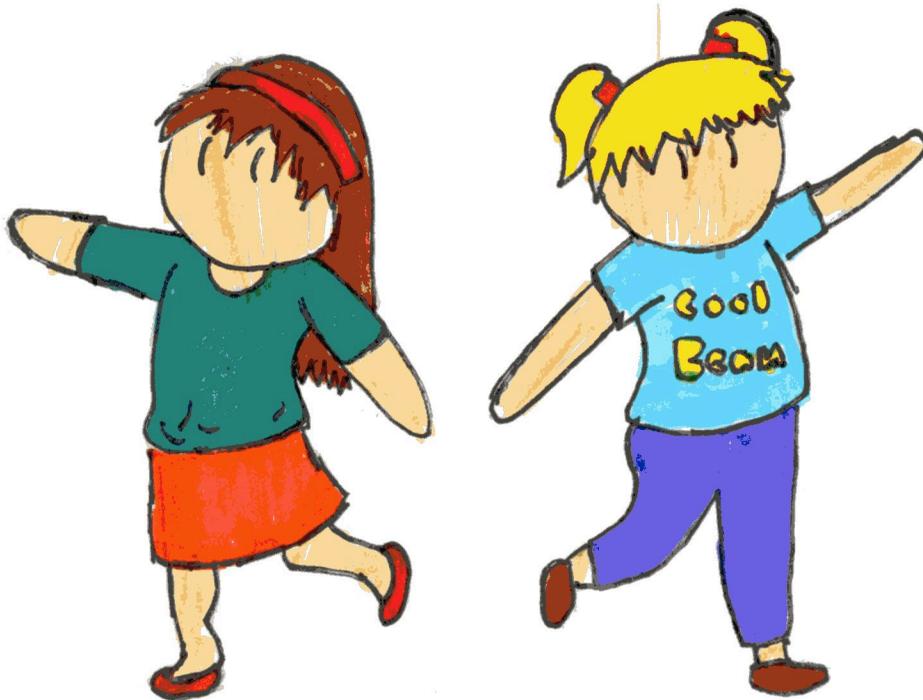


I + Can

HAPPEN!

Be READY!



Welcome to our Emergency Preparedness Activity Book!

Having children understand the importance of emergency preparedness and coping with emergencies is a key element of emergency preparedness for families. Educational activities can be helpful in teaching children about how to prepare and what to do in an emergency.

Take the time to work with children on the age appropriate activity book and encourage discussions to lessen the scary impact that an unfamiliar disaster can have on them. Include your children when making your preparations and creating your Emergency Preparedness kit.

Haldimand County Emergency Services Division would like to thank Haldimand Museums co-op student Karissa Tyo for her assistance in the development of the activity books.

Rob Grimwood,  
Manager, Emergency Services & Fire Chief  
Haldimand County

# Are YOU Ready?



# Prepare for emergencies with your family

Since emergencies can happen at any time and without warning, here are some ideas that will help your family be ready to react, be safe and limit the damage.

- ✿ Discuss the types of emergencies that could happen
- ✿ Prepare your home for an emergency
- ✿ Prepare your Emergency Survival Kit, a first aid kit and also a car emergency kit
- ✿ Make sure you have enough food and water to last at least 3 days
- ✿ Make an action plan with your family. Include things such as:
  - ✓ Make a list of emergency contact numbers and keep it handy (see the end of this booklet)
  - ✓ Plan 2 meeting places ahead of time in case of evacuation; have one close to home and one outside your neighbourhood
  - ✓ Make sure everyone knows the contact number for a relative who lives outside the area. This will be the person everyone calls to check in if your family has been separated.
  - ✓ Have a place where you can all stay for a short time if you can't be in your home.
  - ✓ Practice your plan to evacuate your home and also know what to do if you must remain in your home during an emergency.
  - ✓ Learn to recognize smoke detectors and emergency exits in buildings where you spend time.
  - ✓ Never use an elevator during an emergency.
  - ✓ Take a first aid course.

# What do I need to be ready?

Check off the items you think you should have in your emergency kit:

## Personal Care

shampoo  
facecloth & towel  
hair brush  
hair dye  
make up  
deodorant  
medication  
toothbrush / toothpaste  
soap  
hand lotion  
hairspray  
perfume

## Clothing

socks  
sneakers / runners  
pants  
dress shoes  
sweaters  
jackets  
gloves / mittens  
jewelry  
hat  
underwear

## **Food**

canned food  
bread  
soft drinks  
dry fruit & vegetables  
condiments (ketchup, etc)  
cake  
jam, honey, peanut butter  
milk, cheese & butter  
pudding  
crackers & melba toast  
cereal  
seasonings (salt, etc)  
meat & fish  
pasta  
hot drinks  
bottled water  
chips  
nutrition bars

## **Miscellaneous**

keys (house & car)  
flashlight & extra batteries  
glasses  
dishes  
music CD's  
camp stove & fuel  
whistle  
portable radio  
manual can opener  
books  
first aid kit  
backpack  
important documents (ID, etc)  
games  
blankets



A S L E E P I N G B A G R T  
X P D L E B W J K M L O O F G R  
O F L A S H L I G H T D M H  
N E T R L P H J H G A S B N  
C E F Q P D O O F T E P O D  
R U G Z N I N T H G H L M Z T  
V N P W Z N R T P A R M E J K D  
K O X V S P T A M J S B H S  
M O D P J T E R Q P D K T O  
S L O H A I R B R C S H E Y  
B F A B K E D S A M D H K B  
P J S H T Q P E T Q S R N S  
E C A N N E D F O O D K A E  
R O I H P I S J T M H P L R  
X W K S B K C A P K C A B M



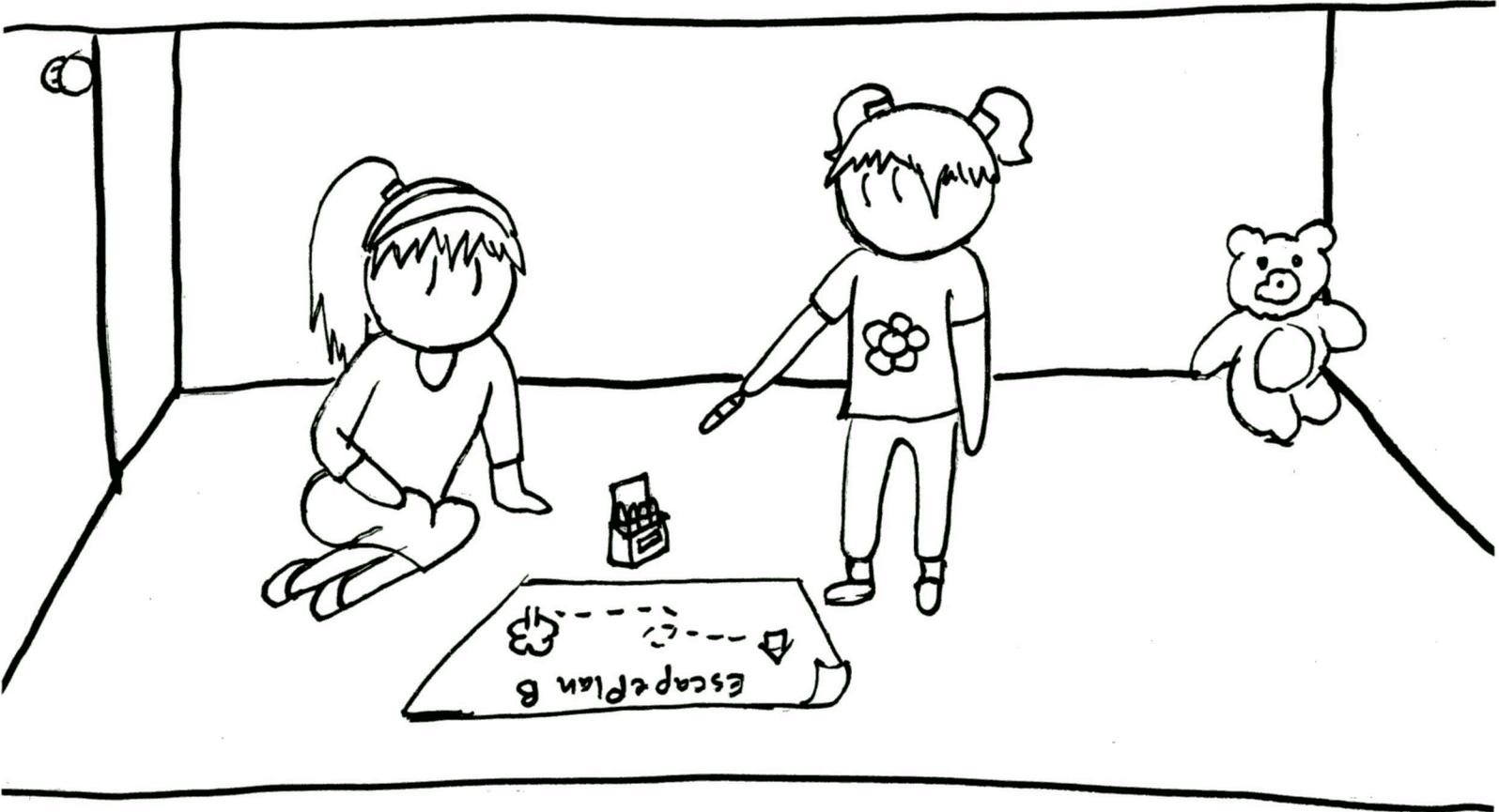
Backpack  
Batteries  
Blanket  
Book  
Canned food  
Flashlight  
Flood

Hairbrush  
Lightning  
Petfood  
Sleepingbag  
Thunderstorm  
Water  
Wind  
Winter



### What's different?

These sisters are looking at part of their family emergency plan. But the pictures are not quite the same - can you spot the differences?



# FLOODS



# Floods

Floods are defined as an overflow of a large amount of water beyond its normal confines, especially over what is normally dry land. The amount of overflow varies according to precipitation, temperature, wind, sun, depth of the snow or ice for example.

In summer, the rise of flood waters can be caused by a heavy rain fall in a short amount of time. Flooding is also linked to storms and to the sudden thawing of snow or ice in spring.

Floods can take place in Haldimand County. In 2009, a flood happened in Dunnville and Cayuga during the weekend of Feb 13-15. Roads were closed, hydro shut off and people were evacuated from their homes by police for up to three days.

Over the years, the number of floods seems to be increasing and with it, the damage that they can cause. Measures such as building dams to control water levels or diverting water through the construction of canals have been implemented.

# Severe

# Thunderstorms



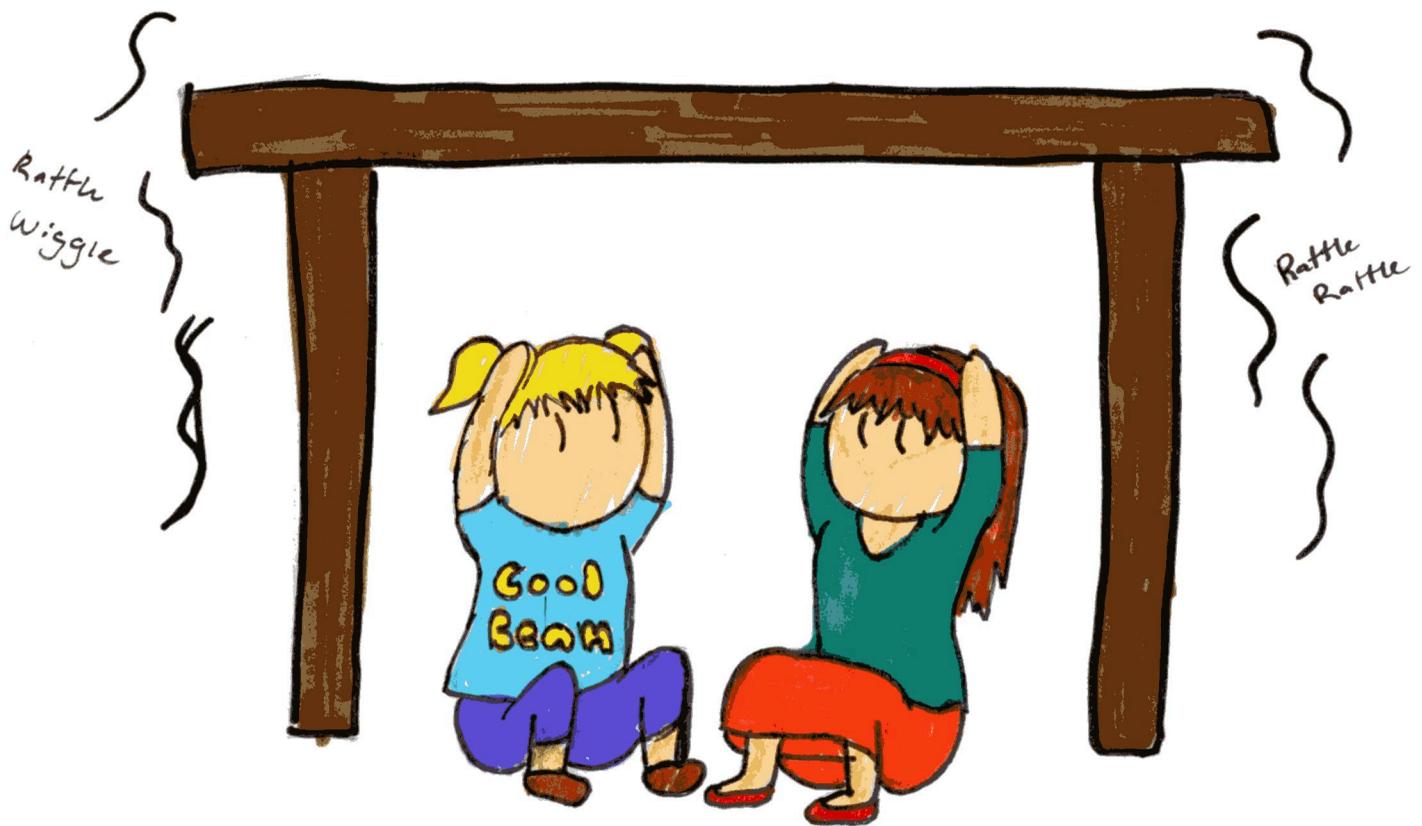
## Severe thunderstorms and lightning

A severe thunder storm has lightning, strong winds and can have hail. Lightning is an electrical discharge (lightning bolt) followed by a flash of light and usually thunder. A lightning bolt can shatter windows, start fires, cause power failures or, if it hits near combustible materials, cause an explosion.

If you are inside during a thunderstorm, stay away from windows or glass doors. Stay away from water – don't take a bath or wash dishes. Don't use the telephone and turn off the television, computer and air conditioner. Lightning may be dangerous to people if it is conducted through water, electric appliances or metal as it can cause severe burns and electrocution.

If you are outside during a thunderstorm, stay away from tall objects or anything metal. Make as little contact with the ground as possible. Go to a low, open space, crouch on the balls of your feet and lower your head. Lightning can strike even if there is no rain and may occur a long distance away from the rain storm. There can be danger of lightning if you can hear thunder.

# Tornadoes



# Tornadoes

Tornadoes are funnel shaped whirlwinds that point toward the ground. These phenomenon can uproot trees, tear a roof from a house or overturn a car. In Canada, the Prairies, southeastern Ontario and occasionally southern Quebec are most likely to see tornado activity.

Tornadoes can occur at any time of the year but are most probable from April to September. Hot and humid spring and summer weather create the best conditions for the formation of a tornado. Tornadoes are ranked by their intensity on the “Fujita Scale” which is based on wind speed and damage to buildings and vegetation.

The Fujita Scale is:

F0	Wind speed 64 to 116km/h; damage “light”
F1	Wind speed 117 to 180 km/h; damage “moderate”
F2	Wind speed 181 to 253 km/h; damage “considerate”
F3	Wind speed 245 to 331 km/h; damage “serious”
F4	Wind speed 332 to 418 km/h; damage “catastrophic”
F5	Wind speed 419 to 512 km/h; damage “unimaginable”

Canada places second in the world with the most tornadoes per year, after the US. The most common types are F0 to F2 in damage intensity level and usually result in minor structural damage to barns, wood fences, roof shingles, chimneys, uprooted or snapped tree limbs and downed power lines. Fewer than 5% of tornadoes in Canada are rated F3 or higher in intensity, where wind speeds are in excess of 250 km/h.

Ontario can see upwards of 10 tornadoes per year, ranging in severity from F0 to F2, although a stronger storm (F3) hit Goderich in August of 2012. In July 2010, an F0 tornado occurred in the Cayuga area which caused tree damage and tossed debris through the air.

# Winter Storms



## Winter Storms

Winter storms can have heavy snowfall, freezing rain, strong winds and cold temperatures. They can be small and localized in your town or larger and cover vast areas of a province. Winter storms may last a few hours or as long as a few days.

Blizzards are a type of winter storm and are characterized mainly by strong winds -- specifically, winds that are expected to reduce visibility to 400 meters or less -- with heavy snow fall lasting for at least four hours.

During a winter storm or blizzard, the best place to be is indoors. Listen to the radio or watch the TV to find out what is happening with the storm in your area.

If you must go outdoors during a winter storm, wear multiple layers of lightweight clothing rather than one heavy layer. Be sure to wear a hat, scarf and mittens which are warmer than gloves.

Being in a vehicle can be very dangerous during a winter storm so stay off the roads. If you must drive somewhere, make sure the driver is driving slowly and with caution.

## Lets Review!

Pick the correct word to fill in the blanks in the sentences below. Words can be used more than once.

tornado

lightning

snow storm

flood

bolt

thunder

funnel

whirlwind

rise

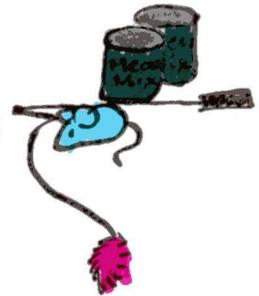
blizzard

thunder storm

1. Lightning bolts followed by thunder is a \_\_\_\_\_.
2. If you see a whirlwind in the shape of a funnel, you are seeing a \_\_\_\_\_.
3. A rise in water levels from heavy rain fall or a spring thaw is a \_\_\_\_\_.
4. In winter, we need to be prepared for a \_\_\_\_\_.
5. In Canada, natural disasters can occur; name two: \_\_\_\_\_ and \_\_\_\_\_.
6. \_\_\_\_\_ and a \_\_\_\_\_ of lightning make up a thunder storm.
7. A flood is a result of a rapid \_\_\_\_\_ in water levels.
8. A \_\_\_\_\_ is characterized by strong winds that reduce visibility and heavy snowfall for at least four hours.

Don't Let It Rain  
Cats and Dogs  
During A Disaster!

Make A Plan For Your Pets



## Protect your pet in the event of an emergency!

Don't forget to include your pet's needs in your family's emergency plan. If you have to leave your home because it is not safe for you and your family, it is also not safe for your pets. If you know that an emergency is imminent (storm, flood) bring your pet inside.

Your pet will need their own Emergency Survival Kit too! In the kit, be sure to have:

- ✿ portable pet carrier (you can use this to store the items for the kit)
- ✿ supply of food, water, and dishes for at least 3 days
- ✿ a supply of any medicines your pet needs
- ✿ leash and collar
- ✿ kitty litter for your cats
- ✿ newspaper, plastic bags, cleanser and disinfectant (ammonia free)
- ✿ blanket, towels or pet bed
- ✿ vaccination record
- ✿ colour photo & copy of license
- ✿ include a toy

If you have to go to an emergency shelter, you may not be able to take your pets there with you. Your pet is a domesticated animal and therefore lacks the survival instincts that wild animals have - do not let your pet fend for itself. Have a plan so you know what to do with your pets if an emergency happens. Ask a family member to look after them, have information on a local kennel, boarding facility, or your veterinarian's office. Be sure you have this information in advance.



## Across

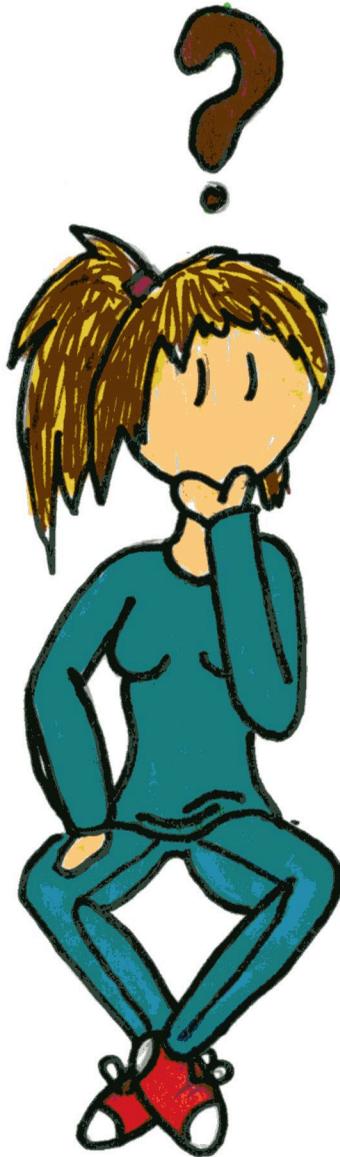
6. I keep my emergency kit in this
10. I should have extras for my flashlight
11. My pet and I need this to drink
12. If my pet gets lost, this will be good to have
14. We will use this to get information
15. If I get hungry, I will want this

## Down

1. These will help keep me warm
2. This is very helpful if it's dark
3. I might use this for my food or my pet's
4. My pet's food goes in this
5. This will help me transport my pet
7. These will be needed if mine get dirty
8. I use this when walking my pet
9. I need this to keep my pet fed
13. We can use these to pass the time



FACT  
OR  
FICTION



## Fact or fiction???

Test yourself to see if you know which of the following statements are 'facts' or 'fiction'.

1. Lightning only happens during rain storms.
2. Tornadoes never strike down in cities.
3. During an emergency, I should listen to the radio for news updates.
4. If a person is struck by lightning they carry an electric charge. Helping them can injury you.
5. Carrying a metal baseball bat in a lightning storm will not increase my chance of being struck by lightning.
6. You are safe in a car during a tornado.
7. After a flood, you need to wash and sterilize all dishes, pots & pans.
8. If a tornado happens, open the windows so the building doesn't explode.
9. If required to evacuate your home, take your time.
10. Flood waters are safe to walk through.

## After the emergency

Even after the event is over, there is still an emergency. You need to:

- ☀ Be sure to keep your Emergency Survival Kit with you
- ☀ Listen to local radio in case you have to evacuate

If you are asked to evacuate, be ready:

- ☀ Don't insist on staying in your home; follow the instructions given and leave as quickly as possible
- ☀ Bring your Emergency Survival Kit
- ☀ Wear proper clothing and footwear
- ☀ Be sure your pets are safe or that you have your pet's emergency kit with you
- ☀ If you are home alone when asked to evacuate, leave a note on the table stating when you left and where you went
- ☀ Lock the doors when leaving

Cooperate:

- ☀ Listen and follow instructions given to you by authorities and rescuers
- ☀ Always follow the route laid out for you; don't use shortcuts as they may not be safe routes
- ☀ Go directly to the meeting place designated by authorities and check in when you arrive

# My emergency contact numbers:



Ambulance

\_\_\_\_\_  
\_\_\_\_\_



Fire Department

\_\_\_\_\_  
\_\_\_\_\_



Police

\_\_\_\_\_  
\_\_\_\_\_

## Dad's phone numbers:

Cell \_\_\_\_\_ Work \_\_\_\_\_

## Mom's phone numbers:

Cell \_\_\_\_\_ Work \_\_\_\_\_

## Neighbour:

Name \_\_\_\_\_ Number \_\_\_\_\_

## Relative:

Name \_\_\_\_\_ Number \_\_\_\_\_

## School:

Number \_\_\_\_\_ Teacher \_\_\_\_\_

# It can happen.....be ready! Answer Sheet

## What do I need to be ready?

<u>Personal Care</u>	<u>Clothing</u>	<u>Food</u>	<u>Miscellaneous</u>
shampoo	socks	canned food	keys (house & car)
facecloth & towel	sneakers/runners	dry fruit & veg.	flashlight & batteries
hair brush	pants	jam, honey, peanut butter	camp stove & fuel
medication	sweaters	crackers & melba t.	whistle
toothbrush & paste	jackets	bottle water	portable radio
soap	gloves / mittens	nutrition bars	first aid kit
	hat		important documents
	underwear		blankets

## Lets Review!

1. Thunderstorm
2. Tornado
3. Flood
4. Blizzard
5. Any 2 of: tornado, flood, blizzard, thunder storm, snow storm
6. Thunder and lightning
7. Rise
8. Blizzard

## Crossword

Across:

6. backpack
10. batteries
11. water
12. pet photo
14. radio
15. food

Down:

1. blankets
2. flashlight
3. can opener
4. pet dish
5. carrier
7. clothing
8. leash
9. pet food
13. toys

### **Fact or Fiction???**

1. False - lightning is possible without rain.
2. False – tornadoes can happen anywhere but are most likely in wide open fields.
3. True – listening to the radio will keep you up to date on what is happening in your area and alert you to the any evacuation orders.
4. False – someone struck by lightning does not carry an electrical charge.
5. False – carrying anything metal is dangerous during an lightning storm.
6. False – cars can be overturned by high winds so they are not a safe shelter in a tornado.
7. True – flood waters can be contaminated with many different things so it is essential to wash and sterilize your dishes, pots & pans after they have been touched by flood water.
8. False – opening the windows will let the wind in and could cause more damage.
9. False – it is essential to leave as quickly as possible once asked to evacuate.
10. False – if you see flood waters, STOP, turn around and go in the other direction. Never walk through flood waters.

