

During

- After**

- ## Tornado

Before

- 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.

During (contd.)

After

- # Home Emergency Supply Kit

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!



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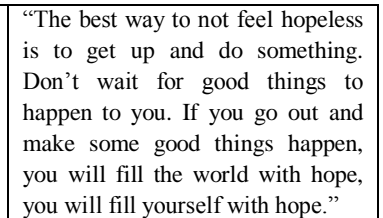
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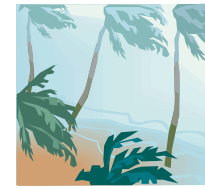
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- Barack Obama



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 wires.
- 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.

- 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 if cell service is down.

Tsunami:

Before

- Build an emergency kit. Take it with you when you visit a beach.
- Make a family communications plan.

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!