

## ARE YOU READY TO: H.E.L.P K.I.D.S. Make a Difference?

### OBJECTIVES:

1. Introduce health care professionals involved in disaster management and emergency preparedness to the population left behind: KIDS
2. Steps for starting a dialogue with (your) kids about disasters using the H.E.L.P. K.I.D.S. mnemonic
3. Use age appropriate information and ideas from website references
4. Know what sites are leaders for educating kids on disasters
5. Help kids to become DISASTER ACTION KIDS

### Outline:

#### I. Introduction

- A. Background
- B. Importance
- C. How kids get their information
- D. Current history of disasters

#### II. What can we do?

- A. Roles for all age groups
- B. Starting a dialogue
- C. Video of dialogue-Michael and me at home
- D. H.E.L.P. K.I.D.S. mnemonic

#### III. Kids disaster preparedness sites-best practices and lessons learned from these sites

- A. Ideas for involvement
- B. Activities for all ages
- C. Fun and Games
- D. Certificate of achievement

#### IV. Questions and Answers

- A. References

## **REFERENCES:**

### **American Red Cross:**

<http://www.bloodct.org>

<http://www.redcross.org/services/hss/courses/>

[http://www.redcross.org/services/disaster/0,1082,0\\_602\\_,00.html](http://www.redcross.org/services/disaster/0,1082,0_602_,00.html)

### **Centers for Disease Control and Prevention:**

[www.cdc.gov/nceh/kids/99kidsday/division5.html](http://www.cdc.gov/nceh/kids/99kidsday/division5.html)

<http://www.cdc.gov/nceh/kids/99kidsday/default.htm>

<http://emergency.cdc.gov/>

### **Citizen Emergency Response Team**

[www.citizencorps.gov/](http://www.citizencorps.gov/)

### **Department of Health and Human Services**

<http://www.hhs.gov/kids/#allkids>

<http://kids.niehs.nih.gov/pandemic.htm>

### **Department of Veterans Affairs**

[http://www.ncptsd.va.gov/ncmain/ncdocs/fact\\_shts/fs\\_children\\_disaster.html?opm=1&rr=rr54&srt=d&echorr=truepetkit.htm](http://www.ncptsd.va.gov/ncmain/ncdocs/fact_shts/fs_children_disaster.html?opm=1&rr=rr54&srt=d&echorr=truepetkit.htm)

### **European Space Agency**

<http://www.esa.int/esaKIDSen/Naturaldisasters.html>

### **Federal Emergency Management Association:**

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

[www.fema.gov/kids/index.htm](http://www.fema.gov/kids/index.htm)

[www.ready.gov/kids/home.html](http://www.ready.gov/kids/home.html)

### **National Institute of Environmental Health Services**

<http://kids.neihs.nih.gov/braint.htm>

### **Safe sitter:**

<http://www.safesitter.org/>

### **Neighborhood Watch:**

<http://www.usaonwatch.org/>

### **United States Fire Association:**

<http://www.usfa.dhs.gov/kids/flash.shtm>



## FAMILY SUPPLY LIST

### Emergency Supplies

Water, food, and clean air are important things to have if an emergency happens. Each family or individual's kit should be customized to meet specific needs, such as medications and infant formula. It should also be customized to include important family documents.



### Recommended Supplies to Include in a Basic Kit:

- Water, one gallon of water per person per day, for drinking and sanitation
- Food, at least a three-day supply of non-perishable food
- Battery-powered radio and a NOAA Weather Radio with tone alert, and extra batteries for both
- Flashlight and extra batteries
- First Aid kit
- Whistle to signal for help
- Infant formula and diapers, if you have an infant
- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Dust mask or cotton t-shirt, to help filter the air
- Plastic sheeting and duct tape to shelter-in-place
- Wrench or pliers to turn off utilities
- Can opener for food (if kit contains canned food)

### Clothing and Bedding:

If you live in a cold weather climate, you must think about warmth. It is possible that the power will be out and you will not have heat. Rethink your clothing and bedding supplies to account for growing children and other family changes. One complete change of warm clothing and shoes per person, including:

- A jacket or coat
- Long pants
- A long sleeve shirt
- Sturdy shoes
- A hat and gloves
- A sleeping bag or warm blanket for each person



**READY KIDS**

U.S. DEPARTMENT OF HOMELAND SECURITY

## **FAMILY SUPPLY LIST (CONTINUED)**

Below are some other items for your family to consider adding to its supply kit. Some of these items, especially those marked with a \* can be dangerous, so please have an adult collect these supplies.

- Emergency reference material such as a first aid book or a print out of the information on [www.ready.gov](http://www.ready.gov)
- Rain gear
- Mess kits, paper cups, plates and plastic utensils
- Cash or traveler's checks, change
- Paper towels
- Fire Extinguisher
- Tent
- Compass
- Matches in a waterproof container \*
- Signal flare\*
- Paper, pencil
- Personal hygiene items including feminine supplies
- Disinfectant \*
- Household chlorine bleach \* - You can use bleach as a disinfectant (diluted nine parts water to one part bleach), or in an emergency you can also use it to treat water. Use 16 drops of regular household liquid bleach per gallon of water. Do not use scented, color safe or bleaches with added cleaners.
- Medicine dropper
- Important Family Documents such as copies of insurance policies, identification and bank account records in a waterproof, portable container.



## WORD SEARCH

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



**Words To Find:**

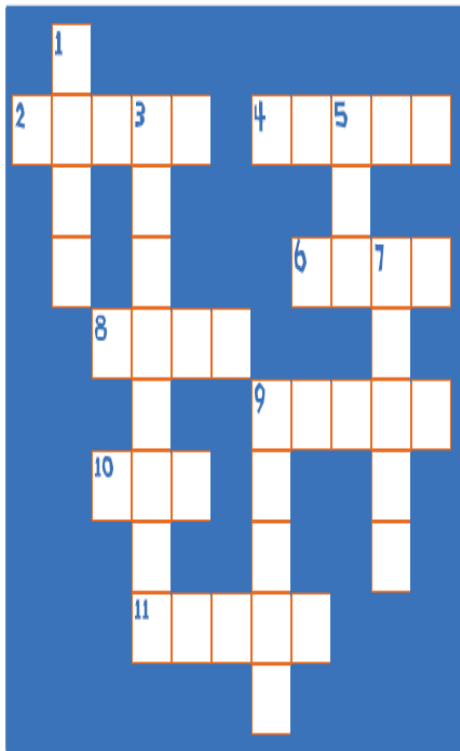
- |  |                                     |
|--|-------------------------------------|
| <input type="checkbox"/> BACKPACK      | <input type="checkbox"/> PHONE      |
| <input type="checkbox"/> CALM          | <input type="checkbox"/> RADIO      |
| <input type="checkbox"/> FAMILY PLAN   | <input type="checkbox"/> SAFETY     |
| <input type="checkbox"/> LISTEN        | <input type="checkbox"/> SUPPLY KIT |
| <input type="checkbox"/> MEETING PLACE |                                     |

# DEAR FAMILY,

Family Reproducible Worksheet

To prepare for emergencies, families can collect items that might be useful and put them in an emergency supply kit. Go to [www.ready.gov](http://www.ready.gov) and click on *Ready Kids* to find out how your family can prepare for unexpected situations. Then complete this crossword puzzle to give you an idea of what kinds of things should be part of your family's emergency supply kit.

## CLUES



### ACROSS:

2. \_\_\_\_\_ light: A handy tool to have if the lights go out!

4. Every person needs one gallon of this per day!

6. This comfortable piece of furniture should not be part of a family's supply kit.

8. Furry family members that should be part of your preparedness plan.

9. Some people have a \_\_\_\_\_ between meals if they are hungry.

10. You might find water, a flashlight, or a whistle in an emergency supply \_\_\_\_\_.

11. Fun items that families can play together.

### DOWN:

1. Families can create a communication \_\_\_\_\_ so that they know where to meet and who to call during an emergency.

3. \_\_\_\_\_ bag: Great for napping or keeping warm.

5. Every family member should carry a contact list with at least \_\_\_\_\_ different phone numbers that will allow you to keep in touch during an emergency.

7. It's important to get the \_\_\_\_\_ about different kinds of emergencies, so that you know what to expect.

9. Keep an extra pair of these in your supply kit to keep your feet dry!

Visit [www.ready.gov](http://www.ready.gov) and click on *Ready Kids* for a family scavenger hunt to create your family's emergency supply kit!



## EMERGENCY CONTACT INFORMATION

It's important to be able to contact your family if there is an unexpected event. Fill in the following information and keep a copy on the refrigerator, in your car, and in your child's backpack.

Parents/Guardians Contact Names: \_\_\_\_\_

Telephone numbers: \_\_\_\_\_