Hurricane (Contd.)

During

- Don't open the refrigerator or freezer. In case you lose power, you want the cold air to stay in!
- Stay away from windows and glass doors. They could break and hurt you.
- Don't go outside when the rain or winds stop. This is the eye of the storm, or a short "rest," and it will start again.
- If need be, stay inside a closet or a room without windows. You can also lie on the floor under a table or sturdy object.
- Listen to your parents or safety authorities for important instructions.

After

- Don't go outside without a grown-up.
- Don't go near any wires that are loose or dangling.
 They could electrocute you!
- Tell your parents if you smell gas.
- Don't drink water from the faucet unless your parents say it's okay.
- Text, don't talk. Unless there's a life-threatening situation, if you have a cell phone, send a text so that you don't tie up phone lines needed by emergency workers. Plus, texting may work even if cell service is down.

Tornado

Before

- Build an emergency kit. Make a family communications plan.
- Look for the following danger signs: dark, greenish sky, large hail, large, dark, low-lying cloud
- loud roar, like a freight train

During

If you are in a building:

- Go to a safe room such as a basement, cellar, or lowest building level.
- If there is no basement, go to an inside room like a closet or hallway.
- Stay away from corners, windows, doors, and outside walls.
- Do not open windows, Put on sturdy shoes,
- Protect your head.

Tornado

During (contd.)

If you are in a trailer or mobile home:

 Get out immediately and go to the lowest floor of a sturdy nearby building or storm shelter.

After

- Wear sturdy shoes or boots. There may be broken glass or nails on the ground that could hurt you if you stepped on it.
- Never go near or touch dangling or loose power lines. They could electrocute you.
- Text, don't talk. Unless there's a life-threatening situation, if you have a cell phone, send a text so that you don't tie up phone lines needed by emergency workers. Plus, texting may work even if cell service is down.

Home Emergency Supply Kit

Always have a survival kit ready. Pack a small back pack with the following essential items:

- 1. Contact numbers: Couple of local and out of state phone numbers.
- 2. First aid kit
- 3. Flash light
- 4. Bottled water
- 5. Canned soup, fruit, etc.
- 6. Trial mix: Nutritious high energy food.
- 7. Local map: Helpful for finding evacuation routes and emergency resources.
- 8. Battery/crank powered radio: Good for receiving emergency Transmissions.
- 9. Pocket knife with can opener: Useful for Opening, cutting etc.
- 10. Whistle: use it to show where you are if you are stuck somewhere.
- 11. Medications if any.

For other Natural Disasters, visit the links below.

Our Resources:

http://www.ready.gov/kids/know-the-facts

http://www.redcross.org/prepare/location/home-family/plan

http://www.emd.wa.gov/preparedness/videos/TsunamiGame.swf

https://www.teachervision.com/natural-disasters/teacher-resources/48771.html

http://emergency.cdc.gov/children/families.asp

Need additional copy of this leaflet? Visit our Website!



Natural Disasters

Prepare-Be Safe-Rebuild

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"The best way to not feel hopeless is to get up and do something. Don't wait for good things to happen to you. If you go out and make some good things happen, you will fill the world with hope, you will fill yourself with hope."

-Barack Obama











Text, don't talk. Unless there's a lifethreatening situation, if you have a cell phone, send a text so that you don't tie up phone lines needed by emergency workers. Plus, texting may work even if cell service is down.

Things you should know:

Earth Quake:

Before

- Know the safe spots in every room under a sturdy table or against an inside wall.
- Ask your family to hold earthquake drills drop, cover, and hold on!

During

If inside:

- Drop to the ground as soon as you feel the shaking of the earth.
- Take cover under a sturdy table or other heavy furniture. If there is nothing to get under, cover your face and head with your arms and crouch near an inside wall.
- Hold on until the shaking stops.
- Stay away from windows, glass, lighting fixtures, or furniture that could fall - like bookcases.
- Stay inside.
- Do not use elevators.

If outside:

- Stay there.
- Move away from buildings, streetlights, and
- Stay out in the open until the shaking stops. Buildings could collapse and hurt you.

If trapped under debris:

- Cover your mouth with your shirt.
- Do not scream you could breathe in dust.
- Tap on a pipe or wall so rescuers can find you.

After

- Expect aftershocks. They are usually not as strong but can cause damage.
- Open cabinets carefully. Objects that have moved could fall on you.

Tsunami:

Before

Build an emergency kit. Take it with you when you visit a beach.

Wear long pants, long sleeves and shoes to protect your skin from getting scratched by broken objects.

Text, don't talk. Unless there's a life-threatening

situation, if you have a cell phone, send a text so

that you don't tie up phone lines needed by emergency workers. Plus, texting may work even

Make a family communications plan.

if cell service is down.

During

- Listen to evacuation orders and leave the area immediately.
- Take any pets with you.
- Move inland (away from the ocean) and towards higher ground.
- Stay away from the beach. Never go down to the water to watch a tsunami come in. If you can see the wave, you are too close to escape it.
- If the water recedes from the shoreline or goes out to sea in a very noticeable way, get away from the area immediately. This is nature's warning that a tsunami is coming.

After

- Don't return home unless officials tell you it is safe to do so. Tsunami waves can continue for hours and the next wave may be more dangerous than the first.
- Stay away from debris in the water. It could be dangerous.
- Stay out of any building with water around it.

Flood

Before

- Build an emergency kit. Take it with you if you had to evacuate.
- Make a family communications plan.
- Tell an adult if you hear a flood warning on the TV or radio

During

- Listen to authorities and safety officials.
- If there is any possibility of a flash flood, move immediately to higher ground.
- Help your family move important items to an upper floor.
- Do not walk through moving water. Even 6" of water can make you fall.

After

- Stay away from flood water. It could be contaminated, meaning contain dangerous substances.
- Stay away from moving water. It can knock you off your feet.
- Stay out of the way of emergency workers so they can do their job easily.

Hurricane

Before

Help your parents bring in outdoor items like potted plants, patio furniture, decorations, and garbage cans. They can fly in strong winds!