready.gov/floods>

#### **CDC:**

<http://emergency.cdc.gov/disasters/floods/index.asp>

## THUNDERSTORMS

Thunderstorms affect all states and can occur any time of the year, although most occur during the spring and summer seasons. In addition to heavy rain, thunderstorms produce unpredictable lightning strikes. Other thunderstorm-related dangers are tornadoes, strong winds, hail, wildfires and flash flooding.

### Prepare:

- Secure outside objects and toys.
- Shut windows (or close blinds, shades, curtains) and secure outside doors.

### If thunderstorms are forecasted:

- Limit or cancel outdoor activities.

### During a thunderstorm:

- Move children's activities inside.
- Do not allow children take baths, showers or use plumbing or electrical appliances during the storm.

### Additional Resources:

**Red Cross:** <http://www.redcross.org/prepare/disaster/thunderstorm>

**FEMA:** <http://www.ready.gov/thunderstorms-lightning>

**National Oceanic Atmospheric Association:** <http://spc.noaa.gov>

## WINTER STORMS

Winter storms can be deceptively dangerous because in addition to heavy snow and/or ice fall, these storms lead to traffic accidents, fires, carbon monoxide poisoning and hypothermia. Even areas that normally experience mild winters can experience major winter storms and extreme cold. Primary concerns with winter storms are the potential loss of heat, power, and telephone service and a shortage of supplies.

### Prepare:

- Never operate a generator inside a garage or house.
- Install carbon monoxide detectors throughout the house and in every bedroom.
- Be aware of the warning signs of carbon monoxide (CO) poisoning. CO poisoning may appear as flu-like symptoms in children and adults.
- Have shovels, rock salt and sand available for slick steps, driveways and sidewalks.
- Gather extra blankets and warm clothing and keep extras in your car.
- Let faucets drip a little during cold weather to keep them from bursting.
- Have a supply for extra food and water.

### Additional Resources:

**Red Cross:** <http://www.redcross.org/prepare/disaster/winter-storm>

**FEMA:** <http://www.ready.gov/winter-weather>

**CDC:** <http://www.bt.cdc.gov/disasters/winter/>

**The Weather Channel:** [http://www.weather.com/life/safety/winter/winter-safety\\_2011-10-05](http://www.weather.com/life/safety/winter/winter-safety_2011-10-05)

**National Fire Protection Association:** <http://www.nfpa.org/safety-information/for-consumers/fire-and-safety-equipment/carbon-monoxide/carbon-monoxide-safety-tips>



## EARTHQUAKES

Earthquakes can be frightening events. An earthquake is the sudden movement of the earth caused by the breaking and shifting of rock beneath the earth’s surface. An earthquake can occur without any notice at any time. Every region of the United States is at risk for earthquakes; 45 states are at moderate to high risk of an earthquake.

### Prepare:

- Familiarize yourself with earthquake terms such as aftershock and magnitude.
- Learn Drop, Cover and Hold On method with children.
- Explain to children that aftershocks will occur after a major earthquake and how to respond (drop, cover, hold on).

### When shaking starts:

- Drop to the floor, take cover under something sturdy such as a table, hold on to it.
- Ensure children’s play areas have something sturdy to take cover under.
- Stay inside until the shaking stops (be prepared for aftershocks). Most injuries occur when people inside building attempt to move to a different location inside the building or try to leave.
- If you are inside during an earthquake stay inside. If you are outside during an earthquake stay outside and try to find cover from windows that may shatter and power lines that may fall.

### Additional Resources:

**U.S. Geological Survey:** <http://earthquake.usgs.gov/regional/nca/prepare/index.php>

**Red Cross:** <http://www.redcross.org/prepare/disaster/earthquake>

**FEMA:** <http://www.ready.gov/earthquakes>

**The Weather Channel:** [http://www.weather.com/life/safety/earthquake/earthquake-safety\\_2011-11-03](http://www.weather.com/life/safety/earthquake/earthquake-safety_2011-11-03)

## DROP, COVER AND HOLD ON WHEN AN EARTHQUAKE STRIKE

<p><b>DROP</b></p> <p>DROP down to the floor.</p>	<p><b>COVER</b></p> <p>Take COVER under a sturdy piece of furniture. If that is not possible, seek COVER against an interior wall and protect your head and neck with your arms. Avoid danger spots near windows, hanging objects, mirrors, or tall furniture.</p>	<p><b>HOLD ON</b></p> <p>If you take cover under a sturdy piece of furniture, HOLD ON to it and be prepared to move with it. Stay in the position until the ground stops shaking and it is safe to move.</p>
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*From the Central U.S. Consortium of Earthquakes: [www.cusce.org](http://www.cusce.org)*

## TSUNAMIS

A series of very big waves that crash into the shore caused by an underwater earthquake, landslide, volcano eruption or meteorite. A tsunami can occur during any season of the year, at any time and can move hundreds of miles per hour in the open ocean producing waves as high as 100 feet. Tsunamis could strike anywhere along most U.S. coastline, but to date, the most destructive tsunamis have occurred along the coasts of California, Oregon, Washington, Alaska and Hawaii.

### Prepare:

- Identify evacuation routes.
- Become familiar with the sound of a tsunami alert siren.
- Become familiar with tsunami warning signs, including experiencing an earthquake while in close proximity to the ocean.

### Respond:

- Evacuate if instructed to do so.
- Move inland, away from the ocean.
- Seek higher ground.

### Additional Resources:

#### Red Cross:

<http://www.redcross.org/prepare/disaster/tsunami>

#### FEMA:

<http://m.fema.gov/before-tsunami>

#### National Tsunami Warning Center:

<http://wcatwc.arh.noaa.gov>



# 10 TIPS FOR EARTHQUAKE SAFETY



Earthquakes are caused by a sudden, rapid shaking of the earth caused by the breaking and shifting of rock beneath the earth's surface. They can strike suddenly, without warning and occur at any time of the year and at any time of the day or night. In the U.S., 45 states and territories are at moderate to very high risk of earthquakes. Fortunately, there are simple steps families can take to be better prepared and keep children safe when earthquakes strike.

## PREPARE

- 1** **Talk about earthquakes.** Spend time with your family discussing how and why earthquakes occur. Explain that an earthquake is a natural event and not anyone's fault. Use simple words that even young children can understand.
- 2** **Find safe spots in your home.** Identify and discuss safe spots in each room of your home so that you can go there immediately if you feel an earthquake. Safe spots are places where you can take cover, such as under a sturdy desk or table, or next to an interior wall.
- 3** **Practice earthquake drills.** Regularly practice with your family what you would do if an earthquake occurred. Practicing earthquake drills will help children understand what to do in case you are not with them during an earthquake.
- 4** **Learn your caregivers' disaster plans.** If your children's school or child care center is in an area at risk from earthquakes, find out how its emergency plan addresses earthquakes. Ask about evacuation plans and if you would be required to pick up your children from the site or from another location.
- 5** **Keep contact information current.** Phone numbers, addresses and relationships change. Keep your children's school or child care emergency release information up to date, so that if an earthquake strikes, you will know where your child is and who can pick them up.

## DURING AN EARTHQUAKE

- 6** **If inside, Drop, Cover, and Hold On.—Drop** to the ground and take **Cover** under something sturdy like a desk or table. With one hand **Hold On** to the object and with your other arm protect your head and neck. If you don't have anything sturdy to take cover under, crouch down next to an interior wall. Stay indoors until the shaking stops and you're sure it's safe to exit.



# 10 TIPS FOR EARTHQUAKE SAFETY



- 7 If outside, find an open spot.** Find a clear spot away from buildings, trees, streetlights and power lines. Drop to the ground and stay there until the shaking stops.
- 8 If in a vehicle, stop.** Pull over to a clear location, stop and stay there with your seatbelt fastened until the shaking stops.

## FOLLOWING AN EARTHQUAKE

- 9 Involve children in recovery.** After an earthquake, include your children in clean-up activities if it is safe to do so. It is comforting to children to watch the household begin to return to normal and to have a job to do.
- 10 Listen to children.** Encourage your child to express feelings of fear, anxiety or anger. Listen carefully, show understanding, and offer reassurance. Tell your child that the situation is not permanent, and provide physical reassurance through time spent together and displays of affection. Contact local faith-based organizations, voluntary organizations, or professionals for counseling if extra help is needed.

### ADDITIONAL RESOURCES

The tips above are just the start of knowing how to prepare for and respond to earthquakes. Use the following resources to help ensure your family is ready for the next earthquake.

#### For adults:

- American Red Cross: Earthquake Preparedness. <http://www.redcross.org/prepare/disaster/earthquake>
- Earthquake Country Alliance: Welcome to Earthquake Country. <http://www.earthquakecountry.info/>
- Federal Emergency Management Agency (FEMA): Earthquake. <http://www.fema.gov/earthquake>

#### For children:

- Earthquake Country Alliance: Beat the Quake! Game. <http://www.dropcoverholdon.org/beatthequake/game/>
- Department of Homeland Security. Ready Kids: Earthquakes. <http://www.ready.gov/kids/know-the-facts/earthquakes>





In recent years, extreme heat has caused more deaths than all other weather events, including floods. People who are at greater risk from the effects of heat include children, senior citizens and those who live in urban areas. Fortunately there are some simple steps families can take to keep children safe in extreme heat.

- 1 Do NOT leave children unsupervised in parked cars.** Even in less threatening temperatures, vehicles can rapidly heat up to dangerous temperatures. A child left inside a car is at risk for severe heat-related illnesses and/or death, even if the windows are cracked open.
- 2 Seek shelter in cool areas.** Air-conditioning is the best form of protection against heat-related illness, so be sure to spend as much time in air-conditioned spaces (e.g., shopping malls, public libraries, heat-relief shelters) as possible during extreme heat waves.
- 3 Stay informed.** Listen to local news and weather channels for health, safety and weather-related updates, including heat warnings, watches and advisories. Follow the guidance from local officials.
- 4 Wear appropriate clothing and sunscreen.** Choose lightweight, light-colored, and breathable fabrics (such as cotton), as well as broad-spectrum sunscreen (with protection from both UVA and UVB sun rays) to protect you and your child from the heat and potential sun-related skin damage. Hats and umbrellas can be used to limit exposure to harmful sun rays.
- 5 Drink lots of fluids.** Remember to drink plenty of liquids, regardless of your activity level. Check your baby's diaper for concentrated (dark in color) urine, which can indicate dehydration. Fluids should be drunk before, during and after being exposed to extreme heat. Also avoid hot meals as they may increase body heat.
- 6 Know how to identify heat-related illnesses.** Learn symptoms and signs of heat-related illnesses/conditions such as heat stroke, exhaustion, cramps, and severe sunburn. If children show these symptoms, seek medical assistance immediately.



- 7 Get lots of rest.** Strenuous activities should be reduced, eliminated or rescheduled to the coolest time of the day. Make sure that children get lots of rest when they are active.
- 8 Keep children entertained.** Children may become anxious or restless from being kept indoors. Plan ahead for indoor activities and games and limit the screen-time on televisions, phones and tablets.
- 9 Reassure children.** Children may become fearful or stressed from effects of the heat, such as seeing dead animals. Remember that children take their cues from their parents and caregivers, so try to keep calm and answer their questions openly and honestly.
- 10 Learn your caregivers' disaster plans.** If your child's school or child care center is in an area that may experience extreme heat, find out what its plans are in case of extreme heat.

## EXTREME HEAT WEATHER TERMS

- **Excessive Heat WATCH** means conditions are favorable for an event to meet or exceed local excessive heat warning criteria in the next 12 to 48 hours.
- **Excessive Heat WARNING** means that heat values are forecast to meet or exceed locally defined warning criteria for at least two days.
- **Excessive Heat ADVISORY** means hazardous heat conditions have begun or will begin within 36 hours and, if caution is not exercised, they could become life-threatening.

The National Weather Service issues alerts for excessive heat on a county-by-county basis. The alerts are broadcast on NOAA Weather Radio and on local radio and television stations. The conditions for an excessive heat watch, warning, and advisory may vary by location.



# 10 TIPS FOR EXTREME HEAT SAFETY



## ADDITIONAL RESOURCES

The tips above are just the start of knowing how to prepare for and respond to extreme heat. Use the following resources to help ensure your family is ready.

### For adults:

- American Academy of Pediatrics: Protecting Children from Heat: Information for Parents. <http://www.healthychildren.org/english/safety-prevention/at-home/pages/Protecting-Children-from-Extreme-Heat-Information-for-Parents.aspx>
- Department of Homeland Security: Extreme Heat. <http://www.ready.gov/heat>

- Department of Health and Human Services: Extreme Heat Events and Health: <http://disaster.nlm.nih.gov/dimrc/extremeheat.html>

### For children:

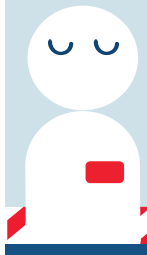
- Department of Homeland Security. Ready Kids: Extreme Heat. <http://www.ready.gov/kids/know-the-facts/extreme-heat>



Each year more than 2,500 people die and 12,600 are injured in home fires in the United States. Fires and burns are one of the leading causes of death for children under the age of 15. Fortunately most home fires are preventable and there are simple steps families can take to help keep children safe.

- 1 **Teach children fire safety.** Teach children how to prevent and survive a fire. Explain why fire safety is important and demonstrate safe behaviors when using fire, fire tools, and other heat sources. Explain that fire is a tool, not a toy.
- 2 **Install smoke alarms.** Install a smoke alarm near your kitchen, on each home level, near sleeping areas, and in each bedroom. Use the test button to check the smoke alarms every month and replace all the batteries at least once a year. Teach children what smoke alarms sound like and what to do if they hear them.
- 3 **Teach children about firefighters.** As the sight of a firefighter wearing a fire suit and mask can be scary to children. Teach children what firefighters look like and sound like with their oxygen masks on. Take them to your local fire department to meet firefighters and learn about fire safety.
- 4 **Keep matches and lighters out of reach.** Store matches and lighters out of children's reach and sight, preferably in a locked cabinet. Teach children not to pick up matches or lighters they may find. Instead, they should tell an adult immediately. Only use lighters with child-lock features.
- 5 **Keep children away from flames and heat sources.** Never leave children unattended near operating stoves or burning candles, even for a short time.
- 6 **Teach children 9-1-1 (or local emergency number).** Help children understand how and when to call 9-1-1 for help in emergencies. If there is a home fire, children should evacuate before calling 9-1-1. Children only need to call 9-1-1 if an adult is not able to do so.
- 7 **Practice fire drills.** Include children in planning and practicing home fire drills. Have fire drills at least twice a year so children can practice their primary and secondary escape routes. As fires can happen at any time, plan a fire drill at night when the children are sleeping, but warn the children ahead of time so they do not panic.





# 10 TIPS FOR HOME FIRE SAFETY



- 8 **Demonstrate how to escape.** Show children how they would evacuate from a room filled with smoke by crawling along the floor to the nearest exit.
- 9 **Get out and stay out.** If there is a fire at home, get everybody out of the building, stay out, and call for help. Don't go back into the home to get belongings.
- 10 **Stop-drop-and roll if on fire.** Teach children to stop-drop-and roll if their clothes are on fire. Stop, drop to the ground and cover your face with your hands. Then roll over and over or back and forth until the fire is out.

## ADDITIONAL RESOURCES

The tips above are just the start of knowing how to prepare for and respond to home fire. Use the following resources to help ensure your family is ready.

### For adults:

- American Red Cross: Home Fire Safety. <http://www.redcross.org/prepare/disaster/home-fire>
- Department of Homeland Security: Home Fires. <http://www.ready.gov/home-fires>
- National Fire Protection Association (NFPA): Safety Information for Consumers. <http://www.nfpa.org/safety-information/for-consumers>

### For children:

- Department of Homeland Security. Ready Kids: Home Fires. <http://www.ready.gov/kids/know-the-facts/home-fires>
- National Fire Protection Association: Sparky. <http://www.sparky.org/>



Terrorists often use violence and threats to create fear among the public. Their attacks can leave people with feelings of uncertainty about the future and further attacks. Fortunately there are some simple steps families can take to help protect their children.

- 1 **Talk about terrorism.** Spend time with your family and talk to your children about their fears of terrorists or terrorist incidents. Explain there are always good people who try to prevent terrorism and who help after an incident. Use simple words that even young children can understand.
- 2 **Plan different travel routes.** Develop alternative routes to and from school, work, child care and other places to which you routinely travel. Have all drivers in your household practice them.
- 3 **Stay informed.** Routinely listen to a local radio or television news station. Learn your community's public warning system such as sirens or telephone call-down systems. Become familiar with how warning signals sound and what you should do if they are used.
- 4 **Be aware of surroundings.** If you see something suspicious report it to law-enforcement or security personnel immediately. Move or evacuate if you feel uncomfortable or if something doesn't seem right. Encourage children to tell an adult if they see something unusual or suspicious.
- 5 **Learn where to shelter-in-place.** Choose a household room where the family could shelter-in-place for a short time. Gather and prepare the items needed to seal the room from gas or chemicals (i.e., include duct tape, plastic sheeting in your disaster supplies kit).
- 6 **Learn CPR and First Aid.** Being trained how to give basic medical treatment is one of the best ways to be prepared for a range of emergencies—not only terrorism. Knowing these skills could help save a child's life.
- 7 **Learn caregivers' disaster plans.** Find out how school and child care emergency plans address possible terrorist incidents. Ask about evacuation plans and if you would be required to pick up your children from the site or from another location.



# 10 TIPS FOR TERRORISM SAFETY



- 8 **Identify evacuation routes.** Learn where emergency exits are located in buildings you often go to, such as your workplace, school, child care facility or community center. Plan how to get out in the event of an emergency.
- 9 **Plan ahead.** Be prepared to do without services you normally depend on—electricity, telephones, natural gas, gasoline pumps, cash registers, ATMs, and Internet transactions. Pack essential supplies in a family disaster supplies kit and store in an easily accessible location.
- 10 **Limit media exposure.** After a terrorist incident, protect children from seeing too many sights and images of the incident, including those on the Internet, television or newspapers.

## ADDITIONAL RESOURCES

The tips above are just the start of knowing how to prepare for and respond to a terrorist incident. Use the following resources to help ensure your family can safely respond to terrorism.

- American Academy of Pediatrics: Terrorism and Agents. <http://www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/Children-and-Disasters/Pages/Terrorism-and-Agents.aspx>
- American Red Cross: Terrorism Preparedness. <http://www.redcross.org/prepare/disaster/terrorism>
- Department of Homeland Security: Terrorist Hazards. <http://www.ready.gov/terrorist-hazards>



A wildfire is an uncontrolled fire often occurring in open areas like forests, fields or parks. Wildfires often begin unnoticed, but they spread quickly igniting plants, trees and homes. More than four out of five wildfires are started by people, mostly through negligent behavior such as careless use of matches. While the sight and effects of a wildfire can be scary, there are steps families can take to protect their children.

## PREPARE

- 1** **Talk about wildfires.** Spend time with your family discussing why wildfires occur. Explain how to prevent them and what to do if one occurs. Explain that a wildfire can be a natural event and not anyone's fault. Use simple words that even young children can understand.
- 2** **Know your risk.** Learn about your area's risk of wildfires, particularly if you live near forests, in rural areas, or in a dry climate. Contact your local fire department, state forestry office, or other emergency response agencies for information on fire laws and wildfire risk.
- 3** **Learn caregivers' disaster plans.** If your child's school or child care center is in an area at risk from wildfires, find out what its plans are for in case of a wildfire. Ask about its evacuation plans and if you would be required to pick up your children from the site or from another location.
- 4** **Practice evacuation drills.** Practice your family evacuation plan so that, if told to do so, you can evacuate quickly and safely. Plan and practice two ways out of your neighborhood as one route may be blocked.

## DURING A WILDFIRE

- 5** **Stay Informed.** If a wildfire is approaching, listen regularly to local radio or television stations for updated emergency information. Follow the instructions of local officials as they will know safest evacuation routes.
- 6** **Have supplies ready.** If you must evacuate, wear protective clothing such as sturdy shoes, cotton or wool long pants and long-sleeved shirts and gloves. Lock your home and take your disaster supplies kit with you.



- 7 Avoid smoke and fumes.** Keep children, babies and infants away from areas where there is smoke or fumes, and stay indoors if possible. Smoke produced by the wildfire may cause breathing problems or contain poisonous toxins.

## AFTER A WILDFIRE

- 8 Use caution when returning to a burned area.** Get fire official's permission before returning to a burned wildfire area. Look out for hazards such as fallen wires and ash pits and be alert as fire re-ignition may be possible.
- 9 Clean up safely.** Follow public health guidance on safe cleanup of fire ash and safe use of masks. Keep children away from burned sites until cleanup is complete.
- 10 Limit media exposure.** Protect children from seeing too many sights and images of the wildfire, including those on the internet, television or newspapers.

## ADDITIONAL RESOURCES

The tips above are just the start of knowing how to prepare for and respond to wildfires. Use the following resources to help ensure your family is ready for the next wildfire.

### For adults:

- American Academy of Pediatrics (AAP): Wildfires. <http://www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/Children-and-Disasters/Pages/Wildfires.aspx>
- American Red Cross (ARC): Wildfire Preparedness. <http://www.redcross.org/prepare/disaster/wildfire>
- Department of Homeland Security: Wildfires. <http://www.ready.gov/wildfires>

### For children:

- Department of Homeland Security. Ready Kids: Wildfires. <http://www.ready.gov/kids/know-the-facts/wildfires>



Floods are among the most frequent and costly natural disasters in the United States. As much as 90 percent of all damage from natural disasters is caused by floods. Flooding typically occurs after heavy or prolonged rainfall, or the rapid-melt of snow. While the effects of floods can be devastating, there are simple steps families can take to keep their children safe.

## PREPARE

- 1 Talk about floods.** Spend time with your family discussing why floods occur. Explain that flooding is a natural event and not anyone's fault. Use simple words that even young children can understand.
- 2 Consider flood insurance.** Standard homeowners insurance doesn't cover flood damage. For information on flood insurance visit [www.FloodSmart.gov](http://www.FloodSmart.gov).
- 3 Stay Informed.** Use a NOAA Weather Radio or listen to a local station on a portable, battery-powered radio or television. Listen for and respond to flood watches and warnings. Evacuate if told to do so or if you feel unsafe.

## DURING FLOODS

- 4 Follow guidance of local authorities.** Local authorities, such as elected officials and first responders, are most informed about affected areas and most knowledgeable which flooded areas to avoid.
- 5 Move to higher ground.** During a flood you should move to higher ground and avoid standing, flowing, or rising water.
- 6 Keep children away from dirty water.** Keep children and pets away from hazardous sites and floodwater as it's likely to be dirty, carry bacteria, and vulnerable to electric shock.
- 7 Keep children clean.** Wash children's hands frequently (always before meals) and ensure they bathe after being exposed to flood waters or flood-damaged areas.



## AFTER FLOODS

- 8 **Ensure utilities are restored.** Before children return to flood-affected areas, ensure utilities such as electricity and plumbing are restored and living and learning spaces (e.g., homes, schools, child care facilities) are free from physical and environmental hazards.
- 9 **Limit children's participation in recovery.** Children and teens should not be involved in clean-up efforts but should return after the area is cleaned up. Before children return, these areas should be cleaned and disinfected, along with all toys, clothing, etc.
- 10 **Clean or discard contaminated toys.** Do not allow children to play with toys that have been contaminated by flood water and have not been disinfected. Materials that cannot be readily disinfected, such as stuffed animals or pillows, should be discarded.

## FLOOD WEATHER TERMS

Be familiar with the following definitions to help prepare your family for floods.

- **Flood WATCH** means a flood is possible in your area.
- **Flood WARNING** means flooding is already occurring or will occur soon in your area.
- **Flash Flood WATCH** means flash flooding is possible in your area.
- **Flash Flood WARNING** means a flash flood is occurring or will occur very soon.

Watches and warnings are issued by the National Weather Service (NWS) and broadcast on NOAA Weather Radio and on local radio and television stations.



# 10 TIPS FOR FLOOD SAFETY



## ADDITIONAL RESOURCES

The tips above are just the start of knowing how to prepare for and respond to floods. Use the following resources to help ensure your family is ready for the next flood.

### For adults:

- American Academy of Pediatrics: Flash Floods/ Flood Recovery. <http://www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/Children-and-Disasters/Documents/Hurricanes-ReturnofChildren.pdf>
- American Red Cross: Flood Safety. <http://www.redcross.org/prepare/disaster/flood>
- National Flood Insurance Program: Flood Outreach Toolkit. <http://www.floodsmart.gov/toolkits/flood/index.htm>

### For children:

- Department of Homeland Security. Ready Kids: Floods. <http://www.ready.gov/kids/know-the-facts/floods>

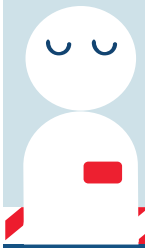




A tornado is a violently rotating column of air extending from the base of a thunderstorm to the ground. Tornadoes usually develop in warm, moist air ahead of cold fronts and have been reported in every U.S. state. While they generally occur during spring and summer, they can happen in every season and at any time of the day or night. Although tornadoes can cause a lot of damage, injuries and even death, families can take tornado-specific precautions to help protect children in these situations.

## PREPARE

- 1 **Talk about tornadoes.** Spend time with your family discussing why tornadoes occur. Explain that a tornado is a natural event and not anyone's fault. Use simple words that even young children can understand.
- 2 **Know the signs of a tornado.** Tornadoes can form quickly, striking before an official warning is issued. So watch for tornado danger signs—dark, often greenish clouds, large hail, cloud of debris, funnel cloud, or a roaring noise. Teach these signs to your children, should they have to respond without you.
- 3 **Learn about caregivers' disaster plans.** If your children's school or child care center is in an area that could be hit by a tornado, find out how its emergency plan addresses tornados. Ask what its evacuation plans are and if you would be required to pick up your children from the site or from another location.
- 4 **Practice tornado drills.** Practice with your family what to do in a tornado. Have everyone go to your safe place. Practicing what to do helps reduce the time it takes to respond in a real emergency.



# 10 TIPS FOR TORNADO SAFETY



## DURING A TORNADO

- 5 **Seek shelter.** People in the path of a tornado should find a shelter or a tornado-safe room. The safest place in the home is the interior part of a basement. If possible, get under something sturdy such as a heavy table. If you do not have a basement or storm cellar, consider an interior bathroom, closet, or hallway on the lowest floor. Putting as many walls as you can between you and the outside will provide additional protection.
- 6 **If outside, seek cover.** If you are outside, in a vehicle or live in a mobile home and need to take shelter, choose a safe place in a designated shelter or nearby sturdy building. If there is no building nearby, lie flat in a low spot and use your arms and hands to protect your head and neck.
- 7 **Wear a helmet for extra protection.** Families should always go to a tornado shelter or safe room first. However, as head injuries are common from tornadoes, wearing a helmet may provide additional protection. The helmets should be easily accessible and are not an alternative to seeking appropriate shelter.

## FOLLOWING A TORNADO

- 8 **Stay informed.** After a tornado continue listening to a NOAA Weather Radio or radio or television station for updates and instructions. Help people who need assistance and beware of dangers such as downed power lines or damaged buildings.
- 9 **Involve children in recovery.** After a tornado, include your children in clean-up activities if it is safe to do so. It is comforting to children to watch the household begin to return to normal and to have a job to do.
- 10 **Listen to children.** Encourage your child to express feelings of fear. Listen carefully, show understanding, and offer reassurance. Tell your child that the situation is not permanent, and provide physical reassurance through time spent together and displays of affection. Contact local faith-based organizations, voluntary organizations, or professionals for counseling if extra help is needed.



## TORNADO WEATHER TERMS

Be familiar with the following definitions to help prepare your family for tornadoes.

- **Tornado WATCH** means that tornadoes are possible in and near the watch area. People in a watch area should review their tornado plans (Family Disaster Plan, Disaster Supplies Kit, tornado safe room), and be ready to act if a warning is issued or they suspect a tornado is approaching.
- **Tornado WARNING** means that a tornado has been sighted or indicated by weather radar. Tornado warnings indicate imminent danger to life and property. People in a warning area should go immediately to their safe room. If they are in a vehicle, they should get out of the vehicle and go to shelter in a nearby sturdy building or lie flat in a low spot away from the vehicle.

Watches and warnings for tornadoes are issued by the National Weather Service (NWS) and broadcast on NOAA Weather Radio and on local radio and television stations.

### ADDITIONAL RESOURCES

The tips above are just the start of knowing how to prepare for and respond to tornadoes. Use the following resources to help ensure your family is ready for the next tornado.

#### For adults:

- American Red Cross: Tornado Safety: <http://www.redcross.org/prepare/disaster/tornado>
- Centers for Disease Control and Prevention (CDC): Tornadoes. <http://emergency.cdc.gov/disasters/tornadoes/>
- Department of Homeland Security: Tornadoes. <http://www.ready.gov/tornadoes>

#### For children:

- Department of Homeland Security. Ready Kids: Tornado. <http://www.ready.gov/kids/know-the-facts/tornado>



Tsunamis are large ocean waves caused by major earthquakes beneath the ocean floor or major landslides into the ocean. In the U.S., tsunamis threaten the West Coast, Hawaii and Alaska as well as Puerto Rico and the Virgin Islands. A tsunami can occur during any season of the year and at any time, day or night. Fortunately, there are simple steps families can take to help keep children safe from a tsunami.

## PREPARE

- 1 **Talk about tsunamis.** Spend time with your family discussing why tsunamis occur. Explain that a tsunami is a natural event and not anyone's fault. Use simple words that even young children can understand.
- 2 **Identify hazard areas.** Find out if your home, school, child care provider, workplace, or other frequently visited locations are in tsunami hazard areas. Also, know the height of your street above sea level and the distance of your street from the coast or other high-risk waters. Evacuation orders may be based on these numbers.
- 3 **Learn about caregivers' disaster plans.** If your child's school or child care center is in a tsunami zone, find out how its emergency plan addresses tsunamis. Find out what its evacuation plans are and if you would be required to pick up your children from the site or from another location.
- 4 **Stay informed:** Regularly listen to a local news station on a NOAA Weather Radio, a portable, battery-powered radio or television. Listen for and respond to tsunami watches and warnings. Evacuate if told to do so or if you feel unsafe.
- 5 **Practice evacuation drills.** Practice family evacuation plans so that, in a tsunami situation, children can evacuate quickly and safely. Plan and practice two ways out of your neighborhood, as the one route may be blocked. If possible, pick evacuation areas 100 feet (30 meters) above sea level or go as far as two miles (three kilometers) inland, away from the coastline.



## DURING A TSUNAMI

- 6 Know that earthquakes can cause tsunamis.** If you feel an earthquake that lasts 20 seconds or longer when you are in a coastal area, you should Drop, Cover, and Hold on. First protect yourself from the earthquake by dropping to the ground, taking cover under something sturdy like a table, and hold on to it. When the shaking stops, gather family members and move quickly to higher ground, away from the coast.
- 7 DO NOT wait for an official warning to evacuate.** After a coastal area earthquake, a tsunami may be coming within minutes. When shaking stops, evacuate, even if an official order has not yet been given or an alert siren has not sounded.
- 8 Expect aftershocks.** If the earthquake was large enough it may trigger more aftershocks that may create more tsunamis.

## AFTER A TSUNAMI

- 9 Involve children in recovery.** After a tsunami, include your children in clean-up activities if it is safe to do so. It is comforting to children to watch the household begin to return to normal and to have a job to do.
- 10 Listen to children.** Encourage children to express feelings of fear, anger and worry. Listen carefully, show understanding and offer reassurance. Tell children that the situation is not permanent, and provide physical reassurance through time spent together and displays of affection.



## TSUNAMI WEATHER TERMS

Be familiar with the following definitions to help prepare your family for tsunamis.

- **Tsunami WATCH** means a dangerous tsunami has not yet been verified but could exist and may be as little as an hour away. If a tsunami watch is issued, continue listening to your NOAA Weather Radio or television or radio reports for updates and guidance from local officials. Locate family members and consider evacuating early if you need extra time.
- **Tsunami WARNING** means a dangerous tsunami may have been generated and could be close to your area. The warning includes predicted tsunami arrival times at selected coastal communities. If a tsunami warning is issued, continue listening to your NOAA Weather Radio or television or radio reports and follow instructions of local authorities. If you are in a tsunami risk area, evacuate with your disaster supplies kit to higher ground immediately. Only return when you're told by local officials it is safe to do so.

The West Coast/Alaska Tsunami Warning Center and the Pacific Tsunami Warning Center issue watches and warnings to the media and to local, state, national, and international officials. NOAA Weather Radio broadcasts tsunami information directly to the public. Local officials are responsible for sharing information about tsunamis and executing evacuation plans in case of a tsunami warning.

### ADDITIONAL RESOURCES

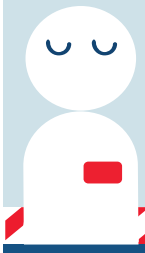
The tips above are just the start of knowing how to prepare for and respond to tsunamis. Use the following resources to help ensure your family is ready for the next tsunami.

#### For adults:

- American Red Cross: Tsunami Preparedness. <http://www.redcross.org/prepare/disaster/tsunami>
- Centers for Disease Control and Prevention (CDC): Tsunamis <http://www.bt.cdc.gov/disasters/tsunamis/index.asp>
- Department of Homeland Security: Tsunamis. <http://www.ready.gov/tsunamis>

#### For children:

- Department of Homeland Security. Ready Kids: Tsunamis. <http://www.ready.gov/kids/know-the-facts/tsunamis>



# 10 TIPS FOR HURRICANE SAFETY



Hurricanes and tropical storms are strong wind storms (known as cyclones) that form over the ocean. Tropical storms have winds of 39 to 73 miles per hour and when these winds reach 74 miles per hour or more, the storm is called a hurricane. Each year, on average, 10 tropical storms (of which six become hurricanes) develop over the Atlantic Ocean, Caribbean Sea, or Gulf of Mexico. While the effects of hurricanes, which may include heavy rains, large waves, hail and wind, can be devastating to neighborhoods and homes, there are simple steps families can take protect children during hurricanes.

## PREPARE

- 1** **Talk about hurricanes.** Spend time with your family discussing why hurricanes occur. Explain that a hurricane is a natural event and not anyone's fault. Use simple words that even young children can understand.
- 2** **Know your risk.** Find out if you live in a hurricane evacuation area. Assess your risks from a storm surge, flooding or wind damage that may accompany a hurricane.
- 3** **Practice evacuation drills.** Practice your family evacuation plan so that, during an emergency, you can evacuate quickly and safely.
- 4** **Learn your caregivers' disaster plans.** If your child's school or child care center is in an area at risk from hurricanes, find out how its emergency plans address hurricanes. Ask about evacuation plans and if you would be required to pick up your children from the site or from another location.
- 5** **Stay informed.** Use a NOAA Weather Radio or listen to a local station on a portable, battery-powered radio or television. Be ready to act if a Hurricane Warning is issued.



## DURING A HURRICANE

- 6 Evacuate if instructed to do so.** Evacuate if told to do so by local authorities or if you feel unsafe. If advised to evacuate, avoid flooded roads and watch for washed-out bridges. Local officials may close certain roads, especially near the coast, when effects of the hurricane reach the coast.
- 7 Stay indoors, if not evacuated.** If you are not advised to evacuate, or are unable to do so safely, stay indoors, away from windows, skylights and doors. Continue to monitor weather reports and do not go outside until the storm has passed.

## AFTER A HURRICANE

- 8 Limit media exposure.** Protect children from seeing too many sights and images of the hurricane, including those on the internet, television or newspapers.
- 9 Ensure utilities are available.** Before children are returned to areas impacted by a hurricane, make sure utilities, such as electricity and plumbing, are restored and living and learning spaces (e.g., homes, schools, child care facilities) are free from physical and environmental hazards.
- 10 Involve children in recovery.** After a hurricane, let children help in clean-up and recovery efforts in age-appropriate ways as this participation may increase their sense of control over the situation.

## HURRICANE/TROPICAL STORM WEATHER TERMS

- **Hurricane/Tropical Storm WATCH** means there is a threat of hurricane/tropical storm conditions within 48 hours.
- **Hurricane/Tropical Storm WARNING** means hurricane/tropical storm conditions are expected in 36 hours or less.
- **Hurricane/tropical storm local statement**, issued every two to three hours by local National Weather Service (NWS) offices, summarizes all of the watches and warnings, evacuation information, and most immediate threats to an area.

Watches and warnings for hurricanes and tropical storms are issued by the NWS and broadcast on NOAA Weather Radio and on local radio and television stations.





# 10 TIPS FOR HURRICANE SAFETY



## ADDITIONAL RESOURCES

The tips above are just the start of knowing how to prepare for and respond to hurricanes. Use the following resources to help ensure your family is ready for the next hurricane.

### For adults:

- American Red Cross: Hurricane Preparedness. <http://www.redcross.org/prepare/disaster/hurricane>
- National Hurricane Center: Hurricane Preparedness—Be Ready <http://www.nhc.noaa.gov/prepare/ready.php>
- The National Child Traumatic Stress Network: Parent Guidelines for Helping Children after a Hurricane. [http://www.nctsn.org/sites/default/files/assets/pdfs/parents\\_guidelines\\_talk\\_children\\_hurricanes.pdf](http://www.nctsn.org/sites/default/files/assets/pdfs/parents_guidelines_talk_children_hurricanes.pdf)

### For children:

- Department of Homeland Security. Ready Kids: Hurricanes. <http://www.ready.gov/kids/know-the-facts/hurricanes> <http://www.sparky.org/>

# EMERGENCY MAD LIB GAME

During emergencies, downed power lines, overloaded cell phone channels and loud weather or siren sounds may make communication difficult. Complete the following puzzle with a partner or group, then compare to the original story on the following page. Consider how misunderstanding or missing just one word could change the whole meaning of a message. Create a family emergency communications plan to help you successfully connect with loved ones during a disaster.

## ALLIE'S ADVENTURE

It was just another \_\_\_\_\_ (1. **ADJECTIVE**) day for Allie, who loved to skip home from school in the \_\_\_\_\_ (2. **ADJECTIVE**) sunshine. After arriving home, she told her mother and baby brother \_\_\_\_\_ (3. **NAME**) all about her day. Allie had learned about snakes, played \_\_\_\_\_ (4. **NOUN**) at recess and aced her math quiz. Just as she was \_\_\_\_\_ (5. **VERB-ENDING IN ING**) to do her homework, the weather began to \_\_\_\_\_ (6. **VERB**). The sky became cloudy and \_\_\_\_\_ (7. **ADJECTIVE**) and the wind began to blow. Allie's mother turned on the TV and saw that their area was under a tornado \_\_\_\_\_ (8. **NOUN**). The family followed their emergency plan. They got their \_\_\_\_\_ (9. **NOUN**) kit and went to a safe room to \_\_\_\_\_ (10. **VERB**). Allie's mom turned on the \_\_\_\_\_ (11. **NOUN**) and listened to weather reports. Allie was a little \_\_\_\_\_ (12. **ADJECTIVE**) but passed the time reading one of her favorite \_\_\_\_\_ (13. **PLURAL NOUN**) that she had put in the kit. It wasn't long until the \_\_\_\_\_ (14. **NOUN**) improved and the tornado warning \_\_\_\_\_ (15. **VERB-PAST TENSE**). Allie, her brother and their mom could leave the safe room continue the rest of their day. Although a tornado did not come near her house, Allie was \_\_\_\_\_ (16. **ADJECTIVE**) that her family had a(n) \_\_\_\_\_ (17. **NOUN**) plan and was safe.

# EMERGENCY MAD LIB GAME

## ALLIE'S ADVENTURE (ORIGINAL)

It was just another **Spring** day for Allie, who loved to skip home from school in the **warm** sunshine. After arriving home, she told her mother and baby brother **Alex** all about her day. Allie had learned about snakes, played **hopscotch** at recess and aced her math quiz. Just as she was **sitting down** to do her homework, the weather began to **change**. The sky became cloudy and **dark** and the wind began to blow. Allie's mother turned on the TV and saw that their area was under a tornado **warning**. The family followed their emergency plan. They got their **supplies** kit and went to a safe room to **shelter-in-place**. Allie's mom turned on the **radio** and listened to weather reports. Allie was a little **scared** but passed the time reading one of her favorite **books** that she had put in the kit. It wasn't long until the **weather** improved and the tornado warning **ended**. Allie, her brother and their mom could leave the safe room continue the rest of their day. Although a tornado did not come near her house, Allie was **happy** that her family had an **emergency** plan and was safe.

# CHILD ID CARD TEMPLATE

## CHILD ID CARD

PLACE CHILD'S  
PHOTO HERE

**Name:**

Birth Date: \_\_\_\_\_  
Eye Color: \_\_\_\_\_  
Hair Color: \_\_\_\_\_  
Height: \_\_\_\_\_ Weight: \_\_\_\_\_

**Parent/Guardian Information**

Name: \_\_\_\_\_  
Cell Phone: \_\_\_\_\_  
Work Phone: \_\_\_\_\_  
E-mail: \_\_\_\_\_

Home Address: \_\_\_\_\_  
Home Phone: \_\_\_\_\_  
Medical Conditions/Allergies:  
\_\_\_\_\_  
\_\_\_\_\_

**Other Emergency Contact**

Name: \_\_\_\_\_  
Relationship to Child: \_\_\_\_\_  
Cell Phone: \_\_\_\_\_  
Work Phone: \_\_\_\_\_  
E-mail: \_\_\_\_\_



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Get Ready. Get Safe.

**For more information visit:**  
[www.savethechildren.org/GetReady](http://www.savethechildren.org/GetReady)

## CHILD ID CARD

PLACE CHILD'S  
PHOTO HERE

**Name:**

Birth Date: \_\_\_\_\_  
Eye Color: \_\_\_\_\_  
Hair Color: \_\_\_\_\_  
Height: \_\_\_\_\_ Weight: \_\_\_\_\_

**Parent/Guardian Information**

Name: \_\_\_\_\_  
Cell Phone: \_\_\_\_\_  
Work Phone: \_\_\_\_\_  
E-mail: \_\_\_\_\_

Home Address: \_\_\_\_\_  
Home Phone: \_\_\_\_\_  
Medical Conditions/Allergies:  
\_\_\_\_\_  
\_\_\_\_\_

**Other Emergency Contact**

Name: \_\_\_\_\_  
Relationship to Child: \_\_\_\_\_  
Cell Phone: \_\_\_\_\_  
Work Phone: \_\_\_\_\_  
E-mail: \_\_\_\_\_



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**For more information visit:**  
[www.savethechildren.org/USA](http://www.savethechildren.org/USA)  
[www.savethechildren.org/GetReady](http://www.savethechildren.org/GetReady)

# EMERGENCY CONTACT FORM

Please fill out the following information. If you don't know the answer or the question doesn't apply, leave the answer blank.

## CHILD'S INFORMATION

First/Last Name: \_\_\_\_\_

Nickname: \_\_\_\_\_ Birthday: \_\_\_\_\_

Home Address: \_\_\_\_\_

Home Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_

## PARENT /GAUARDIAN CONTACT INFORMATION

### 1. Parent/Guardian:

First/Last Name: \_\_\_\_\_

Work Address: \_\_\_\_\_

Work Phone: \_\_\_\_\_ Home Phone: \_\_\_\_\_ Cell: \_\_\_\_\_

*If you have any of the following, include your email address, Twitter and Facebook names*

E-mail: \_\_\_\_\_ Twitter: \_\_\_\_\_ Facebook: \_\_\_\_\_

### 2. Parent/Guardian:

First/Last Name: \_\_\_\_\_

Work Address: \_\_\_\_\_

Work Phone: \_\_\_\_\_ Home Phone: \_\_\_\_\_ Cell: \_\_\_\_\_

*If you have any of the following, include your email address, Twitter and Facebook names*

E-mail: \_\_\_\_\_ Twitter: \_\_\_\_\_ Facebook: \_\_\_\_\_

# EMERGENCY CONTACT FORM

## RELEASE INFORMATION

You are authorized to release my child to the parents/guardians above and:

1. **First/Last Name:** \_\_\_\_\_

Address: \_\_\_\_\_

Relationship to Child: \_\_\_\_\_

Work Phone: \_\_\_\_\_ Home Phone: \_\_\_\_\_ Cell: \_\_\_\_\_

E-mail: \_\_\_\_\_ Twitter: \_\_\_\_\_ Facebook: \_\_\_\_\_

2. **First/Last Name:** \_\_\_\_\_

Address: \_\_\_\_\_

Relationship to Child: \_\_\_\_\_

Work Phone: \_\_\_\_\_ Home Phone: \_\_\_\_\_ Cell: \_\_\_\_\_

E-mail: \_\_\_\_\_ Twitter: \_\_\_\_\_ Facebook: \_\_\_\_\_

3. **First/Last Name:** \_\_\_\_\_

Address: \_\_\_\_\_

Relationship to Child: \_\_\_\_\_

Work Phone: \_\_\_\_\_ Home Phone: \_\_\_\_\_ Cell: \_\_\_\_\_

E-mail: \_\_\_\_\_ Twitter: \_\_\_\_\_ Facebook: \_\_\_\_\_

# EMERGENCY CONTACT FORM

## OUT-OF-TOWN CONTACT (in case local contacts cannot be reached)

First and Last Name: \_\_\_\_\_

Relationship to Child: \_\_\_\_\_

Work Address: \_\_\_\_\_

Home Address: \_\_\_\_\_

Work Phone: \_\_\_\_\_ Home Phone: \_\_\_\_\_ Cell: \_\_\_\_\_

E-mail: \_\_\_\_\_ Twitter: \_\_\_\_\_ Facebook: \_\_\_\_\_

## MEDICAL OR SPECIAL CARE INFORMATION

My child has the following medical conditions and allergies:

My child takes the following prescription medications:

My child needs the following medical treatment or care:

# EMERGENCY CONTACT FORM

## MY CHILD'S DOCTORS ARE

1. **First/Last Name:** \_\_\_\_\_

Specialty (e.g., pediatrics): \_\_\_\_\_

Address: \_\_\_\_\_

Work Phone: \_\_\_\_\_ Cell: \_\_\_\_\_

2. **First/Last Name:** \_\_\_\_\_

Specialty (e.g., pediatrics): \_\_\_\_\_

Address: \_\_\_\_\_

Work Phone: \_\_\_\_\_ Cell: \_\_\_\_\_

3. **First/Last Name:** \_\_\_\_\_

Specialty (e.g., pediatrics): \_\_\_\_\_

Address: \_\_\_\_\_

Work Phone: \_\_\_\_\_ Cell: \_\_\_\_\_

Other important information or instructions:

**I grant permission for the caregiver program to provide or arrange for medical treatment and/or transportation to an evacuation site and/or medical facility for my child, identified above, during an emergency or disaster. I also grant permission for my child to be released to any of the emergency contacts I have designated on the previous page if I am unable to pick them up in an emergency.**

Printed Parent/Guardian Name: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_



# DISASTER CHECKLIST

## FOR PARENTS AND FAMILIES



Save the Children®

Get Ready. Get Safe.

*Do you have a plan in place to help ensure your children are safe and secure if a disaster strikes? If the worst happens, your children will look to you to know how to react and respond. Use this checklist to help prepare and keep your children safe in a disaster.*

### MAKE A FAMILY PLAN

*Before a disaster strikes, make sure you and your family all know these details to help stay safe.*

#### YOU AND YOUR FAMILY SHOULD DETERMINE:

- Which facilities will be used as shelters in your community in case of emergency
- A designated meet-up location if your family is separated
- A family contact outside of your area who would not be affected by a local disaster

### TEACH YOUR KIDS

*Your children may need to act in an emergency.*

#### MAKE SURE THEY KNOW THE FOLLOWING:

- Basic personal information to identify themselves if separated from you
- Home phone number
- How to dial 911
- Family's meet-up locations
- How to reach the family's out-of-town contact

### HAVE A COMMUNICATION STRATEGY

*Communication systems are often unreliable during emergencies. Be sure to have a back-up plan.*

- All family cell phones should have "ICE" (In Case of Emergency) programmed into their phone's contact list with all family phone numbers plus out-of-area contacts.
- Remind family members that text messages often get through in an emergency, even when a phone can't.

## CREATE A GO KIT

Prepare a backpack or portable bag for each family member with essential hygiene items and contact information in case you need to leave home.

### BE SURE TO INCLUDE:

- Each child's contact and medical information
- Recent photos of each child
- Comfort food and treats
- Activity items like books, puzzles and games
- Comfort items like a stuffed animal or blanket

## STOCK UP AT HOME

In addition to basic survival items like water, flashlights, a battery-powered radio and extra batteries, have these kid-friendly supplies on hand.

### NON-PERISHABLE FOOD

- Nursing supplies
- Formula
- Pre-packaged baby food
- Ready-to-eat canned foods and opener
- Juice pouches
- Non-perishable pasteurized milk
- Dry cereals, protein bars, fruit snacks
- Nuts and nut butters
- Vitamins

### MEDICAL SUPPLIES

- Fever reducer
- Antibacterial ointment
- Rash ointment
- Each child's medications

### PERSONAL HYGIENE ITEMS

- Baby wipes
- Diapers
- Nursing pads
- Feminine products

## CHECK WITH YOUR CHILD CARE FACILITY

Since your children may be at a child care facility when disaster hits, make sure all caregivers have each child's most recent contact info.

Remember to ask the staff about their emergency plans. If they do not have a plan, you may want to ask them to create one.

For more information and support, visit:  
[www.savethechildren.org/getready](http://www.savethechildren.org/getready)



# MAKE A PLAN PICTURE GAME

Following the same rules as a traditional Pictionary game, Make a Plan Picture Game has teams compete in drawing and guessing key emergency preparedness terms.

## MATERIALS

- Word cards (next page) – 1 set per team
- Container to hold the cards – 1 per team
- Large paper pad and markers or dry erase board and markers – 1 per team
- Timer

## DIRECTIONS

- 1. Use key words from Prep Step 2: Planning Ahead (use word cards on next page). Fold the word cards so the words aren't visible and place them in a container.**
- 2. Divide the group into teams. The number of teams depends on the total number of participants. Each team gets a container of word cards and large pad of paper and marker (or dry-erase board and marker).**
- 3. Provide these game instructions to the teams:**
  - Each team will have 10 minutes to draw and guess as many emergency preparedness words as possible (up to 12 terms).
  - Every person on a team needs to draw before anyone gets to draw a second time.
  - The drawer selects a word card from the container and looks at it without letting any teammates see it.
  - The drawer draws the word on the paper pad/dry erase board so that his teammates can guess the word. The drawer cannot talk or write numbers or letters.
  - Teammates keep guessing until they correctly guess the word or decide to skip the word because they can't figure it out.
  - Each team puts all their correctly guessed words in a pile. When the leader calls "time's up" (after 10 minutes), each team counts how many points they earned.
- 4. The leader starts the game, monitors the time (10 minutes) and calls "time's up."**

**ID Card**

**Out-of-Town  
Contact**

**Safe Room**

**Family Plan**

**Evacuate**

**Communication  
Plan**

**Shelter-in-Place**

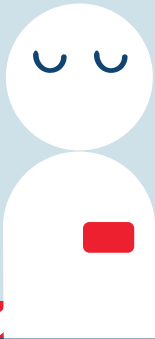
**Practice**

**ICE Contact**

**Update**

**9-1-1**

**Fire Drill**



## LEADER SAYS GAME

This game follows the rules of Simon Says. The leader calls out different emergency actions and the children must complete the action associated with that response-- but only when Leader says!

### DIRECTIONS

This game can be used with groups of all sizes and can include children and adults.

Start with an adult as the Leader.

The group should repeat the actions called-out and performed by the Leader as long as he or she says “**Leader Says**” before the action.

Participants who perform an action for which the Leader does not start with “Leader Says” is out of the game. The last participant remaining gets to be the leader in the next round.

Help use the game to reinforce ideas learned in Prep Step 2: Planning Ahead, by using emergency-themed prompts.

### EXAMPLE PROMPTS

**Leader says,** call your emergency contact (moving hand to your head like a phone).

**Leader says,** walk to your meet-up location (walking in place).

**Leader says,** stop, drop and roll (response if clothing is on fire).

**Leader says,** look for a firefighter or police officer (move hand to forehead like you’re looking or searching).

**Leader says,** evacuate! (Point to the nearest exit.)

**Leader says,** shelter-in place (tuck down on the floor).

**Leader says,** pack a disaster supplies kit (motioning putting items in a bag).

**Leader says,** drop, cover and hold-on (earthquake response).

**Leader says,** monitor the weather reports (look at the sky and hold out hands like feeling for rain).

**Leader says,** stay calm and quiet (put your finger over your mouth like making a “shhhh-ing” noise).



# I'M PACKING A SUPPLIES KIT! DOES IT GO? MEMORY GAME

This is a memory and repetition game based on the Get Ready Get Safe Disaster Supplies Kit Checklist.

## DIRECTIONS

1. Game may be played with 5-20 participants.
2. This game may be played by children alone, or with the guidance of their parents.
3. After reviewing the purpose of a Disaster Supplies Kit, and the materials that go in it, gather the group into a circle on the floor.
4. Leader introduces the rules by saying:

Today we are going to list what we are packing in our disaster supplies kit all together! I'm going to start by saying "I'm packing a kit, and I'm bringing a..." and then I'll pick something to bring and ask "Does it go?" As a group we'll say "Yes, it goes!" if the item belongs in a kit. If it's not something that should go in a Disaster Supplies Kit, the group can say "No, it doesn't go!"

The next person is going to repeat what I said, and add another item. And the person after that has to repeat what I said, what the next person said, and add yet another item! We'll go around in a circle until it comes back to me, and I have to remember what everyone said!

Remember, we're only bringing things we might need to have for an emergency, so I'm not going to pack anything silly, like my giant bowling ball! If you aren't sure what to bring, ask for a hint.

5. The leader may provide hints and guidance on what is a good item to include.

- "Do you want to bring something to brush your teeth with?"
- "Do you want to bring something to wash with?"
- "Should we pack something fun to do?"

## GAME EXAMPLES

Leader Says: "I'm packing a supplies kit and I'm bringing a FLASHLIGHT! Does it go?"

*The group will say "Yes, it goes!"*

This ends the leader's turn, and the person to the leader's left must repeat what the leader is bringing and add to the list:

*"I'm packing a kit and I'm bringing a flashlight and a BOWLING BALL! Does it go?"*

## PREP STEP 3: GATHER WISE SUPPLIES

*The group would say “No, it doesn’t go!”*

Continue around the circle until it is the leader’s turn to repeat everything previously said.

After everyone in the circle has gone, the leader should take a few minutes for the group to discuss why certain items did not go: “That’s a good idea, but it’s pretty heavy for a kit! What’s something smaller?” or “That’s a good suggestion, but it’s something that stays at home! What about something we can use to comb our hair?”

### Variations

- In a smaller group, you may go around the circle twice. In a larger group, it will become more difficult after 4 or 5 people have added to the list.
- With groups of younger children, you may choose to have the list of items visible, or even pictures.
- You may also choose to write down the items as they are listed to help younger children remember what goes in a Disaster Supplies Kit.

### DISASTER SUPPLIES

- Flashlight
- Batteries
- Radio
- Cell phone charger
- List of phone numbers
- Maps
- Teddy bear/stuffed animal/comfort blanket
- Can of food/box of snacks
- Can opener
- Water bottle
- Blanket/sleeping bag/pillow

- Notebook/coloring book
- Pencils/crayons/pens
- Storybook
- Soap
- Toothbrush
- Hand Towel/wash cloth
- Brush/comb
- First aid kit (or materials like bandages)
- ID Card
- Whistle
- Sneakers/boots
- Extra jacket
- Umbrella

### Non-Disaster supplies

- Fish bowl
- Bowling ball
- Heavy books
- Perishable foods
- Flip flops
- Electric alarm clock (with a cord)
- Glass cup or ceramic dinner plate





# PACKING LIST PICTURE GAME

Following similar rules as the Pictionary game, the Packing List Picture Game has teams drawing and guessing key emergency preparedness terms.

## MATERIALS

- Word cards (next page) – 1 set per team
- Container to hold the cards – 1 per team
- Large paper pad and markers or dry erase board and markers – 1 per team
- Timer

## DIRECTIONS

- 1. Use key words from Prep Step 3: Gather Wise Supplies (use word cards on next page). Fold the word cards so the words aren't visible and place them in a container.**
- 2. Divide the group into teams. The number of teams depends on the total number of participants. Each team gets a container of word cards and large pad of paper and marker (or dry-erase board and marker).**
- 3. Provide these game instructions to the teams:**
  - Each team will have 10 minutes to draw and guess as many emergency preparedness terms as possible (up to 14 words).
  - Every person on a team needs to draw before anyone gets to draw a second time.
  - The drawer selects a word card from the container and looks at it without letting any teammates see it.
  - The drawer draws the word on the paper pad/dry erase board so that his teammates can guess the word. The drawer cannot talk or write numbers or letters.
  - Teammates keep guessing until they correctly guess the word or decide to skip the word because they can't figure it out.
  - Each team puts all their correctly guessed words in a pile. When the leader calls "time's up" (after 10 minutes), each team counts how many points they earned.
- 4. The leader starts the game, monitors the time (10 minutes) and calls "time's up."**

**Stuffed Animal**

**Family Disaster  
Supplies Kit**

**Water Bottle**

**Canned Food**

**Blanket**

**Notebook**

**Game**

**First Aid Kit**

**Whistle**

**Flashlight**

**Jacket (or coat)**

**Toothbrush**

**Batteries**

**Soap**

# DISASTER SUPPLIES CHECKLIST

Every family needs a disaster supplies kit filled with items needed to help keep all family members safe and healthy during an emergency. Store enough of each item to last at least seven days. Be sure all family members know where the kit is located and when and how it should be used. Update your disaster supplies kit regularly to replace expired food or medicine or outgrown clothing items. Get children involved in putting together the disaster supplies so they can learn the importance of being prepared.

## FAMILY DISASTER SUPPLIES KIT

- Flashlights and extra batteries
- Radio (battery-powered or hand crank)
- Non-perishable food items
- Water (one gallon/person/day)
- One complete change of clothing for each person, including jackets/coats
- Blankets
- Cash and coins
- Map of the area marked with places you could go
- Toolset
- Extra set of car keys and house keys
- Roll of duct tape
- Plastic sheeting pre-cut to fit shelter-in-place room openings
- Pet supplies
- Small fire extinguisher
- Matches in a waterproof container
- Special items such as denture needs, contact lenses
- Items for seniors or people with disabilities

## MEDICAL SUPPLIES

- Prescription and non-prescription medicine, including for children
- First Aid Kit
- Fever reducer
- Antibacterial ointment
- Rash ointment

## HYGIENE ITEMS

- Baby wipes
- Diapers
- Nursing pads
- Sanitary pads
- Toilet paper
- Soap
- Bleach

# DISASTER SUPPLIES CHECKLIST

## INFORMATION

- Medical information, including copies of medical prescriptions
- Copies of passports and birth certificates
- Copies of personal identification, such as a drivers' license
- Recent photos of each child

## CHILD-FRIENDLY FOOD SUPPLIES

- Nursing supplies
- Formula
- Pre-packaged baby food
- Juice pouches
- Powdered milk

## COMFORT ITEMS

- Comfort food and treats
- Activity items like books, puzzles and games
- Stuffed animal or blanket for children

## DISASTER SUPPLIES BACKPACK KIT

Having children create their own disaster supplies backpack kit can help them feel part of the family emergency plan and teach them personal responsibility. Bags should be stored at home in an easily accessible area and updated as children grow and their interests change

### Put these items in a backpack or portable bag to use during an emergency:

- A teddy bear or favorite stuffed toy (for safety and comfort)
- Crayons and pen (to keep ourselves busy)
- Soap and soap box (to clean ourselves)
- Toothbrush and toothpaste (to clean our teeth every day)
- Comb (to comb our hair)
- Hand towel (to clean ourselves or keep cool)
- An ID card or wristband (to identify who we are and parent contact information)
- A flashlight with batteries (to help us when there is no power)
- A notebook (to record important information and/or keep busy)
- A whistle (to use if you need help or get lost)
- Ask children what else they wish to remember that is important to them (i.e. favorite books, pictures, toys, extra clothes, etc.)

# PREP STEP QUIZ: ANSWER KEY

## GENERAL ANSWERS

1. **What are five things that you should have in your disaster supplies kit?**
  - Food
  - Water
  - Medicine
  - Clothing
  - Gas
  - Money
  - Batteries
  - Blankets
  
2. **What are the different parts of a home emergency plan?**
  - Two evacuation routes
  - Safe room
  - Two meet-up locations in case you are separated. One nearby the home and one further away.
  - The contact information (phone number, email, address) for your parents/guardians and emergency contacts including one out-of-town friend or relative.
  - Disaster supplies kit
  
3. **What important documents should you include in your disasters supplies kit?**
  - Birth certificate
  - Social security card
  - ID Card
  - Passport
  
4. **What phone number should you use if you are lost or someone is hurt?**
  - 911 (or local emergency number)
  
5. **What are examples of types of food that you could put in your disaster supplies kit?**
  - Canned vegetables
  - Canned meats
  - Canned milk
  - Peanut butter
  - Packaged crackers, fruit snacks or nuts
  - Other non-perishable items – food that does not spoil

# PREP STEP QUIZ: ANSWER KEY

6. **What should you do so you are updated on the weather conditions?**
- Listen to the radio
  - Watch television
  - Look at the internet
  - Have parents sign up for text weather alerts sent to their phones
7. **What should you do if you get separated from your family and you can't get through to your local contact?**
- Email
  - Text
  - Call out of state contact
  - Go to a safe area and talk to another adult, ideally an official
  - Stay calm, do not panic and follow instructions
8. **If you do evacuate, when is it safe to go back to your home?**
- When the officials say it is safe
9. **What should you do during a disaster?**
- Follow the lead of a trusted adult (e.g., parent/guardian, teacher, caregiver, coach, firefighter, police officer)
  - Stay calm
  - Stay quiet and listen
  - Follow instructions
10. **Disasters can be very scary. Who are some people you could talk to about being scared?**
- Parents
  - Officials
  - Police
  - Firefighters
  - Emergency workers
  - Friends



**Remember, during an emergency, being scared is normal.  
It is important to talk to someone about how you are feeling.**



# PREP STEP QUIZ: ANSWER KEY

## EARTHQUAKE-SPECIFIC ANSWERS

### 1. How long do earthquakes last?

- Usually less than one minute, but may last longer
- This may be followed by an aftershock

### 2. How are earthquakes measured?

- A Richter Scale
- This scale measures the intensity of the earthquake (how strong the shakes are)

### 3. Where do most earthquakes happen?

- All over the world
- In the United States, primarily on the West Coast, but can also occur in the South, Midwest or East Coast

### 4. Can you tell when an earthquake is coming?

- **NO**, you can't tell when an earthquake is coming
- It's important to have a plan for an earthquake - talk to your parents or teachers about what this plan should be

### 5. How do you protect yourself from an earthquake?

- **DROP, COVER AND HOLD ON!**
- Get underneath something strong and sturdy, hold on, and cover your eyes by putting your face into your arm

### 6. Where should you go during an earthquake?

- Stay where you are - if inside, stay inside, if outside, stay outside
- If inside, stay away from windows, duck and cover under a strong desk or table to avoid items that may fall over
- If outside, drop to the ground and stay away from trees or buildings - stay on the ground until the shaking stops





# PREP STEP QUIZ: ANSWER KEY

**7. What should you do if you're scared during an earthquake?**

- Remember, being afraid during an earthquake is normal for children and adults
- Be sure to talk about these feelings with family or friends after the earthquake

**8. How can you prepare for an earthquake?**

- Talk to your family about getting an earthquake kit together. This can include:
  - a first aid kit
  - canned food and a can opener
  - bottled water
  - a flashlight
  - a battery-operated radio, and
  - instructions on how to turn off electricity, gas and water

# PREP STEP QUIZ: ANSWER KEY

## WILDFIRE-SPECIFIC ANSWERS

### 1. What is a wildfire?

- An uncontrolled fire often occurring in wildland areas

### 2. What causes wildfires?

- Lightning
- Human carelessness
- Playing with matches
- Uncontrolled camp fires
- Arson
- Heat waves and droughts
- Downed power lines
- Volcanic eruption and cloud from an active volcano

### 3. Where do wildfires occur?

- Where the climate is moist enough to allow the growth of trees, but has dry hot periods when fallen branches, leaves and other material can dry out
- Common in grasslands and scrublands

### 4. When do wildfires happen?

- During the summer in times of drought
- In the fall in times of windstorms

### 5. What other natural disasters happen with wildfires?

- Erosion due to the burning away of plants and trees and heavy rains
- Landslides
- Ash flows

### 6. What states are most affected by wildfires?

States that are hot and dry, such as:

- California
- Texas

However, wildfires can happen in any state.

### 7. What months are wildfires most likely to occur?

- Late fall into winter months – starting around October

# PREP STEP QUIZ: ANSWER KEY

## HURRICANE-SPECIFIC ANSWERS

- 1. If you do not need to evacuate, what should you do during a hurricane?**
  - Stay inside
  
- 2. When is hurricane season?**
  - June 1 - November 30
  
- 3. How are hurricanes rated?**
  - On a scale of 1-5 based on wind speed and intensity
  - 1 is lowest, 5 is highest
  
- 4. Which direction does a hurricane travel?**
  - Counter clockwise
  
- 5. Who goes into the eye of the storm to see how strong a hurricane is?**
  - Hurricane hunter
  
- 6. Which side of the storm is the strongest?**
  - East
  
- 7. What is the center of the storm called?**
  - The eye

# PREP STEP QUIZ: ANSWER KEY

## TORNADO-SPECIFIC ANSWERS

1. **What is the difference between a tornado watch and a tornado warning?**
  - A tornado watch means that tornadoes are possible and you must remain alert for approaching storms
  - A tornado warning means a tornado has been sighted or indicated and you must take shelter immediately
  
2. **What is Tornado Alley?**
  - The area from Nebraska south through Kansas and Oklahoma into central Texas where most tornados occur
  - However, tornadoes can occur in all states, including Alaska and Hawaii.
  
3. **When do tornadoes most often happen?**
  - Generally in March through August
  - Can happen at any time of year
  - Can happen after hurricanes
  
4. **If you are outside, how can you tell a tornado may be coming?**
  - Dark, often greenish sky
  - Large hail
  - Large, dark, low-lying cloud (particularly if rotating)
  - Loud roar, similar to a train
  - The wind dying down and the air becoming very still (happens just before a tornado hits)
  - Tornadoes generally occur near the end stages of a thunderstorm
  
5. **What should you do if a tornado is coming and you cannot get inside?**
  - Lie down in a ditch or depression
  - Cover your head
  - Do not get under an overpass or bridge
  - If in a car, leave the car and lay as low and flat as you can

# PREP STEP QUIZ: ANSWER KEY

**6. What if I am in my home or a building, what should I do?**

- Go to a designated or predetermined shelter if there is one
- If not, go to the basement, or the lowest level in the building
- If there is no basement, go to the center of an interior room without windows such as a bathroom

**7. What if your family lives in a mobile home, what should you do?**

- Get out immediately
- Go to a storm shelter if there is one
- If not, go to the nearest building and stay inside
- Mobile homes even if tied down, are not safe

**8. How strong are tornado winds?**

- Up to 300 miles per hour

# TIPS FOR PROTECTING CHILDREN IN EMERGENCIES

Emergencies are often unpredictable, intense situations, requiring adults to respond quickly and effectively to help keep children safe. It's normal for even the most experienced caretakers to feel overwhelmed when an emergency arises. Sirens may be blaring, building structures may be threatened, and children may be scared and disobedient.

**But in these cases it's important to keep calm and rely on the emergency plan.**

## KEEP CALM

In an emergency, all little eyes will be on their caregiver, looking for signals on how to respond to the situation and what to do next. Though panic may be a natural response, it's important to remain calm as to not further disturb the children. Instead, lead the response procedure with poise. Deliver all instructions clearly with a tone that will help reassure children that adults are there to help protect them from harm. Do not rush through emergency procedures, but be in control as to not miss a critical step or lose any children in the process.



## RELY ON THE PLAN

Creating an emergency plan will help empower parents, guardians and child care providers to react quickly and accurately to an emergency without losing precious time in the confusion of the situation. The plan should be practiced regularly so that if disaster strikes, caregivers can respond almost automatically and have confidence that they can protect the children in their care. There may be situations when the disaster at hand requires you to modify the plan as it has been practiced, but with the sound understanding of roles, communications procedures and whereabouts of disaster supply kits, caregivers are better equipped to deal with whatever situation is thrown their way.

# TIPS FOR PROTECTING CHILDREN IN EMERGENCIES

## MONITOR THE SITUATION

Emergency situations can change quickly. If possible, watch news reports or listen to radio updates to determine the location and intensity of the threat and adapt your response accordingly. A NOAA Weather Radio will update you if there is severe weather in your area. If phone service is available, communicate with an out-of-town contact to help monitor the situation.

## BE PATIENT

Minutes can seem like hours during an emergency, but during a fast-changing, highly volatile situation, it is often best to wait before assuming the threat of disaster has passed. For instance, in a lock-down situation, stay in place until a first-responder or another authority says it's okay to leave. Or in a shelter-in-place emergency, listen to the radio to ensure the weather threat has passed. It's better to wait a little longer than to put children in harm's way.

## REUNIFY FAMILIES

After the threat of an emergency has passed it is imperative that all children be quickly reunited with their parents/guardians, as children need the comfort of their families to help cope with these traumatic situations. Use the communication strategy outlined in the emergency plan to notify parents or guardians of the situation and when and how to pick up their child.

## LEARN LESSONS

After emergency plans have been put to the test by an actual emergency, it's likely that the plan will need to be updated to address any issues encountered during the response. Discuss with parents, guardians and child care staff the emergency procedures that worked and those that need improving, keeping in mind that every emergency situation will be different.

### Since Hurricane Katrina, we've served more than 1 million children affected by U.S. emergencies.

With nearly 100 years of emergency response experience, Save the Children is committed to ensuring the unique needs of children are met before, during and after disasters. Through advocacy, partnerships and the Get Ready Get Safe initiative, Save the Children helps U.S. communities to better protect and support children in times of disaster.

**Learn more at [www.savethechildren.org/GetReadyGetSafe](http://www.savethechildren.org/GetReadyGetSafe).**

# MAKE A PLAN YOU CAN COUNT ON

Creating a family emergency plan doesn't have to be overwhelming. Start with the basics and build out from there. It's as simple as 1, 2, 3, 4!

# 1

## KIT

Create a Disaster Supplies Kit that includes water, nonperishable food, flashlights, blankets, kid-friendly activities and comfort items etc. Store the kit in an easily-accessible area, update its contents regularly and explain to children when and how the kit should be used.

**Where are you going to store your disaster supplies kit?**

# 2

## MEET-UP LOCATIONS

Make a family plan that includes home evacuation routes, safe rooms and two meet-up locations. One location should be nearby (such as a lamppost or street corner) and the other further away from the home (such as a relative's house or community center).

**What are your two meet-up locations?**

# 3

## EMERGENCY CONTACTS

Every caregiver should be equipped with emergency contact information for each child's parent/guardian, a local contact and an out-of-town contact. Help children learn different ways to communicate during an emergency and memorize important emergency phone numbers and emails. Teach older children how to text as text messages are more likely get through when phone calls cannot.

**Who are the three emergency contacts your children should know how to contact?**

# 4

## EVERYONE

Ensure your emergency plan meets the needs of everyone in the family, including children, seniors and those with disabilities or access and functional needs. Consider the role your family can play in assisting elderly neighbors or those with special needs. Discuss the plan with all family members and in-home caregivers so that everyone will know what to do in an emergency.

**Does your plan meet the needs of everyone in the family, as well as friends or frequent visitors?**







# CONGRATULATIONS,

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on successfully completing the **Get Ready Get Safe** Prep Rally  
and preparing your family for disasters.

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**DATE**

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**SIGNATURE**



**Save the Children®**  
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