

# Ready. Set. Prepare.

How Kids Can Help in a Disaster



This belongs to: \_\_\_\_\_

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

Telephone Number: \_\_\_\_\_

An emergency can happen anywhere at anytime. Tarrant County Public Health prepared this booklet to help you learn some of the basics about preparing for an emergency. Much like the weatherman keeps track of the weather, Tarrant County Public Health keeps track of things that might affect your health and the health of your family.

**After you read this booklet:**

- Help your family develop an emergency plan.
- Help your family put together an emergency supply kit.
  - Learn about your school's emergency plan.
  - Practice your family's emergency plan.
  - Learn about different kinds of disasters.
- \* Learn more about what to do if a disaster occurs at home, at school or away from home.

**Your family can help you find more helpful information by phone or on the Internet:**

**Tarrant County Public Health**

817-321-4700

<http://health.tarrantcounty.com>

**American Red Cross**

**Chisholm Trail Chapter**

817-335-9137

<http://chisholmtrail.redcross.org>

**Texas Department of Health**

1-888-963-7111

[www.tdh.state.tx.us](http://www.tdh.state.tx.us)

**Centers for Disease Control  
& Prevention**

1-888-246-2675

[www.cdc.gov](http://www.cdc.gov)

**Federal Emergency  
Management Agency**

1-800-480-2520

[www.fema.gov](http://www.fema.gov)

**United States Department of  
Health & Human Services**

1-877-696-6775

[www.hhs.gov](http://www.hhs.gov)

**National Center for Children  
Exposed to Violence**

1-877-49-NCCEV (62238)

[www.nccev.org](http://www.nccev.org)

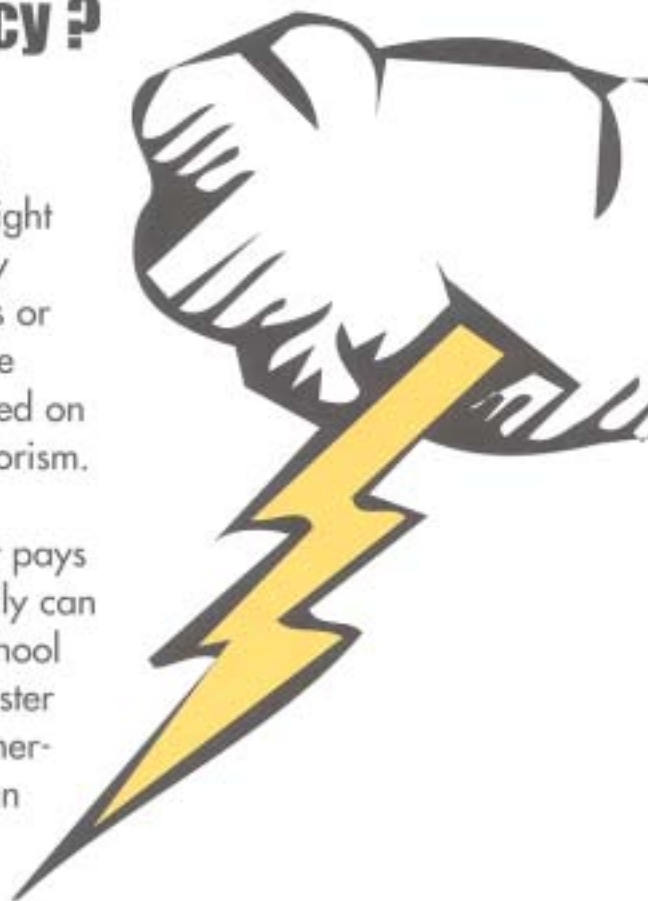
**U.S. Department of Homeland Security**

[www.dhs.gov](http://www.dhs.gov)

# What is an Emergency ?

An emergency – sometimes called a disaster or catastrophe – is a sudden event that needs action or attention right away. Emergencies can be caused by nature, such as tornados, flash floods or lightning. Sometimes emergencies are caused by people. Emergencies caused on purpose may be called an act of terrorism.

Whether caused by man or nature, it pays to prepare so that you and your family can be safe and comfortable at home, school or away until help arrives or the disaster is over. We can't always tell when emergencies might happen so the best plan is to be ready at all times.



## Who Can **Help** in an Emergency ?

Our community's police, firefighters, hospitals and the Public Health Department are all ready to help people right away. They train, practice and plan.

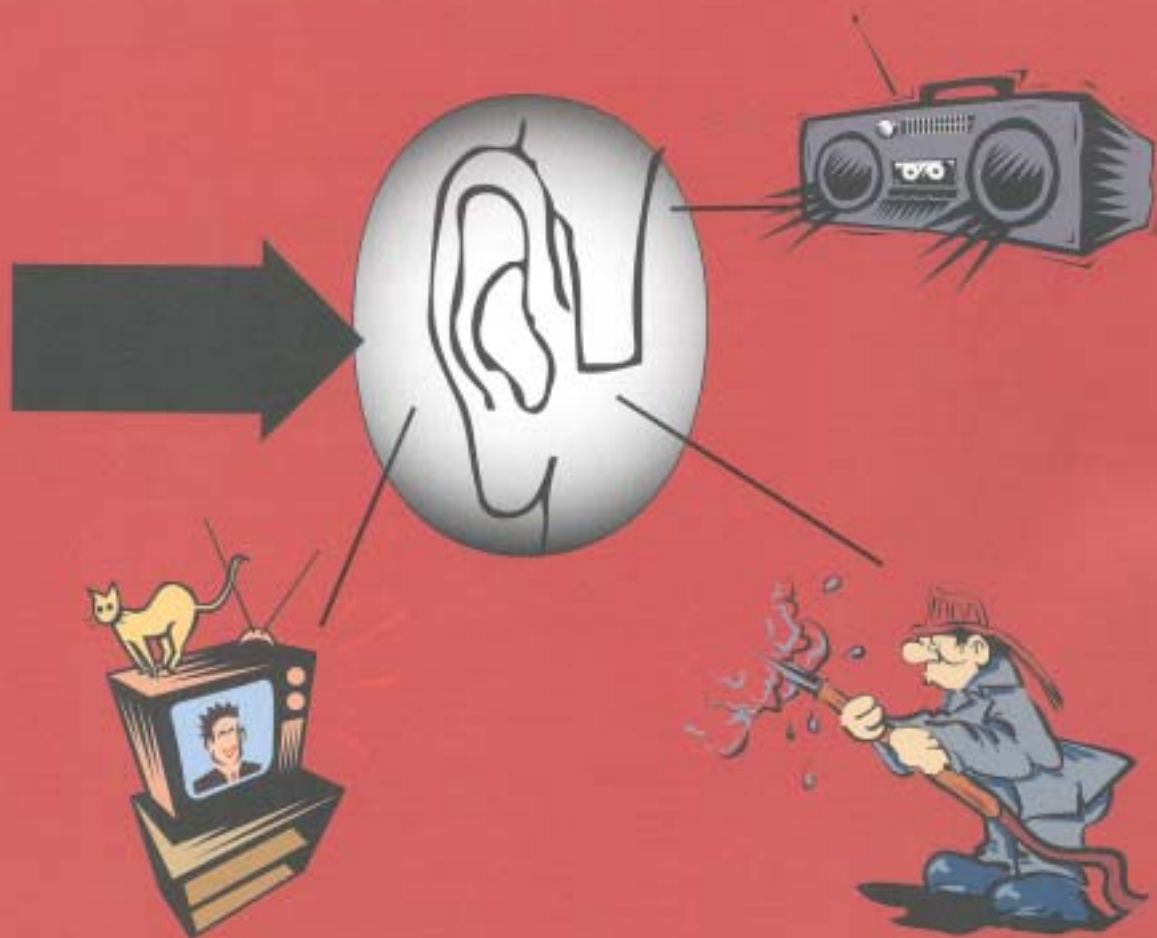
At school, your teachers know what to do in an emergency. Fire drills are an example of planning ahead to deal with an emergency.

Your family should also have an emergency plan for your home – and you can help. By thinking ahead, you'll be **READY**, and **SET** to **GO** into action if disaster strikes.

# Making a Disaster Plan for Your Family

In an emergency, the first thing everyone should do is **LISTEN!** Cities have an Emergency Alert System that will tell us what has happened and what to do. It's very important to follow instructions from emergency workers. They are trained to keep you as safe as possible if something happens.

You can get information from the Emergency Alert System by listening to the radio, television or from emergency workers like a fireman. Because there may not be electricity in a disaster, you should have a battery-operated radio ready just for this reason. You will see this on the list of supplies for your home's Emergency Supply Kit.



# Emergency Supply Kit

Help your family gather supplies you might need in an emergency. Store them in containers that are easy to carry like a backpack or a duffel bag.

## You will need:

- A supply of water (one gallon for each person, for each day). Keep your water in sealed containers that won't break. Replace stored water every six months.
- Foods that won't spoil.
  - Foods like dried cereals and canned goods.
  - A can opener that you can use without electricity.
  - A change of clothing, rain gear and sturdy shoes like boots.
- Blankets or sleeping bags.
- A first aid kit and any medicine you need to stay well.
- A battery-operated radio, flashlight and extra batteries.
- Money and an extra set of car and house keys.
- A list of your family doctors.
- Supplies to stay clean and comfortable.
- Supplies to stay busy, like pencils, paper, games and cards.



## Communicating with Family Members

If there's a disaster and you are at school or away from home, one of the first things you will want to do is get in touch with your family. But what if you can't go home or the telephones aren't working? You should have a plan on how to contact each other and get back together.

Be sure every family member knows where to meet and whom to call. Choose emergency contacts that everyone knows and can reach easily. Do not forget to let the contacts know that members of your family may call them in an emergency.



# Family Communication Plan

Keep a copy of this list with your family's Emergency Supply Kit and in another handy place at home. Change it when you get new or different information.

## SET UP TWO FAMILY MEETING PLACES.

1. One right outside the building in case you need to leave home in an emergency, such as a fire. For example, your meeting place could be at the street light in front of your house, under the tree with the tire swing or next door at your neighbor's house.

### Meeting Place 1:

**Address**

---

**Telephone Number**

---

2. One outside of your neighborhood in case you cannot get back home when a disaster happens. For example, your meeting place could be at your grandparent's house, in front of the library or in a neighborhood near yours.

### Meeting Place 2:

**Address**

---

**Telephone Number**

---

## CHOOSE AN OUT-OF-TOWN CONTACT.

It is often easier to call long distance than within the same area during an emergency.

**Name**

---

**Telephone Number**

---

**Emergency Contact List**

---

---

---

**Neighbor's or relative's name and number:**

---

**In-town meeting place:**

---

**Out-of-town contact's name and number:**

---

**Local Emergency Number 9-1-1 or:**

---

**Other numbers you may need to call:**

---

**Telephone Company:**

---

**Gas Company:**

---

**Electric Company:**

---

**Doctor's name and number:**

---

**Veterinarian:**

---



# Preparing for Special Needs

Emergency situations are difficult for all of us, but people with special needs have special problems. Maybe your grandmother or a neighbor is in a wheelchair or cannot hear well. You may need to help people with special needs before, during and after a disaster.

With your family, create a plan to help anyone who might have the following special needs. List things you will do before, during and after a disaster.

## **A person who needs special medication or medical supplies**

Help before an emergency occurs:

Help during an emergency:

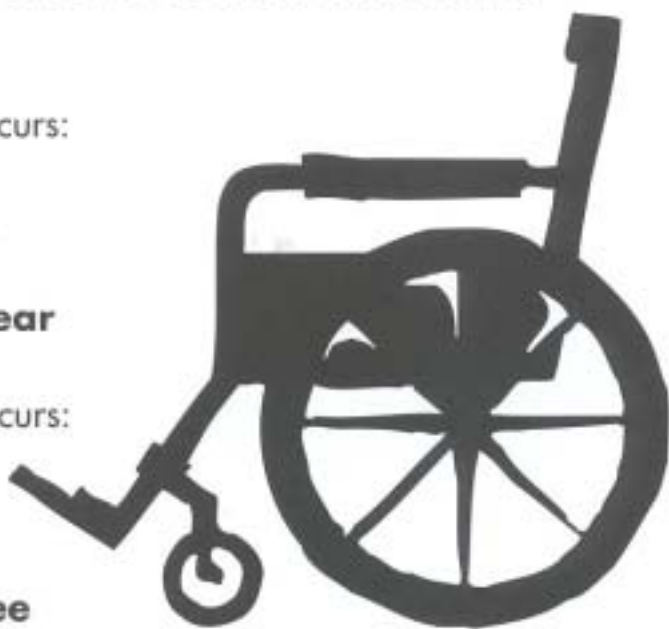
Help after an emergency:

## **A person who cannot hear**

Help before an emergency occurs:

Help during an emergency:

Help after an emergency:



## **A person who cannot see**

Help before an emergency occurs:

Help during an emergency:

Help after an emergency:

## **List any special needs of your family**

---

---

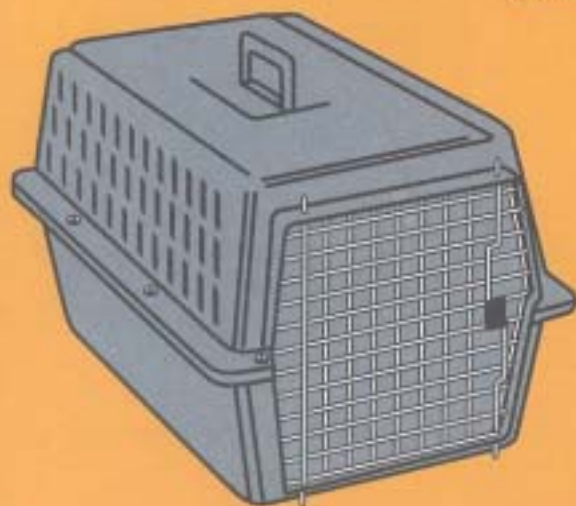
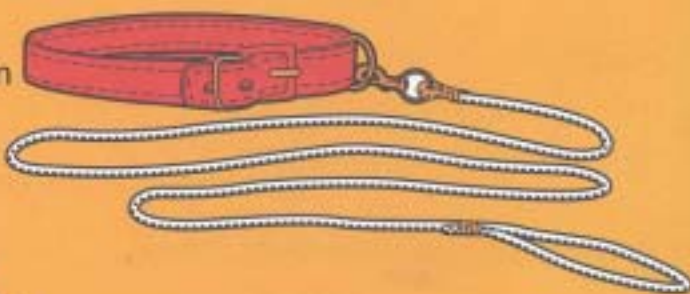
---

## Planning for Pets

Disasters also affect pets. They depend on you for their safety. If you have to leave your home in an emergency, take your pet with you.\* Keep a list of people or places that would be willing to take care of your pet in your emergency kit along with the following items:



- Pet food, water, a can opener, leashes and medication



- A pet carrier

- A photo of your pet in case it gets lost

- Do not lose valuable time searching for lost pets when officials say you must leave the area.



# After the Disaster

## Ready. Set. Recover.

After an emergency, it may take some time to get back to normal. There might not be electricity, water or other services available. There may even be damage to your home. Remember these things after an emergency:

- Be aware of new hazards created by the disaster. Watch for broken glass, damaged wires and slippery floors.
- Drink plenty of clean water.
- Get plenty of rest.
- If your home was damaged, don't go inside until authorities say it is safe.
- Keep a battery-operated radio handy to hear emergency updates.
- Never go near flooded areas like roads, creeks or drainage ditches.
- Stay close to your family.

Emergencies can happen without warning and can be scary. It's okay to cry, and it's normal to feel confused. But things will get better.

By being prepared, you'll be safer and more comfortable during an emergency. Plus, you'll recover sooner.

So **READY, SET, GO!** Get started preparing your emergency kits today!

## Word Search:

**Find the following emergency-related words:** Communication, Supplies, Disaster, Evacuation, Hazard, Police, Firefighter, Warning, Damage, Water, Weather and Flood. (Answers on inside back cover)

C O M M U N I C A T I O N P W S A G T E  
O T B F E Z G K D S N G H U O W A T C H  
S R I S A D T E R H U U F D S L X V N C  
N Y B E V A C U A T B P O N E D I X N H  
H A Z A R D W A C G H H P I S A M C E R  
W O R I E E H F D C R H K L F M S A E D  
F I R E F I G H T E R A K I I A F H N A  
R S J I O F D J A I D W A R E E N G V M  
N A L O G L S D I S A S T E R E S V Z A  
I O L U F O G E V A C U A T I O N H D G  
M L F K L O S O F E G W W E A T H E R E  
G O N O D D P F R I F C V A A L D O O D  
P D W A T E R W A R N I N G B C D S M M

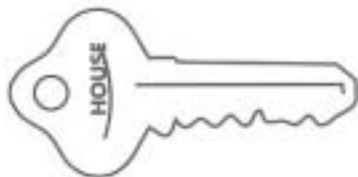
## Activity:

**Create a simple map that leads from your school to your family meeting place.**

## Circle Items for your Family Emergency Supply Kit:



Blanket



# Disaster Quiz (circle the correct answer)

1. What state gets the most tornados every year, on average?  
a) Texas      b) Hawaii      c) Oklahoma      d) Kansas
2. Where did America's greatest natural disaster occur?  
a) New York      b) Florida      c) Texas      d) California
3. Preparing for emergencies...  
a) doesn't help    b) is a waste of time    c) may save your life
4. How many family meeting places should you have in an emergency?  
a) five      b) none      c) two
5. Emergencies can be caused by people?  
True or False
6. How many gallons of water does one person need each day in an emergency?  
a) six      b) three      c) two      d) one

## Answers:

1. Answer: a. Texas; 2. Answer: c. The hurricane of 1900 is the worst natural disaster in our country's history; 3. Answer: c. may save your life; 4. Answer: c. two; 5. Answer: true; 6. Answer: d. one gallon per person, per day.



**Ready.  
Set.  
Prepare.**



Tarrant County Public Health

**SAFEGUARDING**  
OUR COMMUNITY'S HEALTH

Public Health Threats & Bioterrorism