

Be Ready, Stay Safe!

A Kid Friendly Guide to
Emergency Preparedness



Agenda

- Types of Emergencies
- Be Prepared
- Make a Plan
- Stay Calm



Introduction

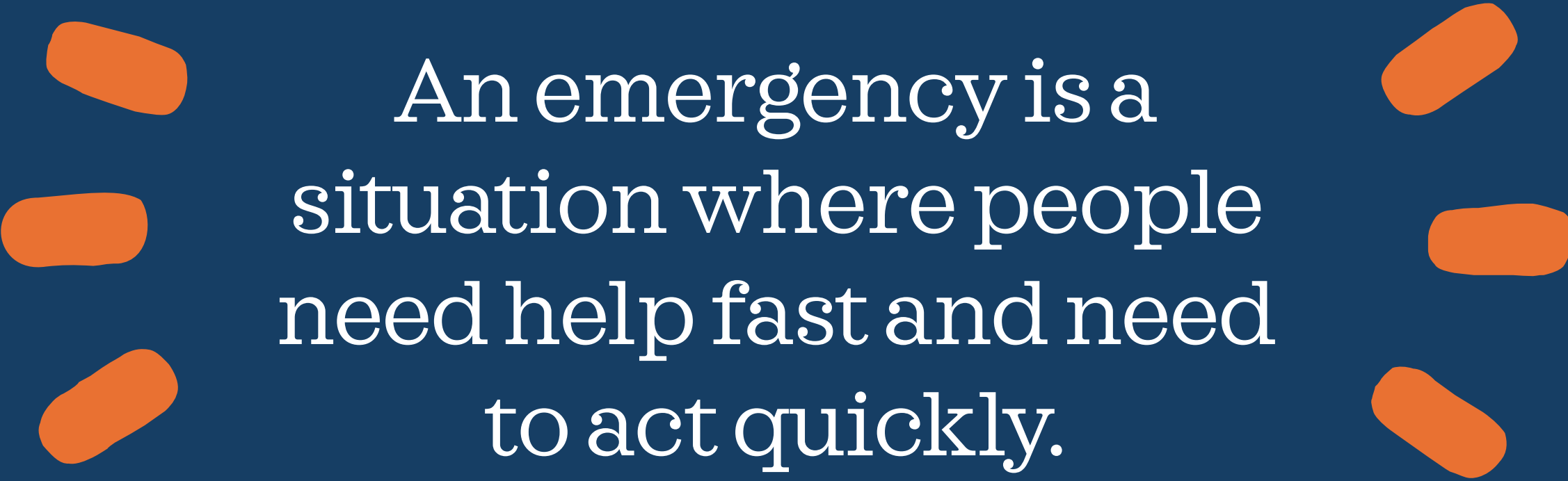
Today we're going to learn how to stay safe during emergencies. Being prepared helps us stay calm and make smart choices, and we'll learn simple ways to plan ahead and know what to do if something unexpected happens. These skills can help you take care of yourself and help others too!



Types of Emergencies

Not-So-Fun Surprises
We Can Prepare For!





An emergency is a
situation where people
need help fast and need
to act quickly.



Emergencies can feel
scary, but being
prepared helps you
stay safe and calm.

QUESTION

Think hard. How many types of emergencies can you think of?

Did you guess some of these?



Wildfire

Flood

Tornado

Hurricane

Power
Outage

Earthquake

Dust Storm

Medical



Be Prepared

Plan Smart, Stay Safe



Ways you can prepare with your family

Make a Family
Emergency Plan

Practice
Evacuation
Routes and
Meeting Spots

Help Pack an
Emergency Kit

Learn Important
Phone Numbers
and Addresses

Know Who to Call
in an Emergency

Talk to Your Family
About What to Do
in Different Types
of Emergencies

Remind Your
Family to Check
Smoke Detector
Batteries

Keep Flashlights
and Supplies in
Easy-to-Find
Places

Learn Where Your
Emergency Exits
are at Home and
School

Make a Plan for
Pets

Stay Informed

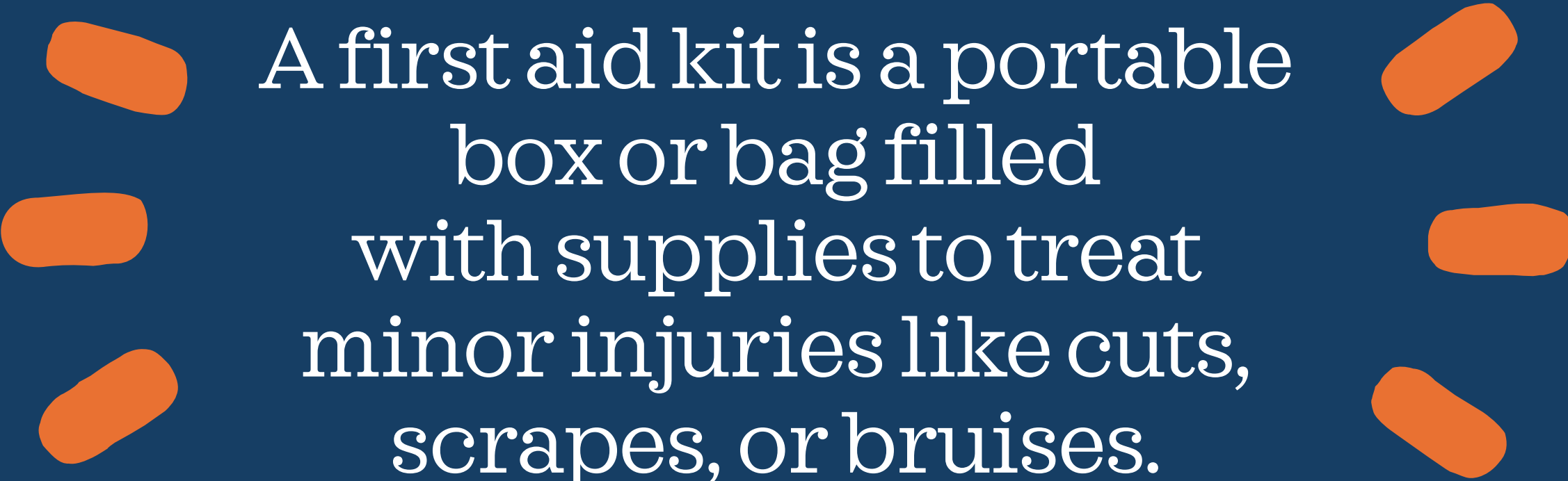
Practice Staying
Calm During Drills





QUESTION

What's a First Aid Kit?



A first aid kit is a portable box or bag filled with supplies to treat minor injuries like cuts, scrapes, or bruises.

QUESTION

What items should be
in a first aid kit?

First Aid Kit Supplies

There are lots of items you can put in your first aid kit, but here are some of the basics:

- Bandages
- Wipes
- Creams for cuts and burns
- Gloves
- Gauze
- Tape
- Scissors
- Tweezers
- Cold Pack



QUESTION

What's an Emergency Kit?





An emergency kit is a
bag or box that you
prepare ahead of time
with important things
you might need.

Basic items you might include:



Water



Food



First Aid Kit



Blanket



Flashlight



Batteries

Put it in a place it is easy to find and grab.

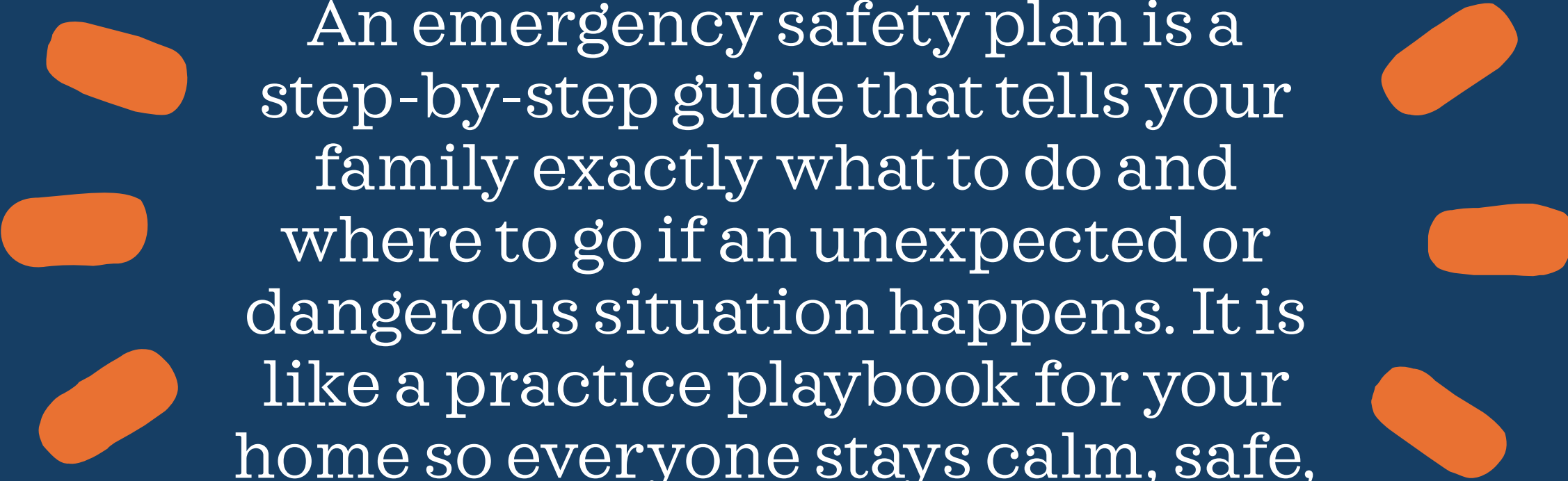
Make a Plan

Every Family Needs a Plan!



QUESTION

What is an
emergency safety
plan?



An emergency safety plan is a step-by-step guide that tells your family exactly what to do and where to go if an unexpected or dangerous situation happens. It is like a practice playbook for your home so everyone stays calm, safe, and connected during a crisis.



Your Safety Plan

Work with your family to
create your plan.

What My Plan Should Include

Escape Routes

Look for two different ways to exit every room in your house in case of fire.

Create a map showing your exits and the routes you can take to safely exit your home.



Meeting Places

Determine your meeting places.

They should be specific spots inside and outside your neighborhood to gather if you get separated.



Contacts

Determine who you should call based on the type of emergency.



Safe Spaces

Designated areas in your home to hide during severe weather like tornadoes.



Go Bag

A portable emergency kit.

Packed backpack(s) filled with water, food, first aid kit, and flashlights ready to grab quickly.



Have Practice Drills



Encourage your family to have practice drills at least twice a year.

Stay Calm

Don't Panic - Take Action



Stay Calm



Know the Plan

Having and knowing your home emergency plan will help you stay calmer in an emergency.

Practice the Plan

Reviewing your plan and having practice drills every year will help you stay calmer and respond quicker in an emergency.

Being prepared means planning ahead for emergencies so you can stay calm, act quickly, and keep yourself and others safe.

It transforms fear into confidence by ensuring you know exactly what to do when the unexpected happens.



Summary

Be Prepared



Make a Plan



Practice



Stay Calm

