

Preparedness Activity Book



READY
OR NOT?

HAVE A PLAN

Certificate of Achievement

This certifies that

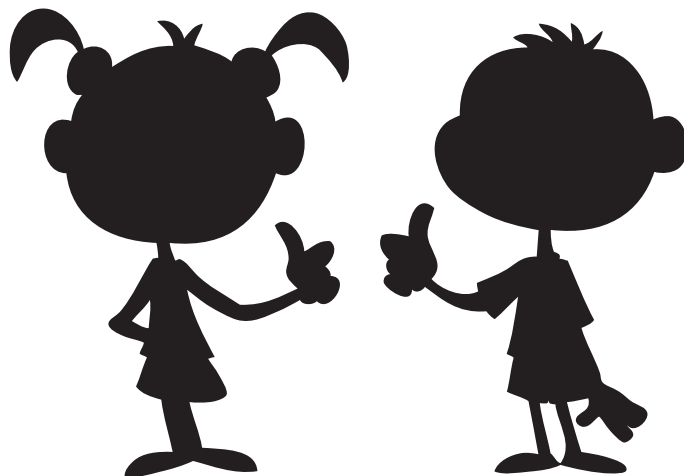
Name

Age

IS PREPARED FOR DISASTERS

“I pledge to help others get ready”

- ✓ I made a plan.
- ✓ I built a kit.
- ✓ I stay informed.



Parent or Teacher

We can't always stop disasters from happening,
but we can get prepared.



**READY
OR NOT?**

HAVE A PLAN

Texas Department of State
Health Services



Family Emergency Plan



Make sure your family has a plan for emergencies. Sit down together and decide how you will contact each other and where to go in an emergency. Keep a copy of this plan in your emergency kit and keep it in a safe place. When a disaster happens, grab it and go.

Have a Plan

In case something happens to your home...

Know who to call or where to meet your family in your neighborhood

Neighbor's Name: _____

Neighbor's Phone: _____

Neighborhood Meeting Place: _____

In case something happens to your neighborhood...

Know who to call or where to meet your family away from your neighborhood

Contact Name: _____

Contact Phone: _____

In-town Meeting Place: _____

In case something happens in your town...

Know who to call or where to meet your family away from your town

Out-of-town Contact Name: _____

Out-of-town Contact Phone: _____

Out-of-town Meeting Place: _____

Work and School Information

Know where your family spends the most time (write down the address & phone number)

Work: _____

School: _____

Other Places: _____

Other Information

Know your doctor's name and make a list of medicines, gear, etc., that you might need

Doctor's name and phone: _____

Other items: _____

Dot-to-Dot • color it in!

Connect the dots and color in one of nature's most violent storms.

Learn how to protect yourself before, during and after it hits.

Before:

Pick a safe place – a basement, center hallway, bathroom or closet on the lowest floor.

Avoid exterior walls and windows.

Stay tuned to the news for updates.

During:

Go to the safe place you picked. If you can, get under a piece of sturdy furniture and use your arms to protect your head and neck.

If you're in a mobile home, get out and find other shelter.

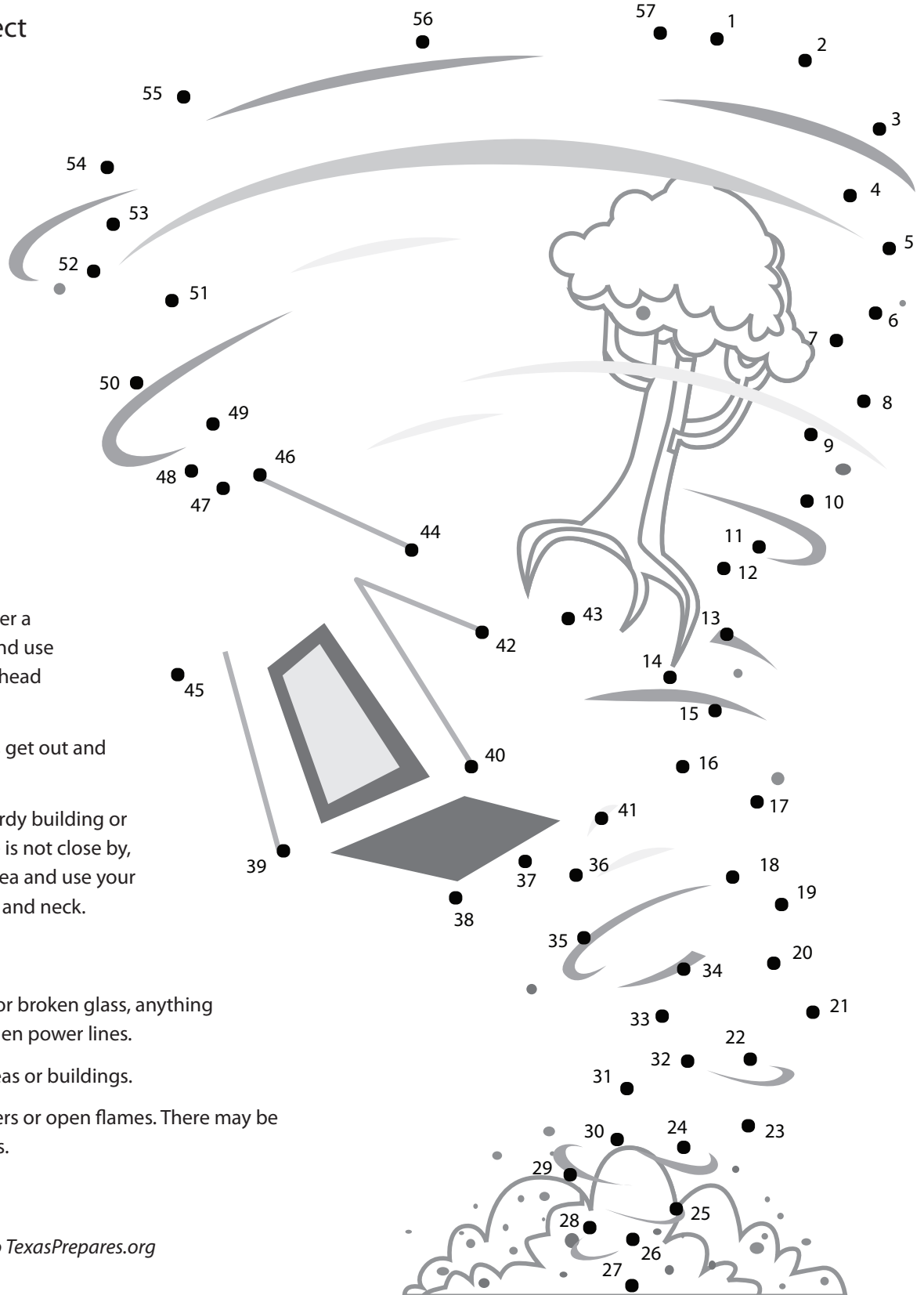
If you're outside, find a sturdy building or some sort of shelter. If one is not close by, find a ditch or low-lying area and use your arms to protect your head and neck.

After:

Check for injuries. Watch for broken glass, anything with jagged edges and fallen power lines.

Do not enter damaged areas or buildings.

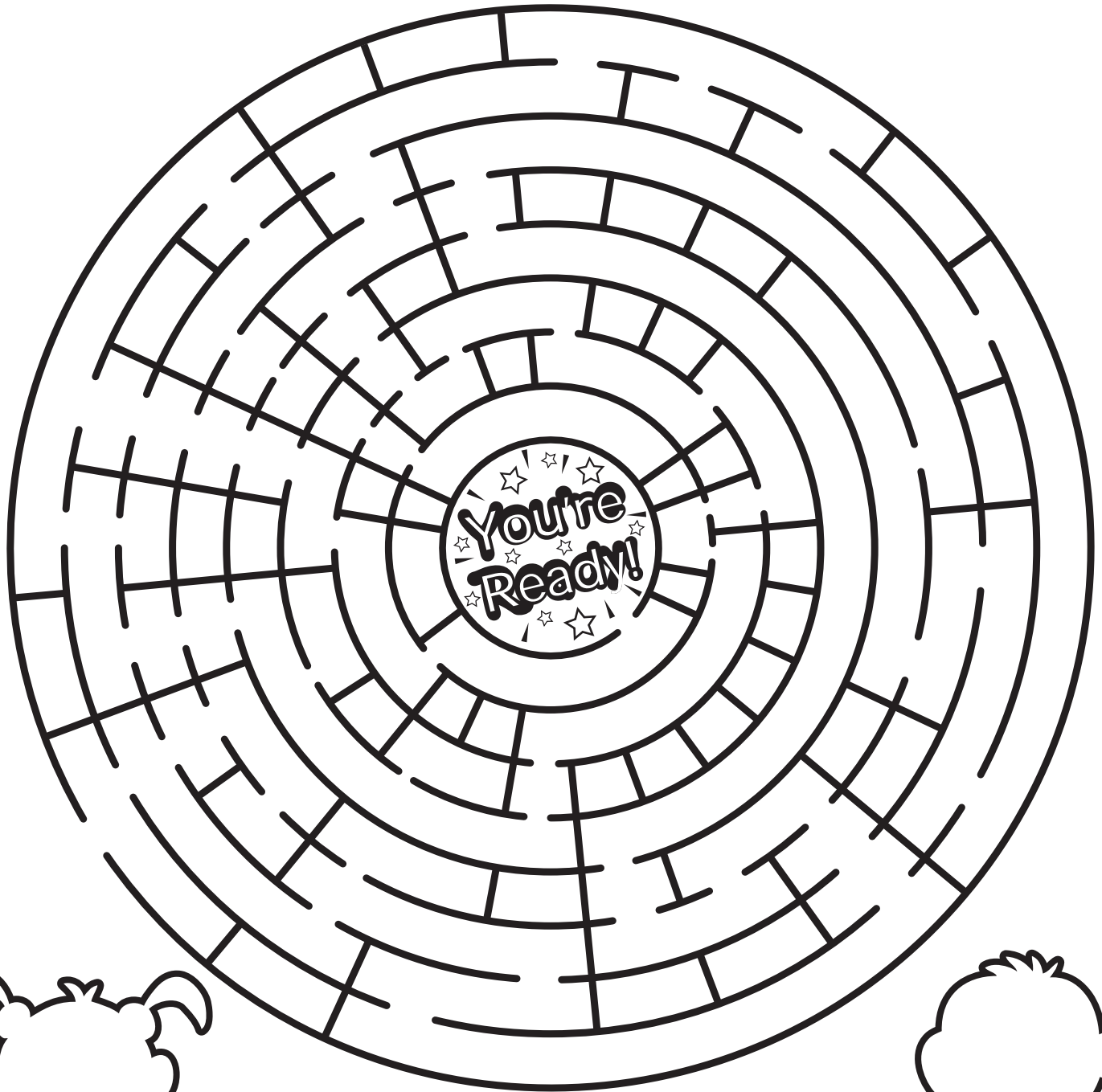
Do not use matches, lighters or open flames. There may be damaged gas lines or leaks.



For more information, go to TexasPrepares.org

Maze • Get Ready!

Ready...Set...Know! Find your way to preparedness by making a plan, building a kit and getting informed. Remember, disasters will happen whether you're Ready or Not.



Always have food, water and other emergency supplies ready to go. You might use them at home or you might have to take them with you if you evacuate.

For more information, go to TexasPrepares.org

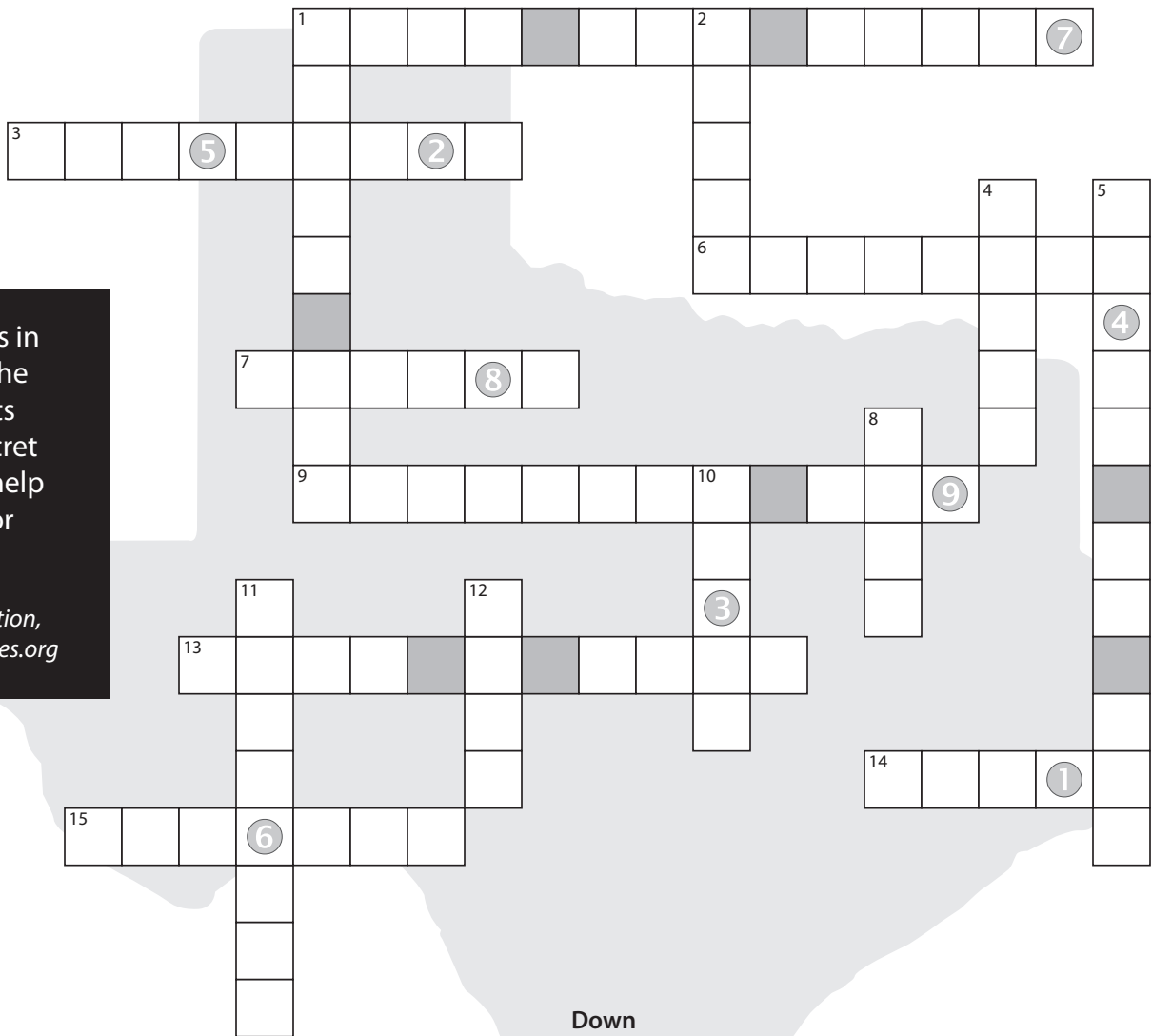


Crossword Challenge • Build a Kit

Complete the crossword puzzle using hints from the "Building a Disaster Supply Kit" checklist.

Find the letters in the circles to the matching spots below. The secret message will help you prepare for disasters.

For more information, go to TexasPrepares.org



Across

1. You need this to stay alive
3. Protects you from a sunburn
6. When you have to leave home during a disaster
7. Pack one _____ of water per day for each person
9. Communication, lighting and _____ items are needed for step 3
13. You need to ____ _ ____ to survive a disaster
14. This helps if your family members get separated during disasters
15. If you do this, you'll be ready for anything

Down

1. This plus medication and hygiene is step 2
2. A fast way to get out of town
4. Stay tuned to the news with this
5. Disasters will happen whether you're ____ _ ____
8. Use this to buy things if credit or debit card machines and ATMs don't work
10. The Lone Star State
11. Use this to build a disaster supply kit
12. A disaster plan can ____ your life

Secret Message: Start your family plan here.

1 2 3 4 5 6 7 2 6 4 7 2 5 • 8 7 9

READY OR NOT?

HAVE A PLAN

BUILDING YOUR DISASTER SUPPLY KIT

1. MAKE A PLAN
2. BUILD A KIT
3. GET INFORMED

**Build your kit all at once or step by step. Start with what you have at home.
Then shop for the rest. Build it to shelter in place or evacuate.**

Pack these basic supplies for each person in a portable container or backpack. You'll need them whether you stay or go.



STEP 1 FOOD AND WATER

- 3-day supply of food that needs no cooking
- 1 gallon of water per day for each person
- Manual can opener
- Baby items (baby food, formula, bottles)
- Pet Supplies (listed on next page)



STEP 2 FIRST AID, MEDICATION, HYGIENE

- First-aid kit (listed on next page)
- Prescriptions and backup medications
- Hand sanitizer, wipes, bleach (To purify water, mix 1/8 teaspoon per gallon. Stir and let stand for 30 minutes.)
- Toilet paper, paper towels, garbage bags
- Dental care, hearing aids, and vision products
- Soaps, personal supplies, diapers
- Sunscreen, insect repellent
- Face masks to filter air (N-95 rating)



STEP 3 COMMUNICATION, LIGHTING, DOCUMENT BAG ITEMS

- Battery-powered radio with extra batteries or crank radio (emergency alert radio is best)
- Extra cell phone battery and car charger
- Flashlights and extra batteries
- Matches and lighter
- Whistle
- Reading glasses and sunglasses
- Document bag items (listed on next page)

You may have to leave in a hurry to get to a safe place. Keep these supplies near your car. When it's time, grab them and go.



STEP 4 ADD THESE ITEMS FOR EVACUATING BY CAR

- Road maps
- Car repair items (tools, spare tire, tire patch kit, oil)
- More food and water
- Plastic plates, cups and utensils
- Tent, blankets and pillows
- Clothes and sturdy shoes
- Rain gear and towels
- Books, games and toys

BEFORE YOU LEAVE HOME

- Fill your gas tank, check your spare tire
- Take cash, checkbook and credit cards
- Call your family emergency contact
- Charge your mobile phone
- Get a map of your route

When staying home is your safest choice, add these items to your kit and stay tuned to the news.



STEP 5 ADD THESE ITEMS FOR SHELTERING IN PLACE

- Smoke detectors with extra batteries
- Carbon monoxide detector (if using generators, charcoal grills or camp stoves)
- Fire extinguisher
- Land line phone with extra long cord
- Plastic sheeting and duct tape (to seal doors, windows and air vents from contaminated air or to build an emergency shelter)



PET SUPPLIES

- 3-day supply of food, water and bowls
- Medications and pet first-aid kit
- Vaccination records
- Crate or carrier (may be required in shelters or where you spend the night)
- Leash and toys
- Photo, in case pet gets lost
- Cat litter and box



FIRST AID KIT CONTENTS

- 2 compress dressings (5 x 9 inches)
- 25 band-aids (different sizes)
- First-aid tape
- Antibiotic ointment
- Hydrocortisone ointment
- Aspirin and ibuprofen
- Instant cold pack
- 2 pair of medical gloves (non-latex)
- Oral thermometer, scissors, tweezers
- 2 roller bandages (different widths)
- 2 elastic bandages
- 10 sterile gauze pads (different sizes)
- 2 triangular bandages (for making slings)
- First aid instruction booklet



DOCUMENT BAG CONTENTS

- Current photo IDs, driver licenses, birth records, Social Security cards, passports
- Photos of family members in case you get separated
- Health insurance and prescription cards
- Medical records, medications and dosages
- Phone numbers (family, friends, doctors)
- Bank account information
- Wills
- Insurance documents (homeowner, renter, flood, life)
- Property deeds, leases, mortgages
- Vehicle titles, insurance, leases, loan documents
- Inventory of household possessions and their value
- Backup computer files (on a CD, DVD, USB drive)
- Copies of important keys
- Utility bills (to prove where you live)



PEOPLE WITH DISABILITIES AND THOSE WITH ACCESS AND FUNCTIONAL NEEDS

Think about what you need to make it on your own. Plan now for your health away from home. Label medical equipment with your contact information.

- Wheelchairs, walkers and canes
- Cooler with cold packs for medications
- Extra medications and dosages
- Copies of prescriptions and medical alert tags
- Food for special diets
- Medical supplies (oxygen, glucose monitoring strips, syringes, etc.)
- Hearing aids with extra batteries
- Communication devices
- Supplies and documentation for service animals

Note: Dial 2-1-1 for information about available services during an emergency (registering for evacuations must be done every year).

Word Search • Prepare for your pets

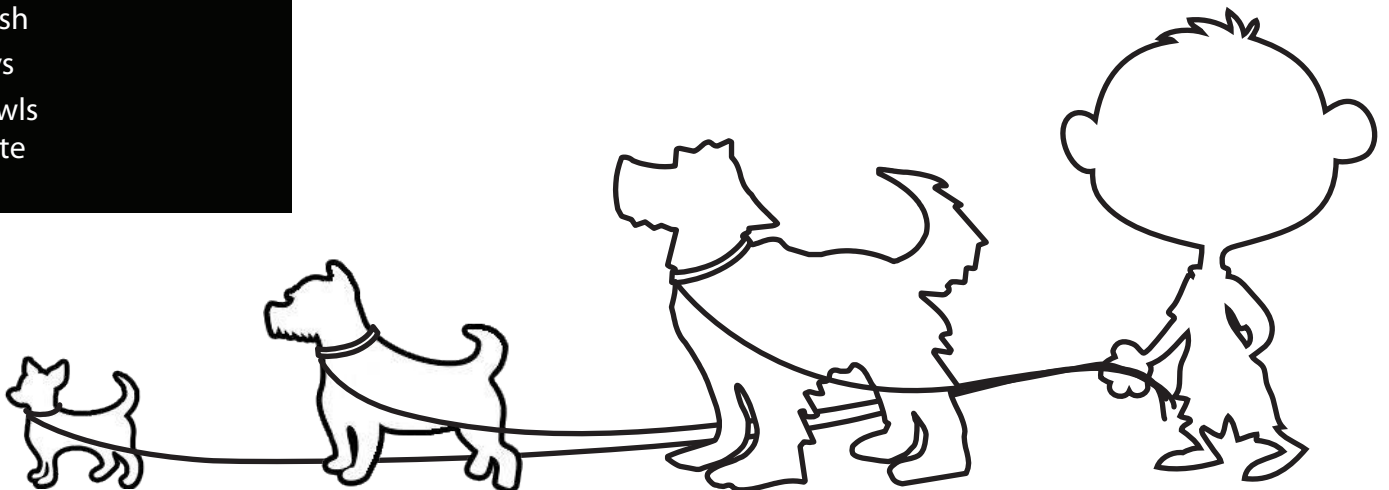
You need to prepare for your pets, too. Use the "Pet Supplies" section on the opposite page to help you.



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

Find these 10 words
(they can be found
up and down, side-
to-side or diagonally):

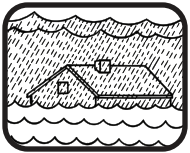
- photos
- cat litter
- first aid kit
- food
- water
- medication
- leash
- toys
- bowls
- crate



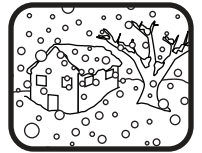
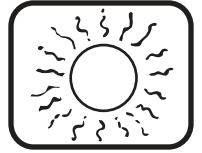
Word Games • Ready or Not?

Match 'em Up

In Texas, we have different kinds of disasters. Go to the "Get Informed" page at www.TexasPrepares.org and fill in the blanks. Then, draw a line to the picture that matches the sentence.



1. Every _____ storm produces lightning.
2. The north part of the state gets a lot of snow during _____ storms.
3. The peak of _____ season in Texas is usually from March to June.
4. It only takes a spark to start a wild _____ that can get out of control very quickly.
5. It's best to stay in air-conditioned places during extreme _____.
6. A lack of rain can lead to _____, causing strict water control.
7. Flash _____ can happen anywhere but are more common in central Texas.
8. The good thing about a _____ is that you have time to evacuate if you need to.



Uncover the Secret Message!

1 = A	5 = E	9 = I	13 = M	17 = Q	21 = U	25 = Y
2 = B	6 = F	10 = J	14 = N	18 = R	22 = V	26 = Z
3 = C	7 = G	11 = K	15 = O	19 = S	23 = W	
4 = D	8 = H	12 = L	16 = P	20 = T	24 = X	

Question: How can you get ready for a disaster?

Answer:

13 1 11 5 1 16 12 1 14 2 21 9 12 4 1 11 9 20

7 5 20 9 14 6 15 18 13 5 4