

# DISASTER PREPAREDNESS ACTIVITIES FOR YOUR FAMILY

Hello Parents and Caregivers!

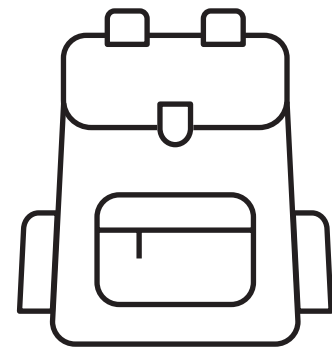
We are excited to share this interactive guide to disaster preparedness. Through these activities, you and your family will learn how to prepare for any emergency together. You will construct a “go bag,” map out evacuation routes and talk about the importance of being prepared for an earthquake, wildfire or other disaster.

Let's get started!

## Activity #1: Pack a “Go Bag”

Having a “go bag” is important to make sure your family is prepared for any emergency. In this activity, you will guide your child in creating a go bag that's right for your family.

The Federal Emergency Management Agency (FEMA) recommends keeping the following items in your family's go bag. Remember to check your bag regularly and make sure your family knows where it is located.



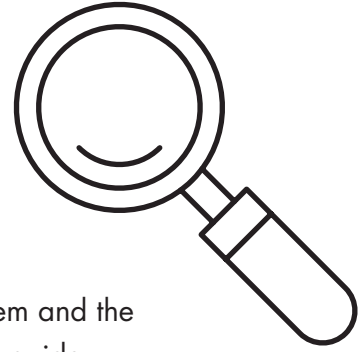
- \$20 cash (or more)
- Copies of important medical records
- First-aid kit
- Prescription medications
- Prescription glasses or contact lenses with solution
- 3-day supply of water (1 gallon per person per day)
- 3-day supply of non-perishable food (e.g., canned vegetables, dried fruit, jerky, rice)
- Mobile phone and chargers
- Flashlight and extra batteries
- Pet supplies
- Spare keys
- Blankets
- Personal hygiene supplies (e.g., wipes, toothbrush, soap)
- Items for infants and children
  - Formula/baby food
  - Diapers and wipes
  - Toys/activities
- Whistle

There are two games you can play to complete this activity. See details for each game on the next page, and use whichever works best for your family!

## Game #1: Scavenger Hunt

### Instructions:

1. Cut or fold along the dotted line so that you have the written-out list, and your child has the list of images.
2. Before starting this activity, discuss what your family needs in a go bag—don't forget to have your child pick out a comfort item and the clothing they would like to bring. Use the following questions to guide your discussion:
  - Do you think [item #1] should go in our go bag? What about [item #2]?
  - What do you think you should pack?
3. Have your child go on a scavenger hunt to find the items you have decided to include.
4. Check each item off your list as they are collected and make a note of what's missing in the blank box.



## Game #2: Cut and Paste

### Instructions:

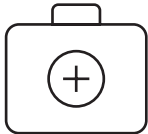
1. Cut or fold along the dotted line so that you have the written-out list, and your child has the list of images.
2. Before starting this activity, discuss what your family needs in a go bag, selecting items that your family may need. Extra supplies can be added in the blank space provided or written in. Use the following questions to guide your discussion:
  - Do you think [item #1] should go in our go bag? What about [item #2]?
  - What do you think you should pack?
3. Have your child identify which supplies go into a go bag by cutting and pasting the images, drawing a line from the images to the bag, or pointing to them. This game can be played in any way that works for your child.
4. Now it's time to assemble a real go bag!



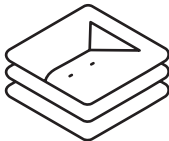
Activity #1: Pack a "Go Bag"

Game #1: Scavenger Hunt


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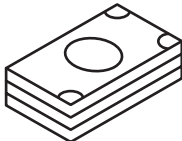
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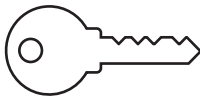
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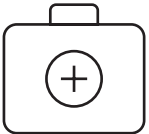


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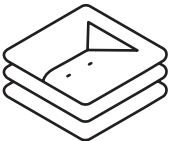


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First Aid Kit




Change of Clothes




Canned and Nonperishable Food



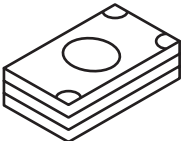
3-Day Supply of Water



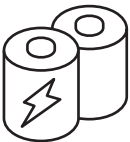
Important Documents




Flashlight



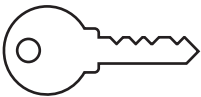
Cash



Batteries



Map



Spare Keys

What's Missing?

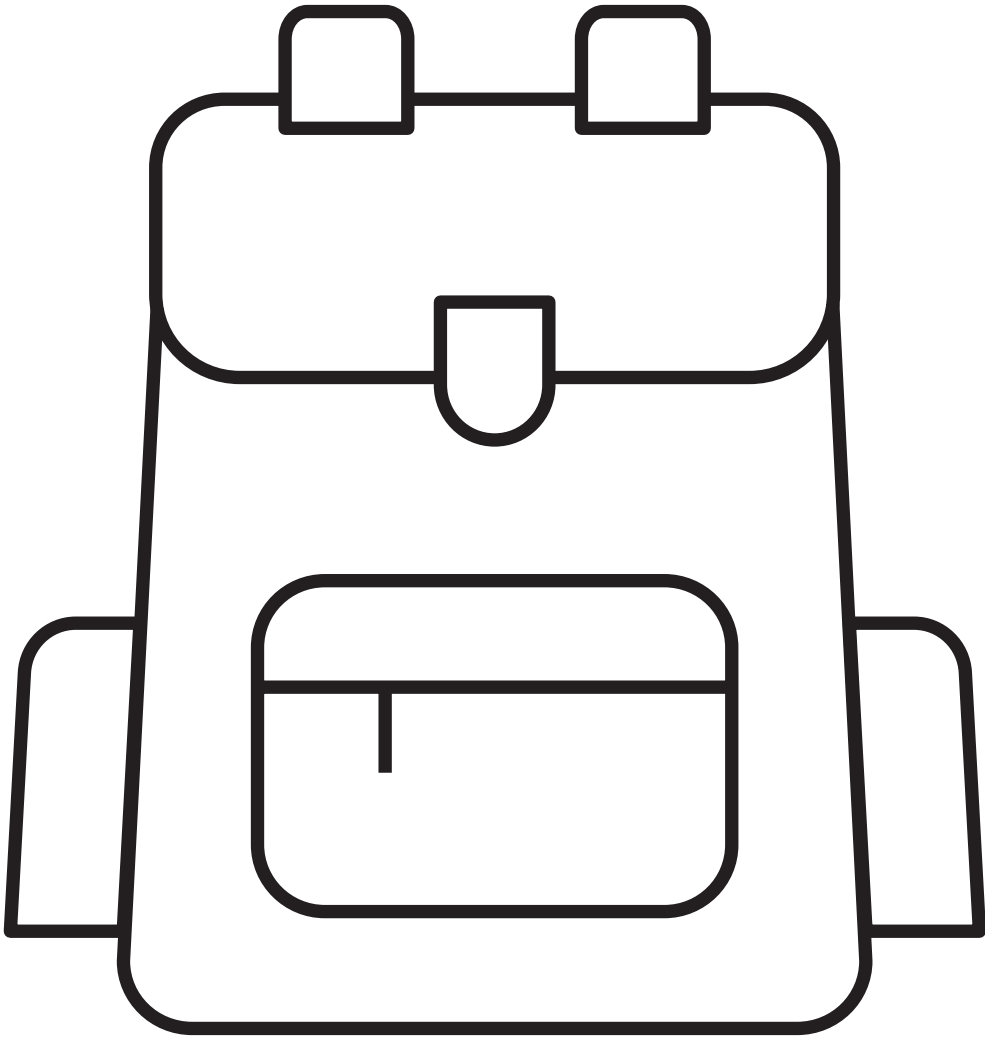
# Activity #1: Pack a "Go Bag"

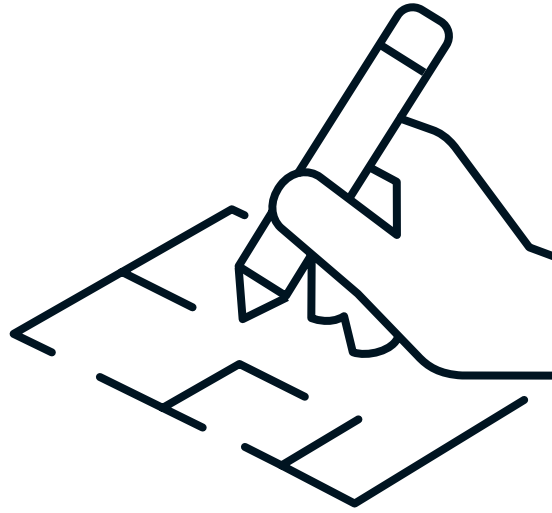
## Game #2: Cut and Paste

Cut out the supplies you would pack in your go bag. Then paste them onto the bag (on the next page). Remember, you may not need everything on the page!



**Activity #1: Pack a “Go Bag”**





## Activity #2: I Spy an Exit Route

In case of an emergency, it's important that everyone in your family knows where to go. In this activity, you will guide your child in finding exit routes and creating an evacuation plan for your family.

### Instructions:

1. Explain different types of disasters and whether to evacuate (get out) or shelter in place (stay where you are). The Centers for Disease Control and Prevention (CDC) recommends taking the following steps in an **earthquake**:
  - Drop down onto your hands and knees.
  - Cover your head and neck. Get under a sturdy table or go to an interior wall. Stay away from windows, glass, or anything that can fall on top of you.
  - Hold on until the shaking stops.

The CDC recommends taking the following steps in a **wildfire**:

- Reduce your exposure to smoke and get low to the ground if necessary.
  - Prepare to evacuate by putting together a "go bag."
  - Evacuate your home through the safest exit route.
2. After discussing, have your child explain, point out or draw on paper the proper exit route for each emergency.
  3. Walk with your child through their plan and make any corrections.

**Activity #2: I Spy an Exit Route**

Create an exit route for each emergency. Then lead your family through your plan! See examples on next page.



**EARTHQUAKE**



**WILDFIRE**

## Activity #2: I Spy an Exit Route

Examples:



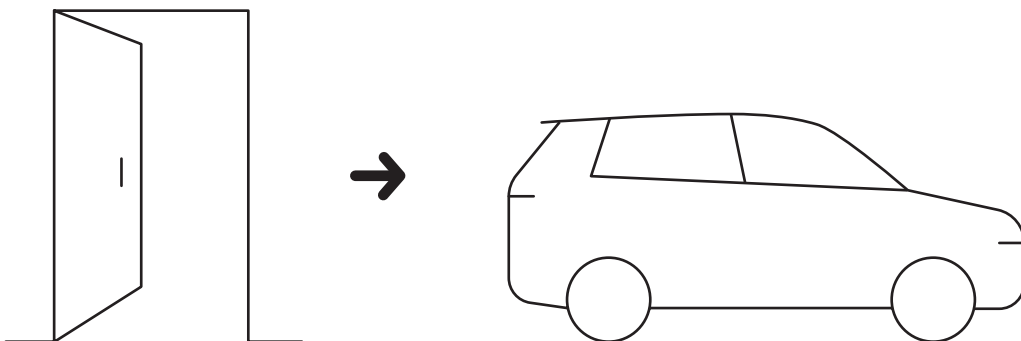
### EARTHQUAKE



Drop, cover and hold on!



### WILDFIRE



- Grab the go bags and meet at the front door
- Evacuate away from the area of the fire