

READY WRIGLEY
PREPARES FOR



EARTHQUAKES



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention

This series has been endorsed by:

American Academy
of Pediatrics



DEDICATED TO THE HEALTH OF ALL CHILDREN™

www.healthychildren.org



Save the Children®

www.savethechildren.org/GetReadyGetSafe



NAME : _____

Note to Parents, Guardians, and Teachers

The Centers for Disease Control and Prevention has created **Ready Wrigley** to provide parents, guardians, teachers, and young children with tips, activities, and a story to help the whole family prepare for emergencies. Together with your child, join Wrigley as she helps her family prepare for emergencies by staying informed, packing emergency kits, and making a family communication plan.

The activity book is designed to provide an interactive tool to further your child's education and promote disaster preparedness in your community. We hope you will encourage its use in your schools, communities, and families to help children learn the importance of being prepared.

Wrigley is excited to teach her family about earthquakes! An earthquake is when the rock under the earth's surface moves. When that happens, the ground under your feet can shake, move, or crack.

Decode the secret message to learn what three things to do during an earthquake.

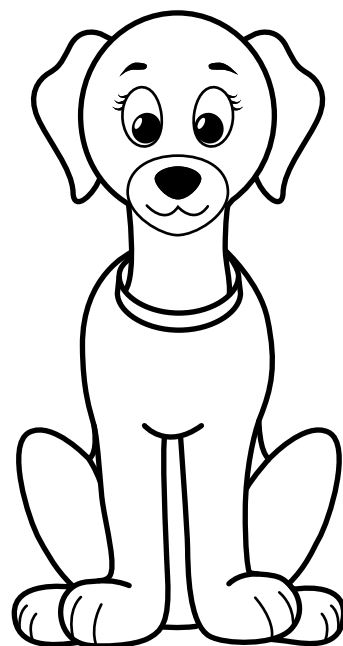
4 18 15 16

3 15 22 5 18

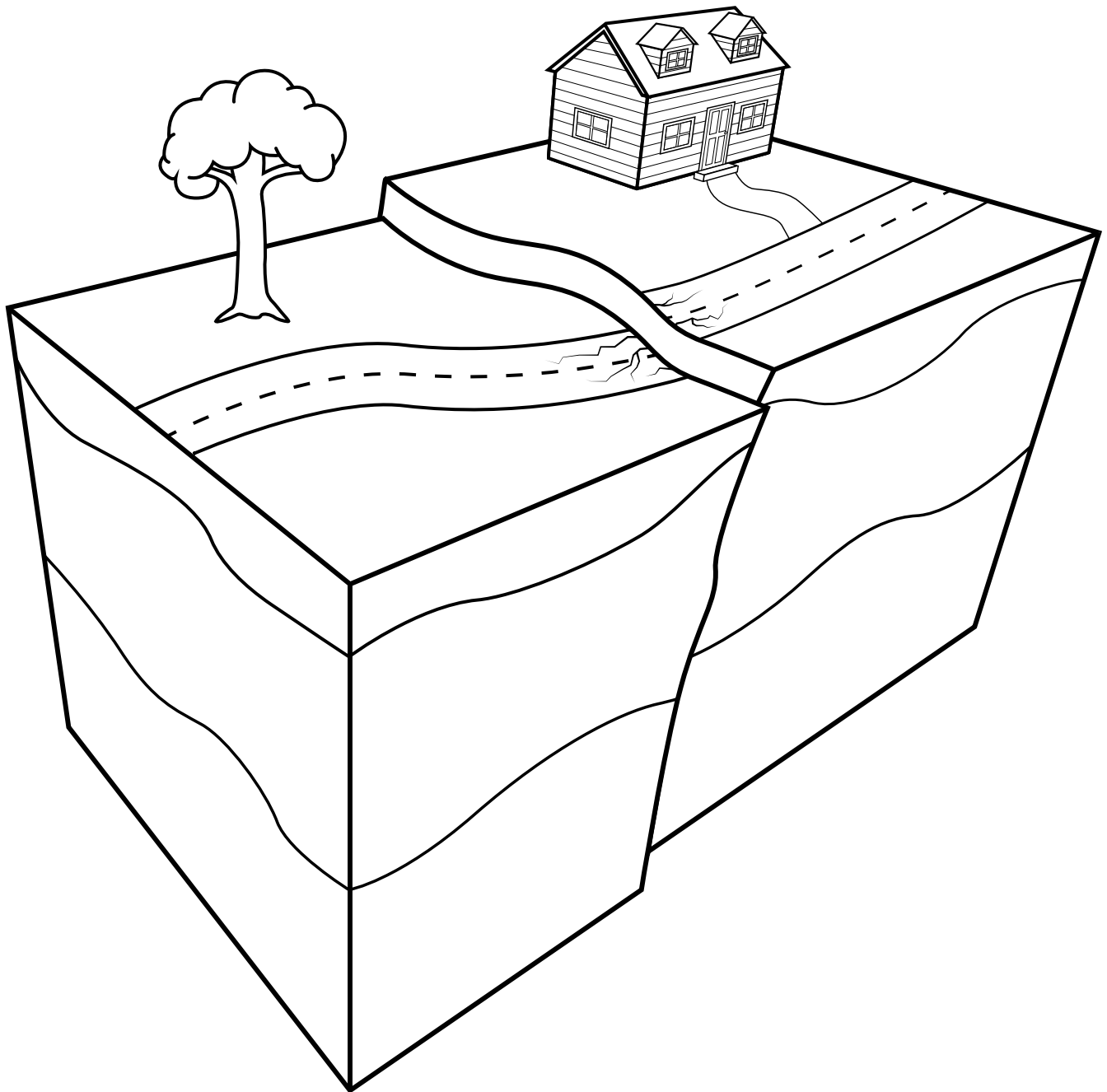
1 14 4

8 15 12 4 15 14 !

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



Earthquakes can be felt over large areas. They can happen at any time, with no warning. An earthquake usually lasts for less than a minute.

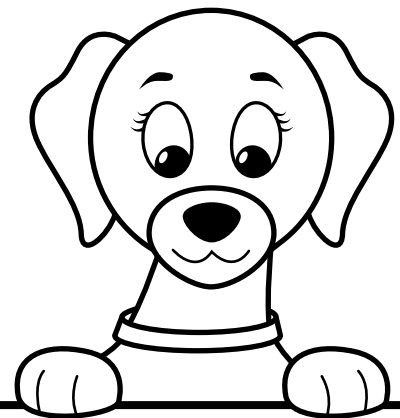


After the first big earthquake, smaller earthquakes can follow called aftershocks. There may be a lot of these after the first big earthquake. Remember to drop to the ground, take cover under a table and protect your head, and hold on to something sturdy.

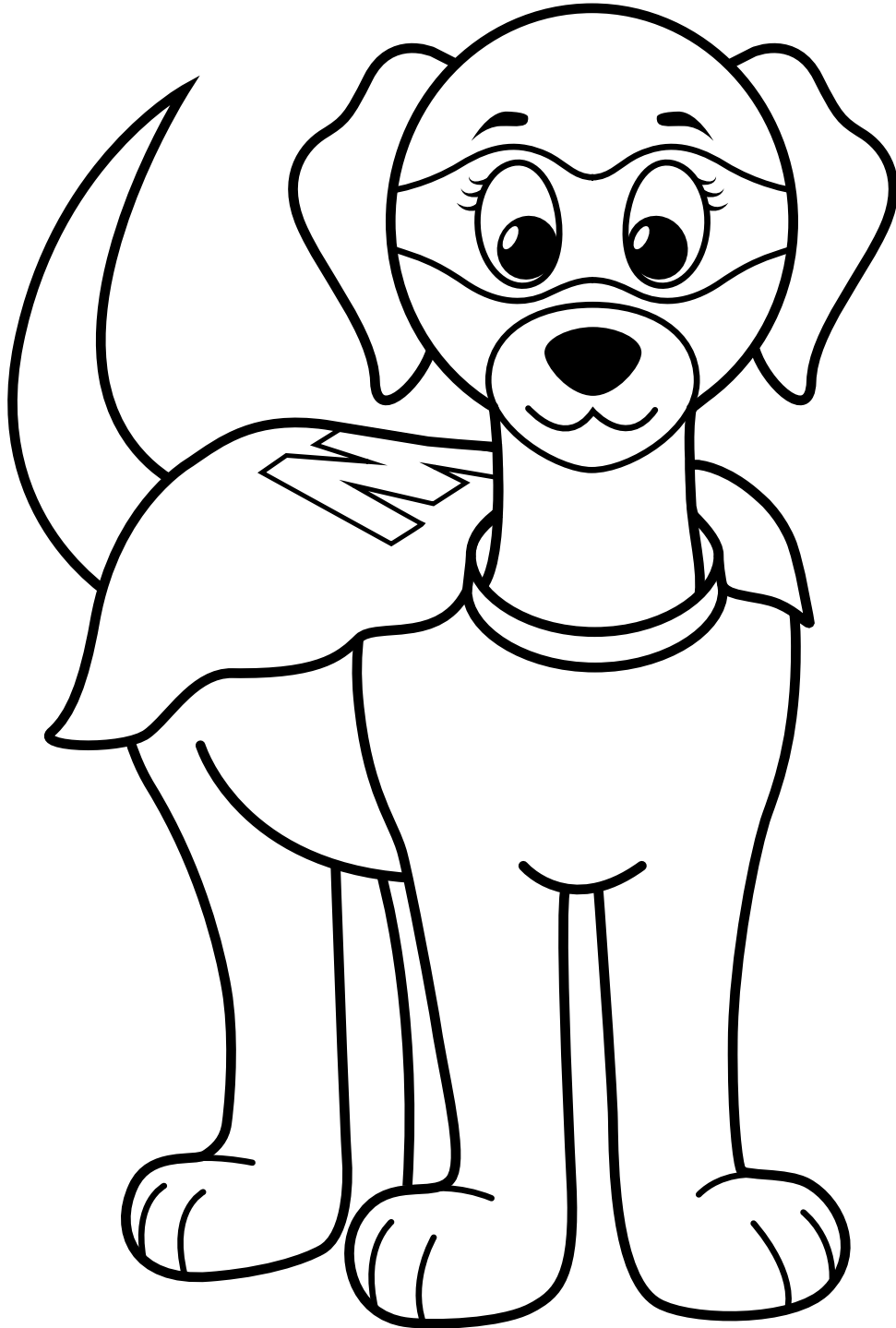
How many words can you make using the word

AFTERSHOCK?

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

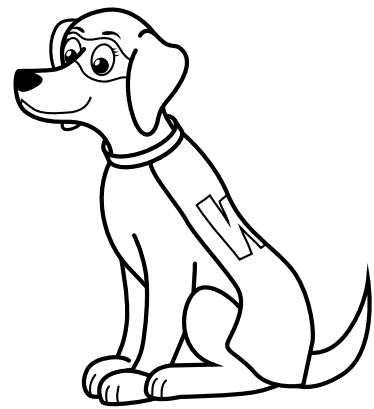


Wrigley and her family know that an earthquake can happen at any time, so they need to be prepared. What should they do?



READY WRIGLEY TO THE RESCUE!

Before an earthquake, Wrigley and her family fill out their family communication plan so that everyone knows who to contact in an emergency.




Fill out a plan with your family to have in an emergency.


Cut Here

MY FAMILY COMMUNICATION PLAN


 My Name: _____


 My Address: _____


 My Telephone Number: _____

 Meeting Place: _____


Family Information 

 Work Number: _____

 Cell Number: _____

 Email: _____

 Neighbor/Relative name and number:

 Out of town contact name and number:

Always remember to dial 911 in emergencies.

Wrigley also helps her family create an emergency kit.

Can you color all of the items below for the emergency kit?



Make sure you have enough food, water, and supplies in your kit to last 3 days.

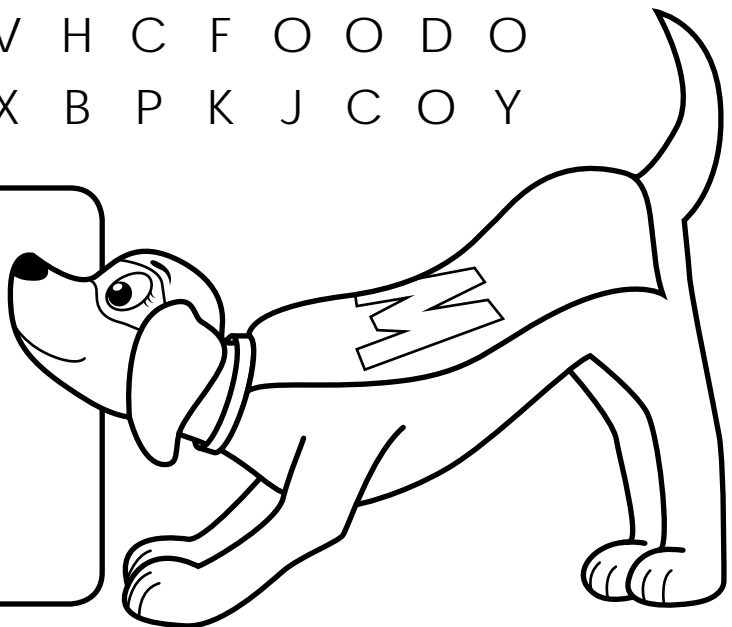
EMERGENCY KIT SEARCH

Pets need emergency kits, too!

Help Wrigley put her emergency kit items together by circling the words below. The words can be across, down, or even diagonal.

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

BLANKET	LEASH
BONE	MEDICINE
BOWL	PHOTO
COLLAR	RECORDS
CRATE	WATER
FOOD	



Wrigley shows her family safe places in their house where they can practice "drop, cover, and hold on."

Circle safe spots for Wrigley and her family during an earthquake.



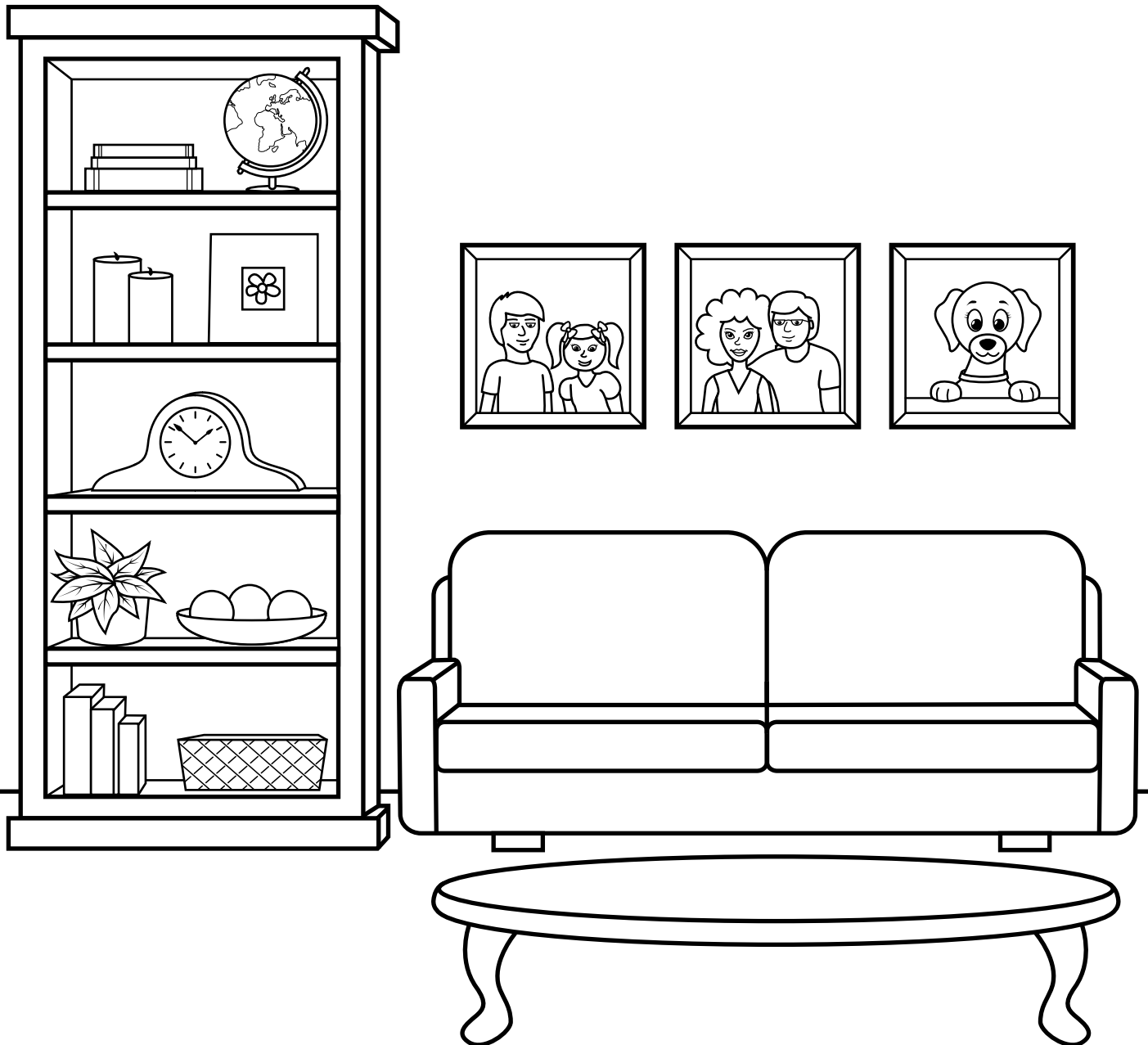
Take cover under a sturdy table. Make sure heavy furniture will not fall on you and stay away from windows and glass.

Downstairs: coffee table, kitchen table. Upstairs: desk.

PICTURE FIND

To make their house safer, Wrigley and her family find things that may fall during an earthquake. They move heavy objects to lower shelves and make sure pictures and mirrors are secure on the wall.

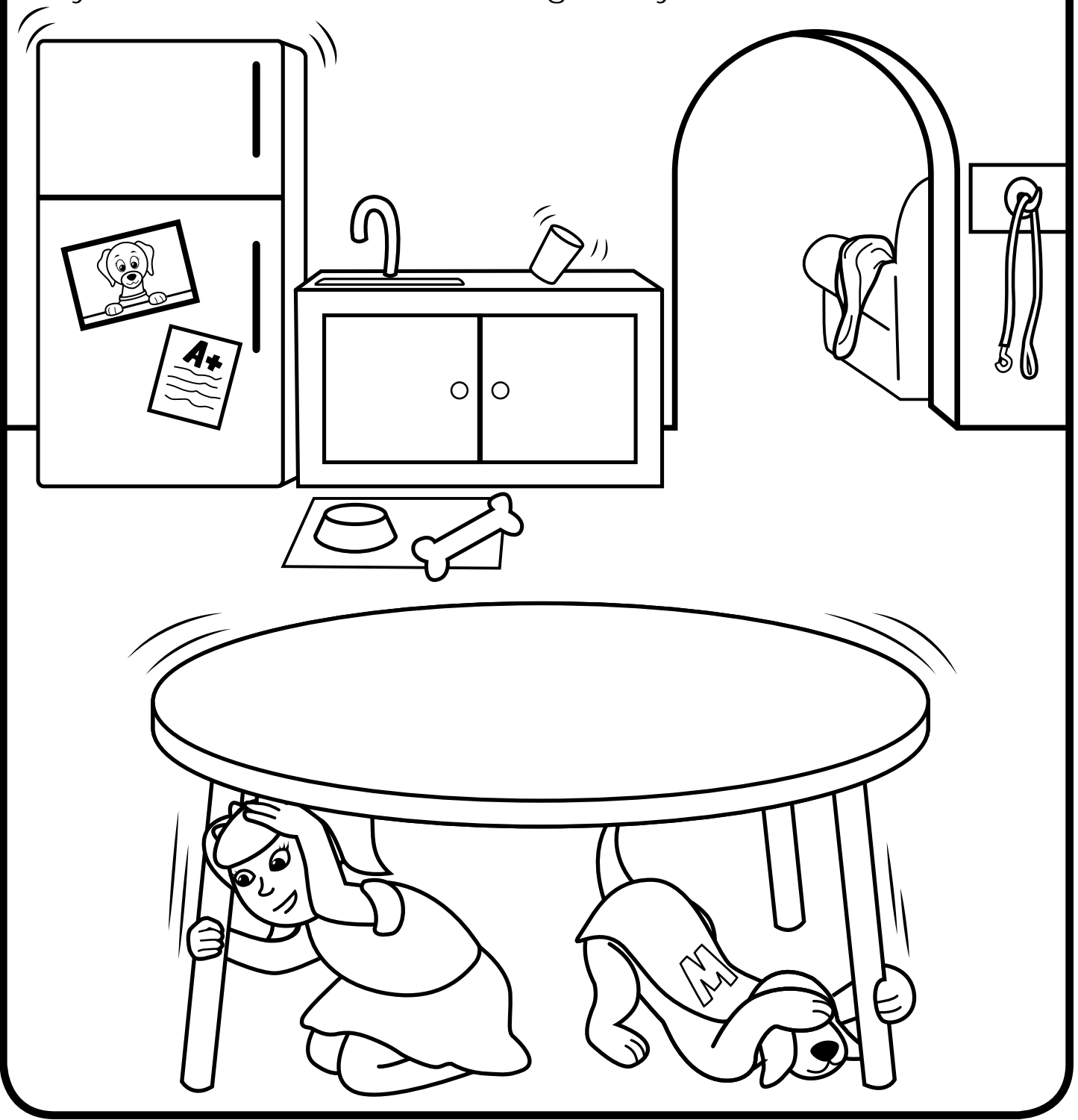
Color the items that need to be secure.



Books, basket, candles, clock, fruit bowl, globe, picture frames, plant

IF YOU ARE INSIDE

If you are inside when an earthquake starts, stay inside. Remember to **DROP, COVER, and HOLD ON!** Drop to the floor, take cover under a table and protect your head and eyes, and hold on to something sturdy.



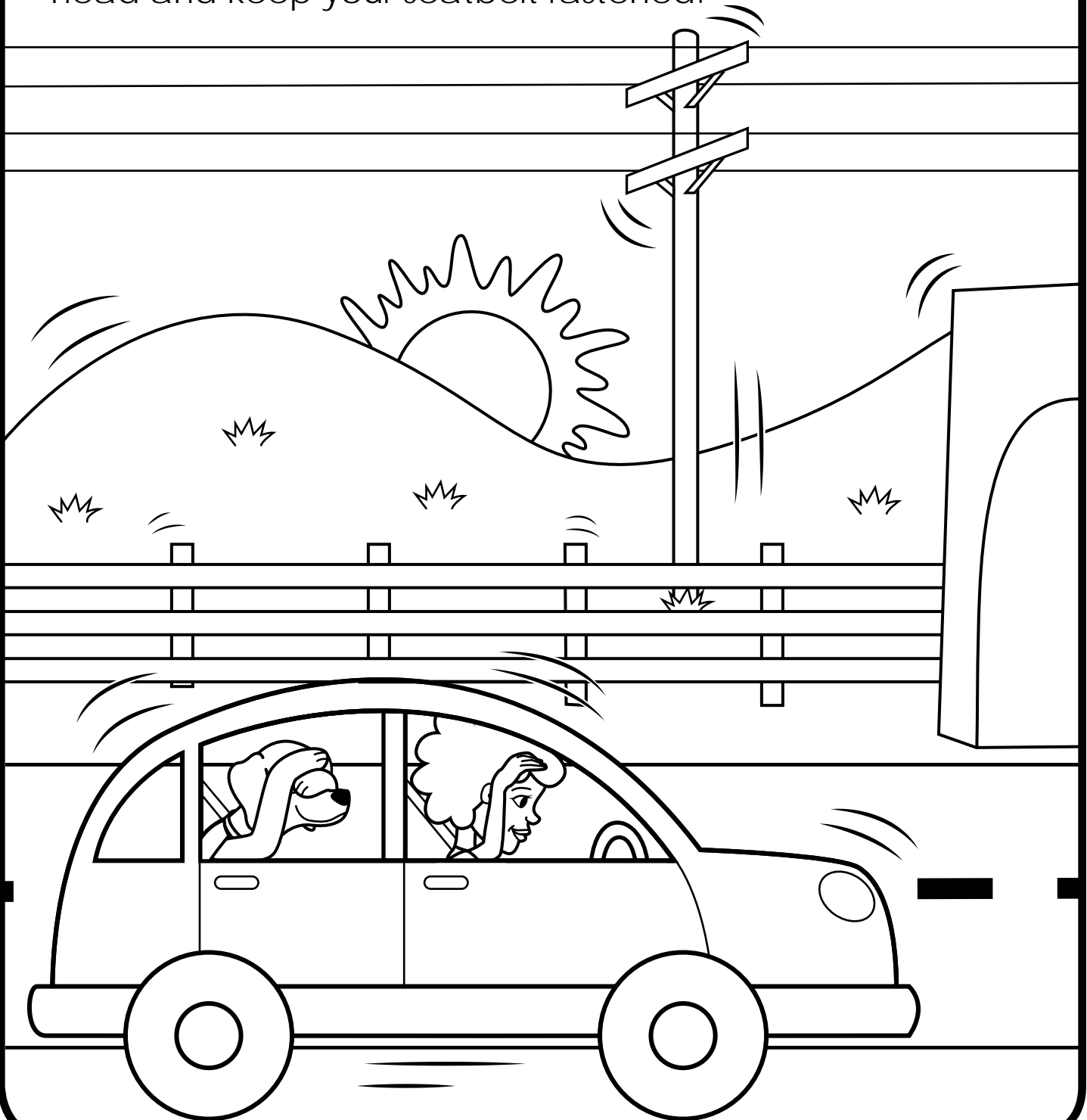
IF YOU ARE OUTSIDE

If you are outside during an earthquake, move to a clear area away from trees, signs, buildings, street lights, and power lines that might fall. Drop to your knees and cover your head until the shaking stops.



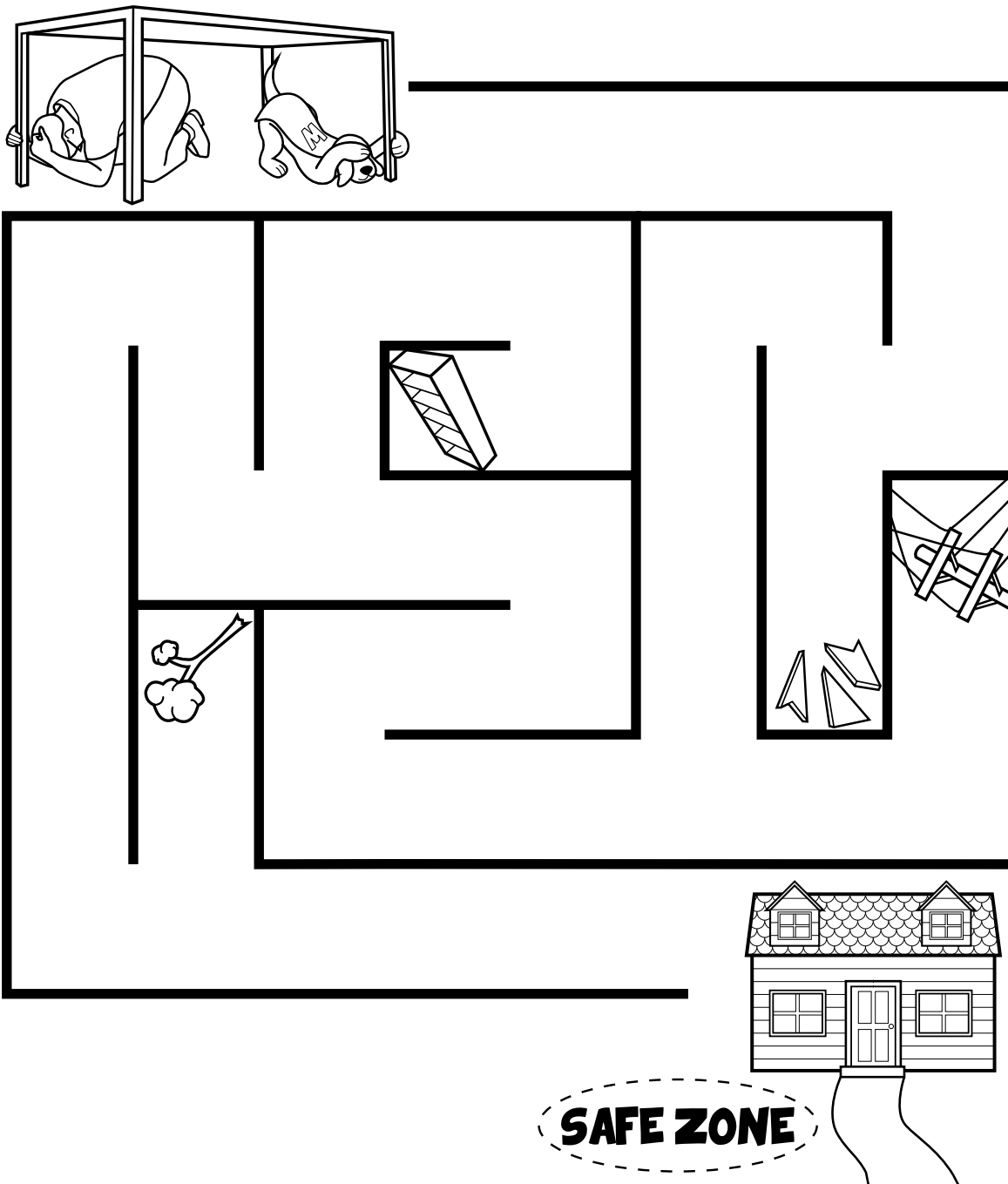
IF YOU ARE IN YOUR CAR

If you are in a car, make sure the driver of the car pulls over to the side of the road, away from bridges and power lines. Stay inside your car until the shaking stops. Cover your head and keep your seatbelt fastened.



When the shaking stops after an earthquake, make sure it is safe to move from your hiding place.

Help Wrigley and her family safely get out of their house after an earthquake.



It is normal to feel afraid during and after an earthquake. Talk to an adult about your feelings.

AFTER AN EARTHQUAKE

After an earthquake, your house and neighborhood may look different. There are things that may need to be cleaned up, fixed, or thrown away.

Can you spot the differences before and after the earthquake? Circle the damage to Wrigley's house.



Cut Here

G R E A T J O B !

(Your Name)

is ready for earthquakes!

Before an earthquake, remember to:

- Fill out your emergency communication plan
- Get the house ready
- Check your emergency kit and make sure you have everything you need
- Listen to the radio or TV for information
- Keep your pets safe!

Here are some things I learned:

1 _____

2 _____

3 _____



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For more fun activities visit
www.cdc.gov/phpr/readywrigley