



# Are You **READY!**

Some disasters strike without any warning. Have you thought about those supplies you'll need the most? They will usually be the hardest to come by. Enlist your children to help gather supplies for your family's emergency kit. It'll bring you a sense of relief, and your kids a feeling of empowerment.

Make sure you have enough supplies to last for at least **three days**. Think about where you live and your needs. Consider having a large kit at home, and smaller portable kit in the car or your workplace.

*If a big storm is coming...*

- ✓ Fill your car with gas
- ✓ Fill plastic bags with water and place them in the freezer
- ✓ Get extra cash out of the bank
- ✓ Fill prescriptions

## Emergency Supplies List

- 3-day supply of non-perishable food (dried fruit, canned tuna fish, peanut butter, etc.)
- Can opener
- Paper plates, plastic cups and utensils, paper towels
- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Water – at least a gallon per person, per day for drinking and hygiene
- First aid kit
- Prescription medication and glasses
- Sleeping bag or warm blanket for everyone in your family
- Change of clothes to last for at least 3 days, including sturdy shoes; consider the weather where you live
- Matches in a waterproof container
- Toothbrush, toothpaste, soap and other personal items
- Feminine hygiene supplies
- Fire extinguisher
- Wrench or pliers to turn off utilities
- Dust mask, and plastic sheeting and duct tape, to help filter contaminated air
- Battery-powered or hand-cranked radio and extra batteries
- Flashlights and extra batteries
- Cell phone with charger, extra battery and solar charger
- Whistle to signal for help
- Household chlorine bleach and medicine dropper (when diluted nine parts water to one part bleach, bleach can be used as a disinfectant. Or in an emergency, you can use it to treat water by using 16 drops of regular household liquid bleach per gallon of water. Do not use scented, color safe or bleaches with added cleaners.)
- Local maps
- Cash or traveler's checks
- Emergency reference material such as first aid book or information from [www.ready.gov](http://www.ready.gov)
- Important family documents such as copies of insurance policies, ID, and bank records in a waterproof, portable container
- Pet supplies
- Infant formula and diapers
- Paper and pencil
- Books, games or puzzles (let your kids pick these out themselves!)
- Your child's favorite stuffed animal or security blanket
- Pet food and extra water for your pet

*Don't forget to think about infants, elderly, pets, or any family members with special needs!*



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

# Thunderstorms and Lightning



All thunderstorms are dangerous because every thunderstorm produces lightning. Lightning can kill or seriously hurt people. Thunderstorms are also dangerous because they can lead to flash floods.

## Am I at risk?

Thunderstorms and lightning happen everywhere, but dry thunderstorms that don't produce rain are most common in the Western U.S. They usually occur in the summer when it's warm and humid.

### Did you know?

Lightning can strike as far as 10 miles away from any rainfall.



## FACT CHECK

1. What is the 30/30 rule? \_\_\_\_\_
2. True or False? Only some thunderstorms are dangerous.
3. Circle the rules you **should** follow below when thunder and lightning are happening in your area:
  - a. Avoid contact with corded phones and devices that are plugged in to the wall.
  - b. Avoid contact with plumbing. Don't take a shower, and don't wash your hands.
  - c. Hide under a tree.
  - d. Stay away from windows, doors, and porches.
  - e. Do not lie on concrete floors or lean against concrete walls.
  - f. Avoid contact with anything metal.
  - g. Avoid hilltops, open fields, the beach, or a boat on the water.

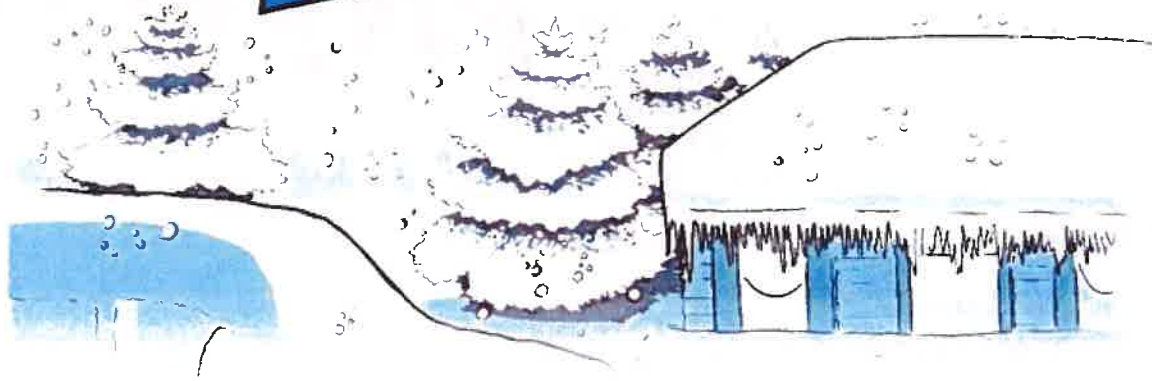
**ANSWERS**  
 (1) Take appropriate shelter when you can count 30 seconds or less between lightning and thunder. Remain sheltered for 30 minutes after the last thunder. (2) False. They are all dangerous! Every thunderstorm produces lightning. Some storms can include tornadoes, strong winds, flash floods, and hail. (3) Follow all rules except for C - Never hide under a tree during thunder and lightning.



For more facts and info on thunderstorms and lightning visit <http://www.ready.gov/kids/know-the-facts/thunderstorms-and-lightning> visit <http://www.nws.noaa.gov/os/lightning/resources/LightningFactsSheet.pdf>



# Winter Storms/ Extreme Cold



Winter storms can range from a normal snow over a few hours to a blizzard with blinding, wind-driven snow that lasts for several days. Many winter storms bring dangerously low temperatures and sometimes, strong winds, icing, sleet, and freezing rain. One of the main concerns is that winter weather can knock out heat, power, and communication, sometimes for days at a time. Heavy snowfall and extreme cold can have serious effects on an entire region. Icy roadways can cause serious accidents, and sometimes people die from being in really cold temperatures for too long.

*Am I at risk?*

Almost everyone in the United States can be affected by winter storms and extreme cold.



For more facts and info on winter storms and extreme cold visit  
<http://www.ready.gov/kids/know-the-facts/winter-storms-and-extreme-cold>  
<http://www.bt.cdc.gov/disasters/winter/>

## FACT CHECK

1. Uncontrollable shivering, memory loss, mumbling, slurred speech and feeling tired can all be signs of what cold weather related condition? \_\_\_\_\_
2. True or False? Wet clothing chills the body quickly.
3. Why should you not eat snow? \_\_\_\_\_
4. Signs of frostbite are:
  - a. Loss of feeling in fingers, toes, ear lobes, tip of the nose
  - b. Numbness
  - c. White, gray, or pale appearance of skin
  - d. All of the above

**ANSWERS**

(1) Hypothermia. If you see signs of hypothermia in someone, get them to a warm location, remove wet clothing, warm the center of the body first by giving warm beverages, and get medical help as soon as possible.  
 (2) True. Wet clothing loses its ability to insulate heat. Keep dry. Change wet clothing frequently.  
 (3) It lowers your body temperature. Melt it first before eating. Even better, drink some hot chocolate instead!  
 (4) D. All are signs of frostbite. Frostbite is an injury to the body caused by freezing and can permanently damage the body. Get out of the cold or cover up skin at the first signs of redness or pain in any skin area.

# Tornadoes



Tornadoes are nature's most violent storms. They come from powerful thunderstorms. They appear as a funnel- or cone-shaped cloud with winds that can reach up to 300 miles per hour. They cause damage when they touch down on the ground. They can damage an area one mile wide and 50 miles long. Before tornadoes hit, the wind may die down, and the air may become very still. They may also strike quickly, with little or no warning.

## Am I at risk?

Tornadoes are most common between March and August, but they can occur at any time. They can happen anywhere but are most common in Arkansas, Iowa, Kansas, Louisiana, Minnesota, Nebraska, North Dakota, Ohio, Oklahoma, South Dakota, and Texas - an area commonly called "Tornado Alley." They are also more likely to occur between 3pm and 9pm but can occur at any time.



## FACT CHECK

1. Where is the safest place in a home? \_\_\_\_\_  
 \_\_\_\_\_
2. True or False? If you see a funnel cloud, seek shelter immediately.
3. Which of the following weather signs mean a tornado may be approaching?
  - a. A dark or green-colored sky.
  - b. A large, dark, low-lying cloud.
  - c. A rainbow.
  - d. Large hail.
  - e. A loud roar that sounds like a freight train.

**ANSWERS**  
 (1) The interior part of a basement. If there is no basement, go to an inside room, without windows, on the lowest floor. This can be a hallway, bathroom, or closet.  
 (2) True! Do not watch it or try to outrun it! Tornadoes are unpredictable and can move in any direction.  
 (3) All except for C (a rainbow) can be signs for a tornado.



For more facts and info on tornadoes visit  
<http://www.ready.gov/kids/know-the-facts/tornadoes>  
<http://emergency.cdc.gov/disasters/tornadoes/index.asp>



# Home Fires



Each year more than 2,500 people die and 12,600 are injured in home fires in the United States. But unlike other disasters, home fires can be prevented! It's important to know this: **Fire is fast!** There is no time to gather anything or make a phone call. In just two minutes, a fire could kill you. In five minutes, a house could be swallowed in flames. **Fire is hot!** Heat and smoke could be even more dangerous than the flames. Breathing in really hot air could burn your lungs, and fire produces poisonous gases that can make you sleepy and unable to escape. **Fire is dark!** It can be hard to find your way out of your house in a fire. **Fire is deadly!** Fire uses up oxygen you need to breathe and produces smoke and poisonous gases that kill.

*Am I at risk?*

Every single person in The United States, no matter where they live, or what kind of home they live in is at risk of a home fire.



## FACT CHECK

1. **True or False?** Fires create toxic gases that can make you sleepy, confused, and short of breath.
2. **True or False?** Cooking fires are the leading cause of home fires.
3. You should have at least \_\_\_\_ escape routes from each room?  
a. Zero b. One c. Two
4. How many smoke alarms (detectors) should you have in your home? \_\_\_\_\_
5. How often should you check and replace the batteries in your smoke alarms? \_\_\_\_\_

(1) True. That's why it's important to stay low to the ground, and get out fast!  
(2) True  
(3) C  
(4) At least one on every level of your home, especially in sleeping areas.  
(5) Check batteries once a month, and replace them at least once a year.

ANSWERS



For more facts and info on home fires visit  
<http://www.ready.gov/kids/know-the-facts/home-fires>  
<http://www.usfa.fema.gov/>



# Family Communication Plan

Let them know  
you're OK!

Emergencies can happen at any time. Does your family know how to get in touch with each other if you are not all together?

Pick the same person for each family member to contact. It might be easier to reach someone who's out of town.

**Before** an emergency happens, have a family discussion to determine who would be your out-of-state point of contact, and where you would meet away from your home — both in the neighborhood and within your town.

## Important Information

Fill in this information and keep a copy in a safe place, such as your purse or briefcase, your car, your office, and your disaster kit. Be sure to look it over every year and keep it up to date.

### Out-of-Town Contact

Name: \_\_\_\_\_  
Home: \_\_\_\_\_  
Cell: \_\_\_\_\_  
Email: \_\_\_\_\_  
Facebook: \_\_\_\_\_  
Twitter: \_\_\_\_\_

### Neighborhood Meeting Place:

\_\_\_\_\_  
\_\_\_\_\_

### Regional Meeting Place:

\_\_\_\_\_  
\_\_\_\_\_

### Work Information

Workplace: \_\_\_\_\_  
Address: \_\_\_\_\_  
Phone: \_\_\_\_\_  
Facebook: \_\_\_\_\_  
Twitter: \_\_\_\_\_  
Evacuation Location: \_\_\_\_\_

Workplace: \_\_\_\_\_  
Address: \_\_\_\_\_  
Phone: \_\_\_\_\_  
Facebook: \_\_\_\_\_  
Twitter: \_\_\_\_\_  
Evacuation Location: \_\_\_\_\_

### School Information

School: \_\_\_\_\_  
Address: \_\_\_\_\_  
Phone: \_\_\_\_\_  
Facebook: \_\_\_\_\_  
Twitter: \_\_\_\_\_  
Evacuation Location: \_\_\_\_\_

School: \_\_\_\_\_  
Address: \_\_\_\_\_  
Phone: \_\_\_\_\_  
Facebook: \_\_\_\_\_  
Twitter: \_\_\_\_\_  
Evacuation Location: \_\_\_\_\_

School: \_\_\_\_\_  
Address: \_\_\_\_\_  
Phone: \_\_\_\_\_  
Facebook: \_\_\_\_\_  
Twitter: \_\_\_\_\_  
Evacuation Location: \_\_\_\_\_

