

KIDS!



Be Prepared—In Every Situation

Every day, you make sure that you get your homework done, get to music or sports practice on time, or plan where and when you'll meet up with friends. But do you know how to plan and prepare for emergencies?

Put your planning skills to good use and work with your parents or guardians so you can be ready for all types of emergencies! Use this activity sheet to help get you started! It's fun and full of useful information, and you can save it to practice what you've learned.

Make a Kit!

An emergency supply kit contains basic items that you and your family would need to stay safe during and after an emergency or disaster. Emergency kit items should be stored in a waterproof container close to your home's exit door. Make sure everyone in the family knows where the kit is located! Talk to your family about why it's important to have an emergency supply kit. Then put together a kit with your family that contains these basic items:

- Water—at least one gallon per person per day for at least three days
- Food—nonperishable food for at least three days
- Multitool
- Whistle
- First aid kit
- Flashlight with extra batteries
- Battery-powered or hand-crank radio with cell phone charger and extra batteries
- Matches in a waterproof container
- Local maps, your family emergency plan, cash in local currency, and other important documents, enclosed in a waterproof container
- Sanitation supplies such as moist towelettes, garbage bags, and ties
- Additional items for your family's unique needs such as infant food, diapers, prescription medications, and pet essentials
- Books, games, puzzles, toys, or other fun activities



For a list of items to build a complete emergency supply kit, visit www.ready.gov.

Help Make a Plan with Your Parents!

It's important to know where things are located inside your house to help you prepare or stay safe during an emergency.

1. Have your parents help you draw a simple picture of your home like the example.
2. Draw arrows pointing to two exits out of every room (e.g., door, window).
3. Mark the locations of the following items:

- Doors
- Windows
- Emergency supplies kit
- Telephone with list of emergency phone numbers
- Flashlight
- Fire alarm or smoke detectors
- Fire extinguisher
- Carbon monoxide alarm



4. Pick a safe place (outside your home) for your family's meeting place and mark it with an X.
5. Practice makes perfect—If you and your family practice your emergency plan at least two times a year, you will be ready.

Be Informed!

There are many ways you can learn more about emergency planning and preparedness! Talk to your parents, guardians, or teacher about disasters that may occur in your area and how they can help you be prepared.

Have fun and learn at the same time! Go to the kid-friendly websites listed at right for preparedness activities and games.

Kid-Friendly Preparedness Websites

www.ready.gov/kids—This website features age-appropriate, step-by-step instructions on what kids and their families can do to become better prepared for all kinds of emergencies.

www.fema.gov/kids—An online resource for kids that includes preparedness games, stories, and safety information.

www.redcross.org/services/youth/izone—Emergency preparedness and disaster safety with games, quizzes, and map.

www.sparky.org/index.html—Learn about fire safety and prevention by helping solve Sparky the Fire Dog's secret code.

www.nws.noaa.gov/om/reachout/kidspage.shtml—Designed to help kids learn about hurricanes, winter storms, thunderstorms, and other hazardous weather. Check out the category called "Other Fun Stuff" to find interesting activities.

Semper Paratus

Be "Always Ready." Get an emergency supply kit good for at least three days, make an emergency plan with your family, and be informed about what might happen.