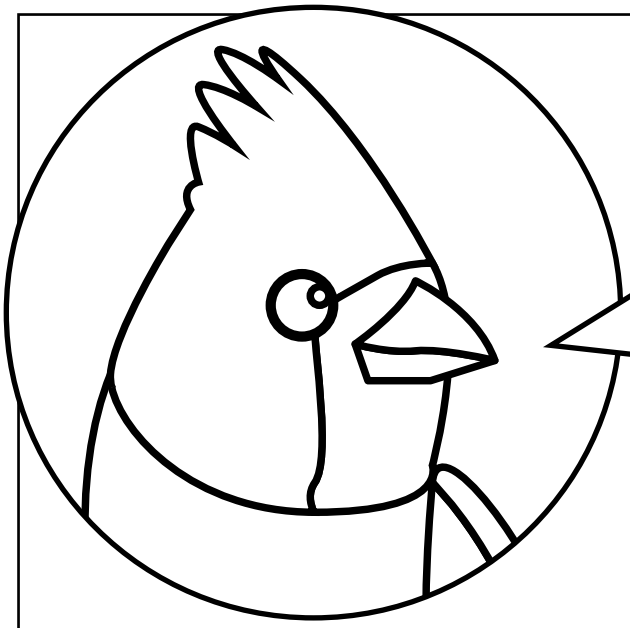
You Can Do It:
An Emergency Preparedness Guide for Kids

These are some of the people that may help your community in the case of a disaster.

VIRGINIA'S HEALTH IS IN OUR HANDS.

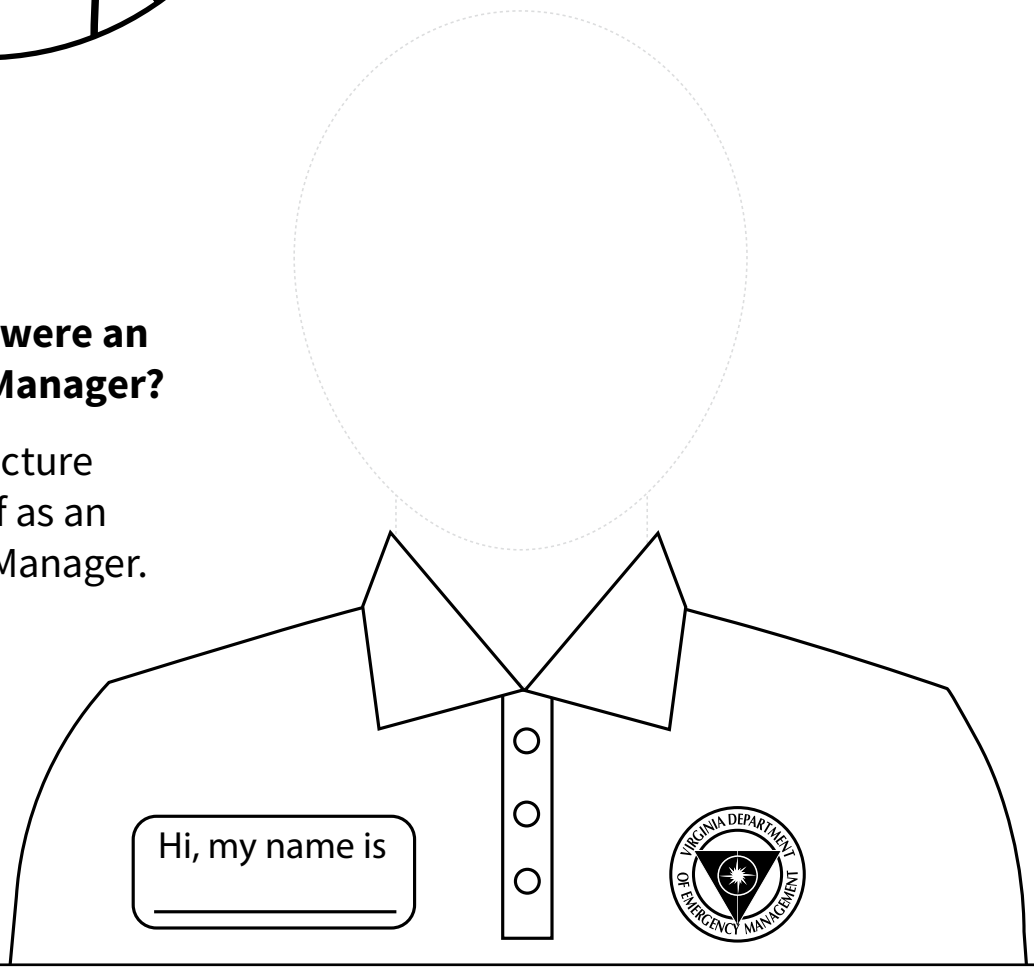
VIRGINIA DEPARTMENT OF EMERGENCY MANAGEMENT



Hi! I'm Calvin the Cardinal and I'm here to teach you some things about emergency preparedness. You can color and learn some new things.

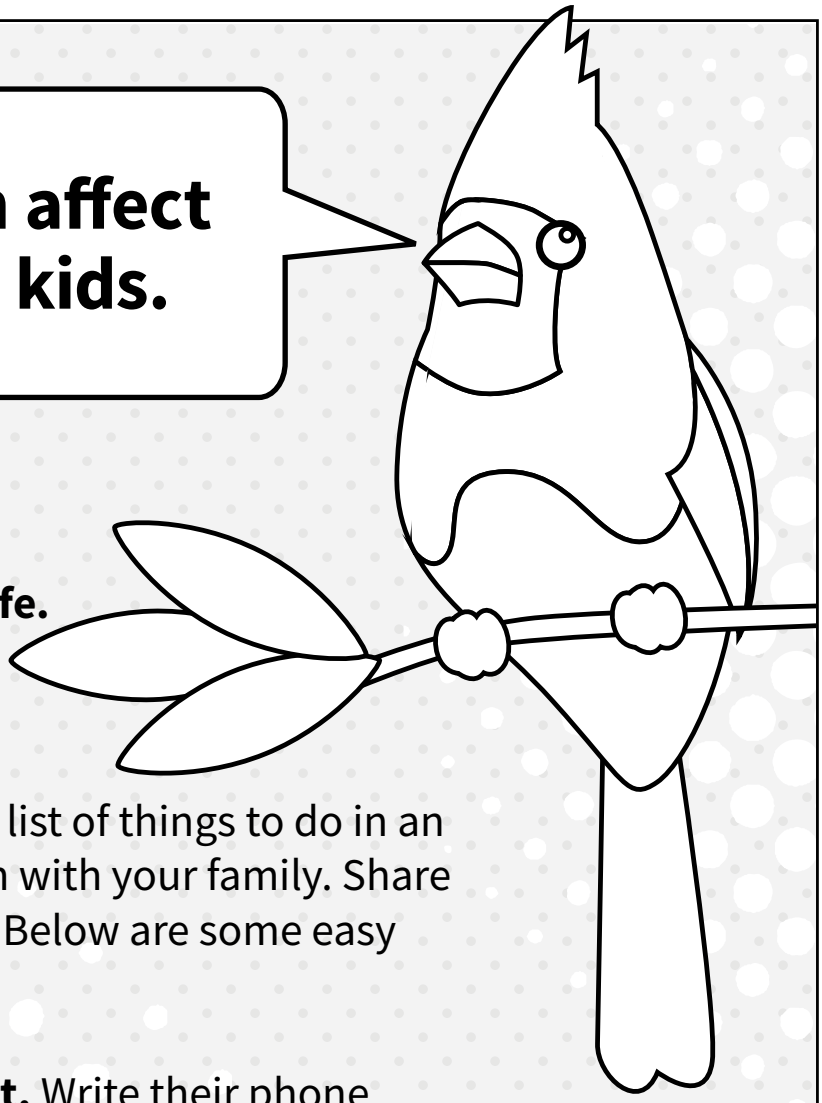
What if you were an Emergency Manager?

Draw a picture of yourself as an Emergency Manager.



Emergency Managers make the plans we follow when there are natural disasters and other emergencies. They're the leaders during and after emergencies and work with public safety officials, elected officials, nonprofit organizations, and government agencies.

Emergencies can affect everyone, even kids.



We Virginians have to be prepared so we can keep ourselves and our families safe.

Make a plan

A plan is what to do next. It's a list of things to do in an emergency. Make a disaster plan with your family. Share what you've learned with them. Below are some easy steps you can follow:

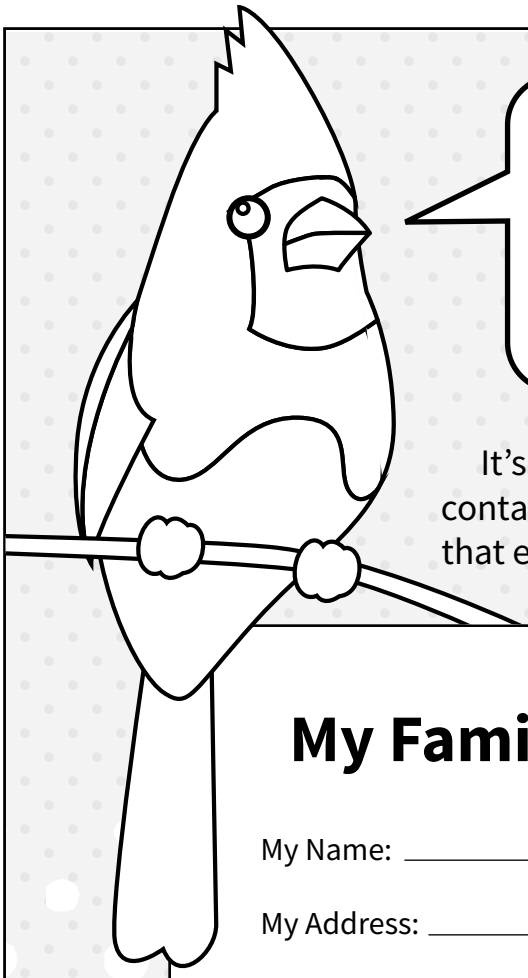
Make a list of people to contact. Write their phone numbers down so that everyone can remember them. There's a sheet in this booklet to help with that.

Here's how to take the stress out of an emergency

Pick a place to meet your family in case something happens to your house. You won't always be together and it helps to have a place you all know that's not your home.

Make sure you take your pets with you. They won't be able to take care of themselves.

Update your plan at least once a year so your family will always be ready.



A great first step is creating a Family Communications Plan.

It's a way to remember the people who you might need to contact in case of an emergency. Keep your plan in a safe place that everyone in your family can get to in an actual emergency.

My Family Communications Plan

My Name: _____

My Address: _____

My Telephone Number: _____

My Family
Family work and cell numbers:

Work Number: _____

Cell Number: _____

Who to call in case of Emergency

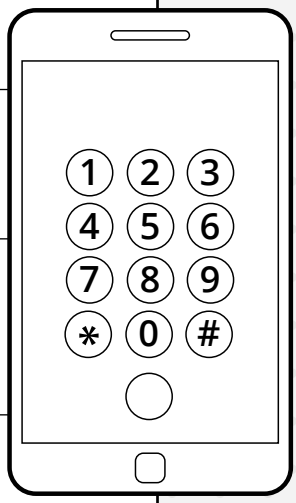
9-1-1 or
Emergency Number: _____

Name and number of neighbor or relative:

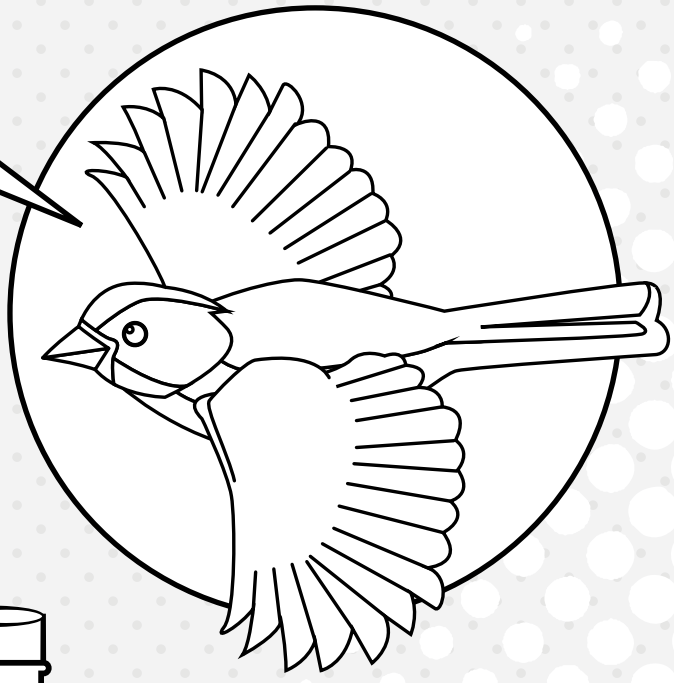
_____

Name and number of out-of-town contact:

_____



Building a kit is easy and fun!



During a disaster, you may have to evacuate quickly. You might not have time to gather all the supplies you need. That's why it is important to make a disaster supplies kit. Here's a list you can start with.

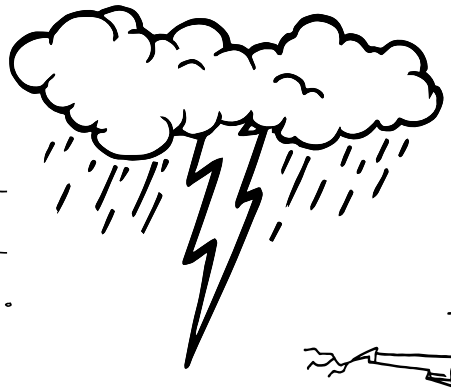
- ☐ Water (1 gallon per person per day for at least 3 days)
- ☐ Food (at least a 3 day supply of non-perishable food)
- ☐ Battery-powered or hand crank radio
- ☐ Flashlight
- ☐ First aid kit
- ☐ Extra batteries
- ☐ Whistle (to signal for help)
- ☐ Plastic sheeting and duct tape (to shelter in place)
- ☐ Moist towelettes, garbage bags and plastic ties (in case you need to go to the bathroom)
- ☐ Wrench or pliers (to turn off utilities)
- ☐ Manual can opener (for food)
- ☐ Local maps
- ☐ Cell phone with chargers and a backup battery
- ☐ Cloth face coverings (for everyone ages 2 and above), soap, hand sanitizer, disinfecting wipes to disinfect surfaces

Emergency Supplies

Here are some pictures of things you might take with you in case of an emergency. You can color them all but circle the things that are most important. How many can you find?

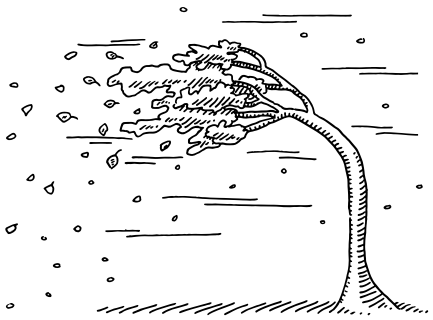
Kinds of Disasters

It's important to know what kinds of disasters there are so you can make sure you and your family are prepared. Here are a few you can color.

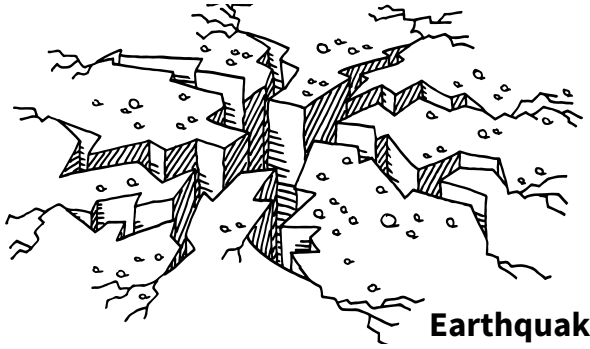


Thunderstorm

Large Fire

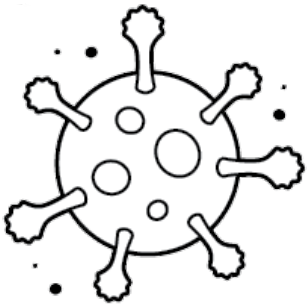


Hurricane



Earthquake

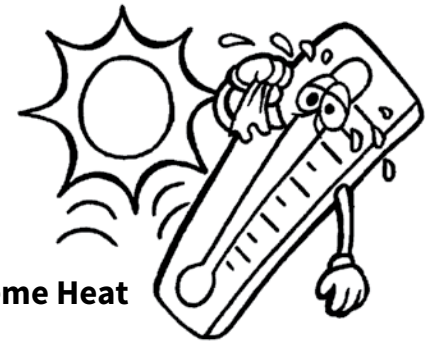
Hazardous Material



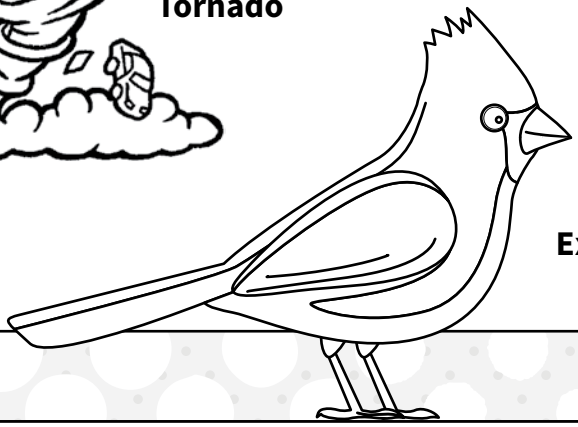
Pandemic

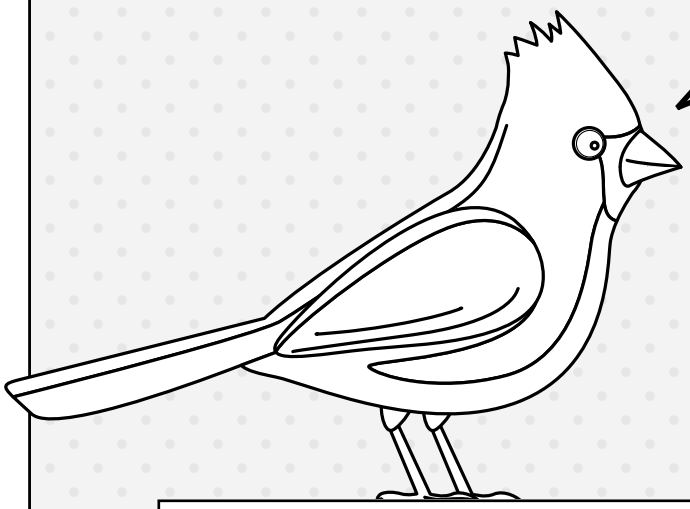
Flood

Tornado



Extreme Heat



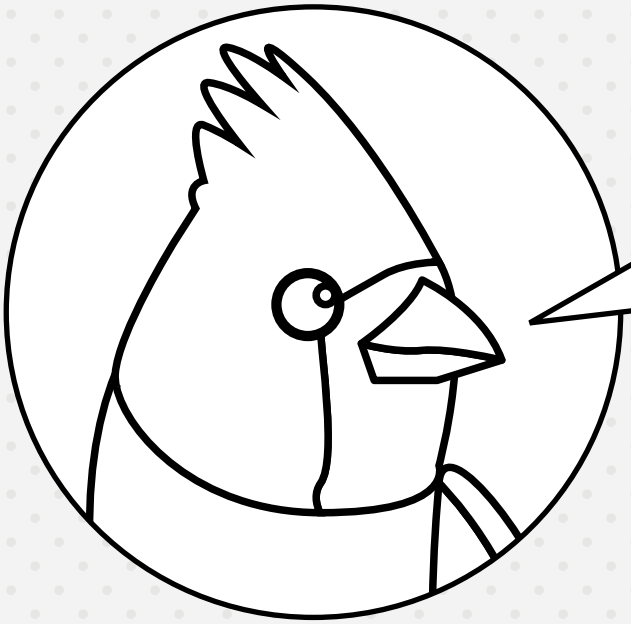


Search and find disaster words.

Natural Disasters

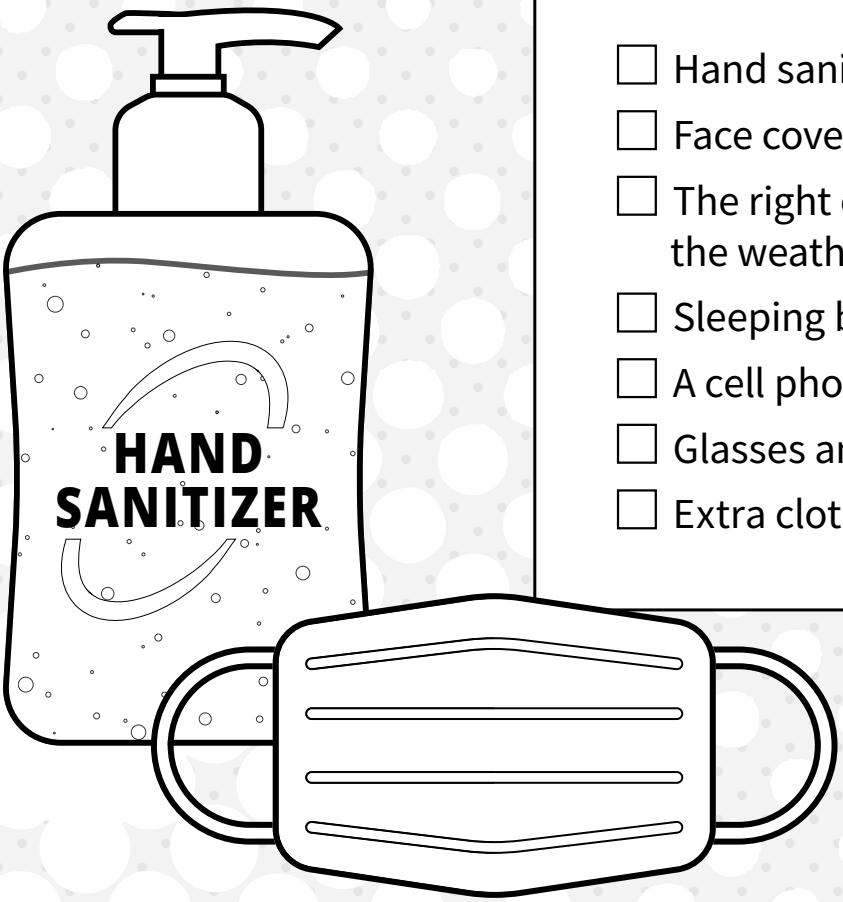
W	D	P	N	A	L	E	G	A	T	A	P	L	B
G	A	L	O	E	R	I	F	D	L	I	W	I	L
O	D	A	N	R	O	T	G	T	W	P	T	H	I
V	O	L	C	A	N	O	Z	H	N	A	N	D	Z
H	U	R	R	I	C	A	N	E	T	L	F	A	Z
E	A	R	T	H	Q	U	A	K	E	N	V	A	A
I	T	K	O	T	O	N	Q	D	T	A	I	U	R
M	A	Y	N	D	S	E	L	H	L	E	C	N	D
P	R	I	P	N	G	U	G	A	L	R	F	U	G
A	V	A	P	H	L	U	N	L	E	U	L	D	R
C	L	K	Y	T	O	C	W	A	L	D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

BLIZZARD
TYPHOON
AVALANCHE
HURRICANE
VOLCANO
EARTHQUAKE
LIGHTNING
TORNADO
WILDFIRE
TSUNAMI
LANDSLIDE
FLOOD
DROUGHT
IMPACT



If there's an emergency, you may need to leave your home.

This is called evacuating. The place where you will go is called a shelter. It's a place where lots of people can have access to basic services like water and electricity while staying safe together. If you have to evacuate and to shelter somewhere, it's important to take some things with you:



- ☐ Hand sanitizer
- ☐ Face coverings
- ☐ The right clothing for the weather
- ☐ Sleeping bags or blankets
- ☐ A cell phone and a charger
- ☐ Glasses and medicines
- ☐ Extra clothing

Can you decode the secret message?

A	B	C	D	E	F	G	H	I	J	K	L	M
1	2	3	4	5	6	7	8	9	10	11	12	13

N	O	P	Q	R	S	T	U	V	W	X	Y	Z
14	15	16	17	18	19	20	21	22	23	24	25	26

2 5 16 18 5 16 1 18 5 4

6 15 18 5 13 5 18 7 5 14 3 9 5 19

Quiz!

Time to test what you have learned

Name three things that should be in your emergency kit.

_____

What are two kinds of emergencies?

_____

Where should you keep your family's emergency plan?

_____

What one thing would you take from your room in an emergency?

_____

Where will your family meet in an emergency?

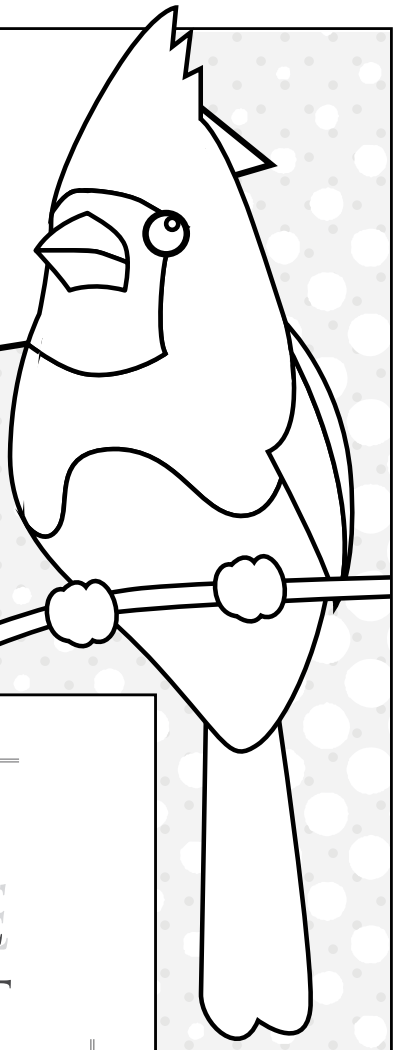
_____

Should you take your pet with you? Y/N

_____

Well done! You've completed the entire booklet! Now you know what to do in case of an emergency!

Congratulations!



CERTIFICATE *of* ACHIEVEMENT

This certifies that

_____

has completed
The Virginia Emergency Preparedness Guide and is ready to stay safe during a disaster.

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