



# 3 Actions

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



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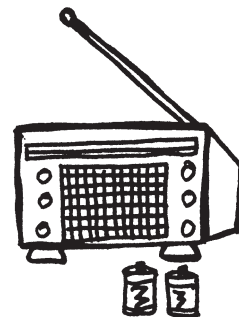
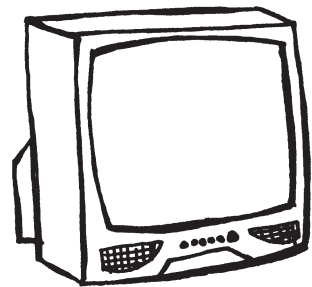
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## Be Informed

Where can I get information if there is no electricity?

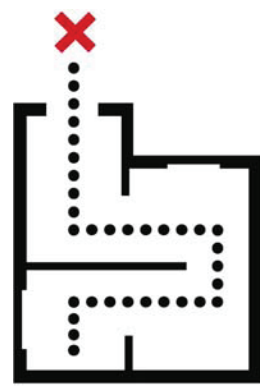
Circle the right answer.



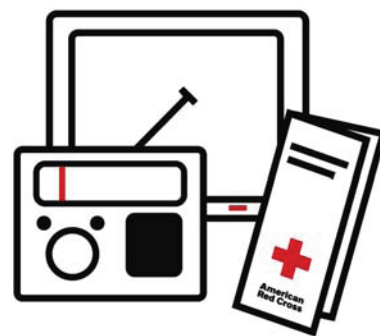
Now that you know the **3 Actions**, you can help the American Red Cross by telling your friends and family how they can prepare for emergencies.



Get a Kit



Make a Plan

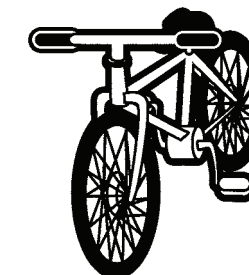
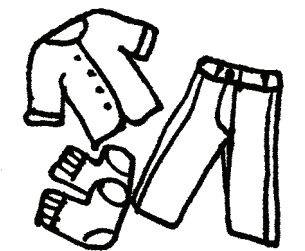
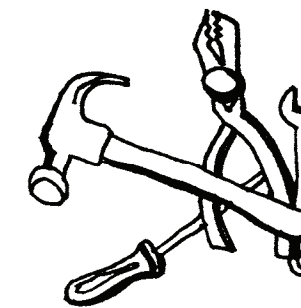
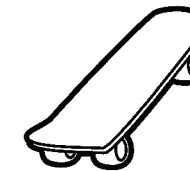
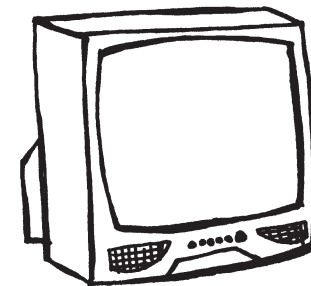
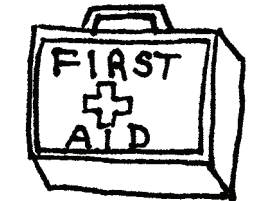
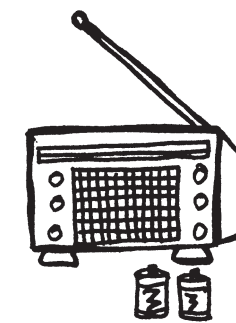


Be Informed

Pre-K 12/10

## Get a Kit

Circle the items you need to have in your family's emergency preparedness kit.



### Emergency Contact Card

My Name

My Address

My Phone Number

### Out-of-Town Contact Card

Out-of-Town Contact's Whole Name

Relationship

Phone Number

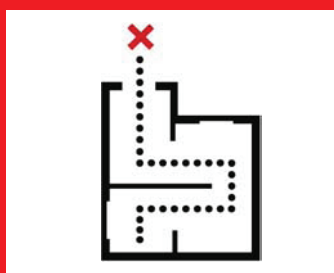
For more information on how to get prepared, visit [AllReadySTL.com](http://AllReadySTL.com).





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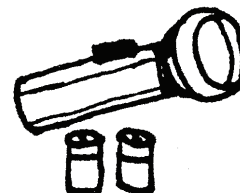
## Get a Kit

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.



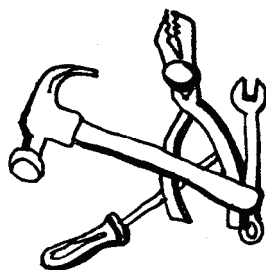
### Water

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

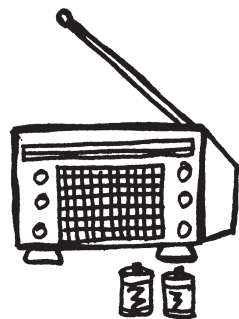
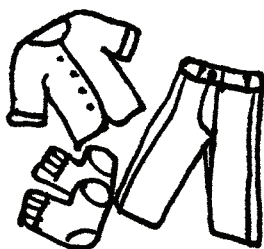
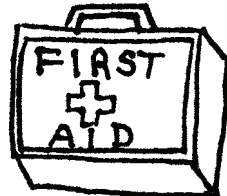
Sturdy shoes  
Work gloves

### Small toys or books

### Money

### Teddy bear or stuffed animal

### Pet supplies

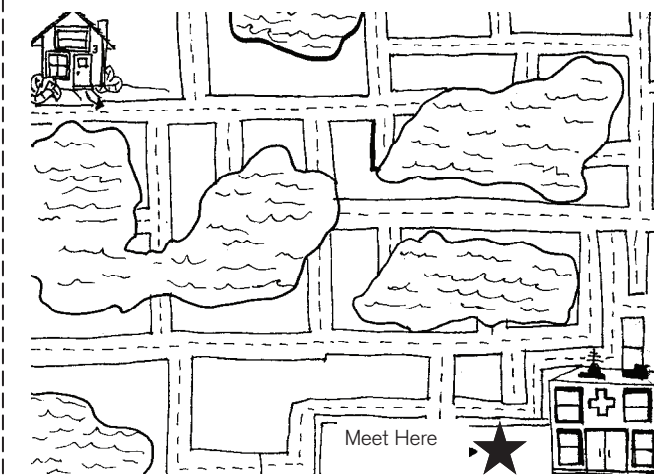
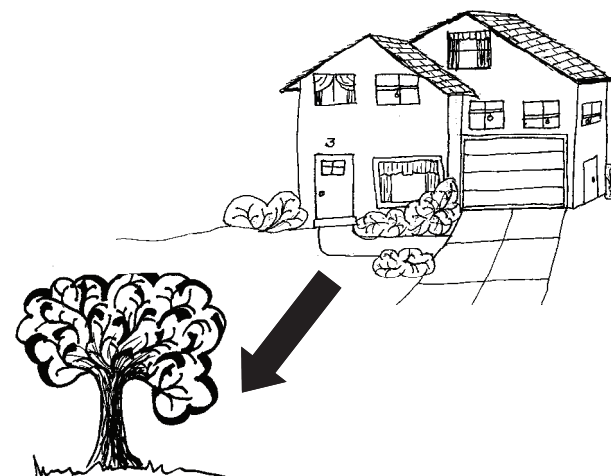


## Make a Plan

Plan for two places to meet after an emergency:

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

Another should be outside of your neighborhood, in case you cannot return home or if you have to quickly leave 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 cards below.
2. Place 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 these 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