



3 Actions

Simple things kids can do to help their families prepare for emergencies



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Be Informed

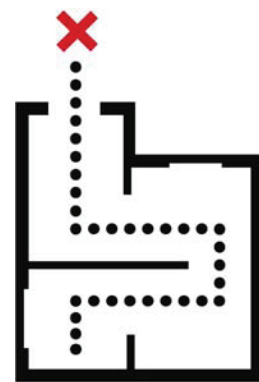
Finish the missing words to figure out what you can use during an emergency to get important information.

Sometimes during a storm or other disaster, the p _____ goes out and you cannot watch the T ____ or use the c _____ to get information. You can use a battery-powered r _____ to hear important information. Remember to put extra b _____ in your kit in case the old ones don't work!

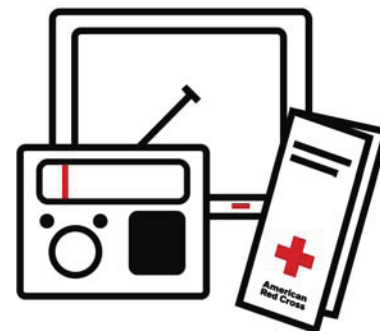
Now that you know the **3 Actions**, you can help the American Red Cross by telling your friends and family how they can prepare for emergencies..



Get a Kit



Make a Plan



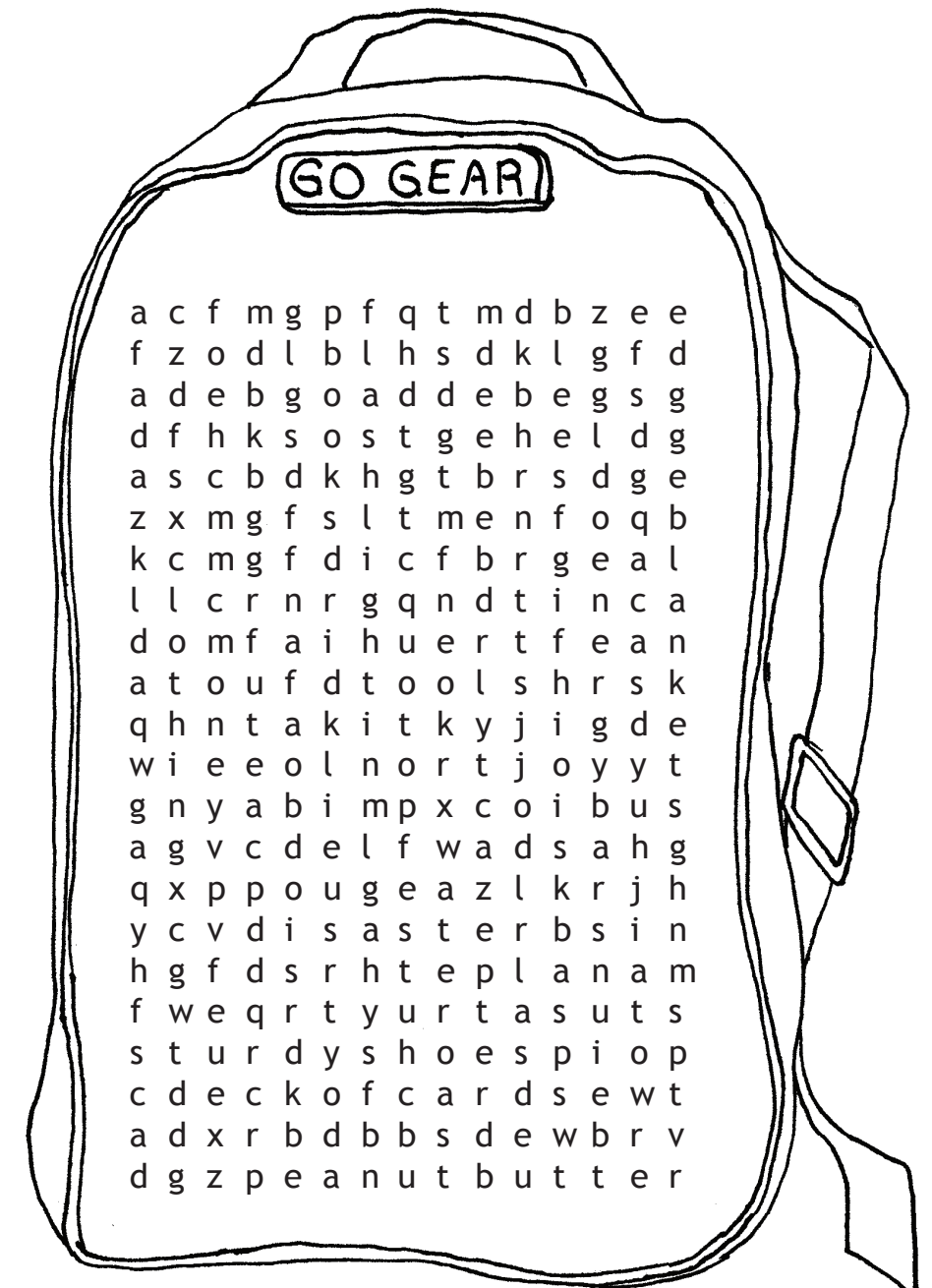
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Get a Kit

Find the following items in the backpack for your emergency preparedness kit.

- batteries
- blankets
- books
- clothing
- deck of cards
- energy bars
- flashlight
- kit
- money
- peanut butter
- plan
- radio
- sturdy shoes
- toilet paper
- tools
- water



Emergency Contact Card

My Name

My Address

My Phone Number

Out-of-Town Contact

Out-of-Town Contact's Whole Name

Relationship

Phone Number

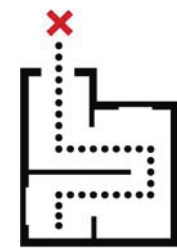
For more information on how to get prepared, visit AllReadySTL.com.





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Get a Kit

Put together supplies for at least three days in an easy-to-carry container. Also, remember to check your kit and replace old items every six months.



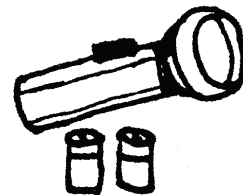
Water

Have at least one gallon of water per person per day

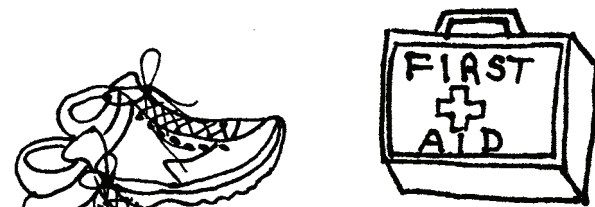


Food

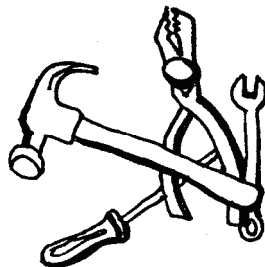
Energy bars
Ready-to-eat soup
Peanut butter
Canned or dried food



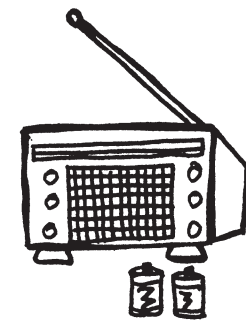
Flashlight and extra batteries



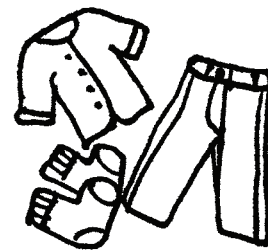
First Aid kit



Battery-powered radio and extra batteries



Tools



Clothing

Sturdy shoes
Work gloves



Small toys or books

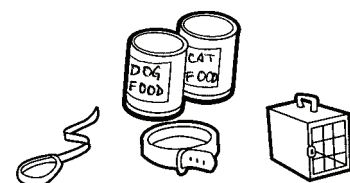


Money



Teddy bear or stuffed animal

Pet supplies

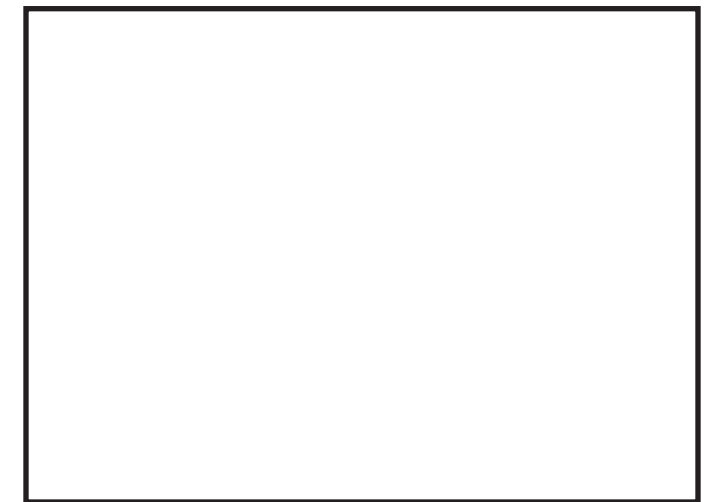
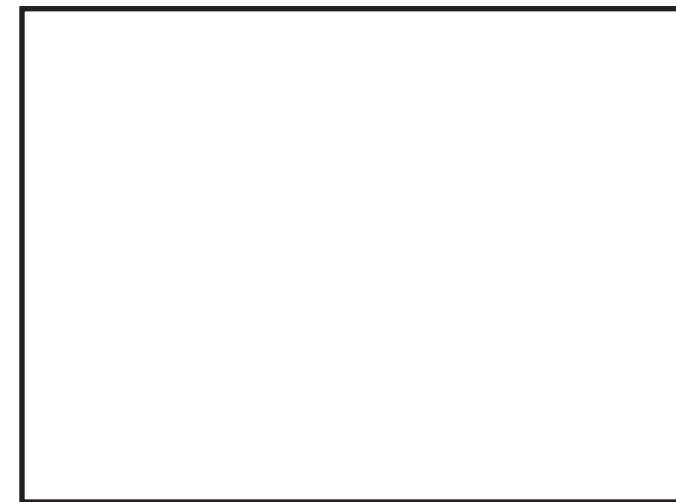


Make a Plan

In the boxes, draw the two places your family will meet in an emergency.

One should be right outside of your home, in case of fire or other sudden emergency.

Another place should be outside of your neighborhood, in case you cannot return home or if you have to evacuate your home.



Practice drills at home, just like you do at school, and make sure everyone knows where your family's meeting places are when an emergency happens.

Plan your emergency contacts:

1. With a grownup's help, fill out the information and cut out the contact card below.
2. Put the card in a safe place, like your backpack, and also put a copy in your family's emergency preparedness kit.
3. Learn how to call the phone numbers in an emergency.

Emergency Contact Card

Family Member's Whole Name

Relationship

Phone Number

Emergency Contact Card

Family Member's Whole Name

Relationship

Phone Number