

BE READY!



BE SAFE!

Welcome to our Emergency Preparedness Activity Book!

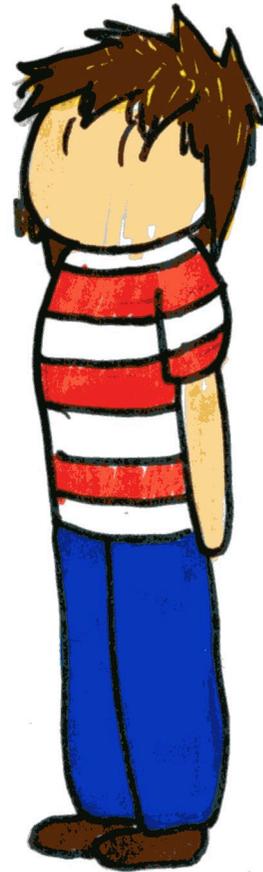
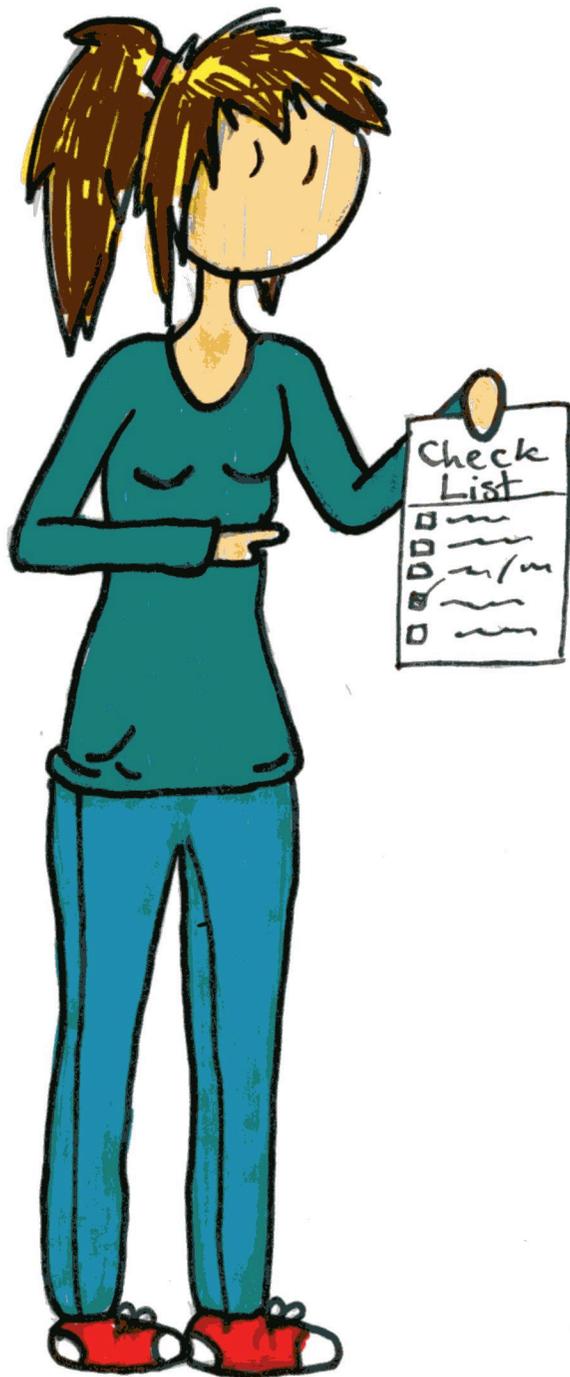
Having children understand the importance of emergency preparedness and coping with emergencies is a key element of emergency preparedness for families. Educational activities can be helpful in teaching children about how to prepare and what to do in an emergency.

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

To Be Ready For An Emergency



To Be Ready.....

There are 2 things you can do to be ready for an emergency.

1. Help your family create a Family Emergency Plan.
2. Put together a Family Emergency Survival Kit.

Family Emergency Plan

Every family needs to have a plan for emergencies. You and your family should talk about:

- ▣ The types of emergencies that could happen
- ▣ How to prepare (like making your family kit)
- ▣ What to do if you have to evacuate your home
- ▣ A meeting place away from your home if you can't get to your home
- ▣ Where to call to 'check in' if you are separated from your family

Family Emergency Survival Kit

Every family should have an emergency supply kit in their home. In an emergency you might be without electricity, water or you may not be able to leave your home for a few days. Keep the kit in a backpack or sturdy container and make sure everyone knows where it is located. Be sure to take it with you if you have to leave your home.

Your kit should include:

- ▣ 3 liters of water per person for each day
- ▣ Food that doesn't need to be cooked or refrigerated
- ▣ Extra clothing and shoes
- ▣ Flashlight and batteries
- ▣ Battery or crank operated radio
- ▣ Etc.



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



BLANKET

BOOK

BOTTLED WATER

COLLAR

FLASHLIGHT

FLOOD

HAIRBRUSH

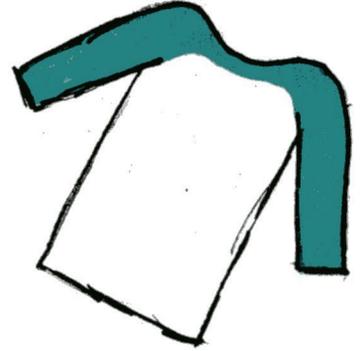
LIGHTNING

SOCKS

SWEATER

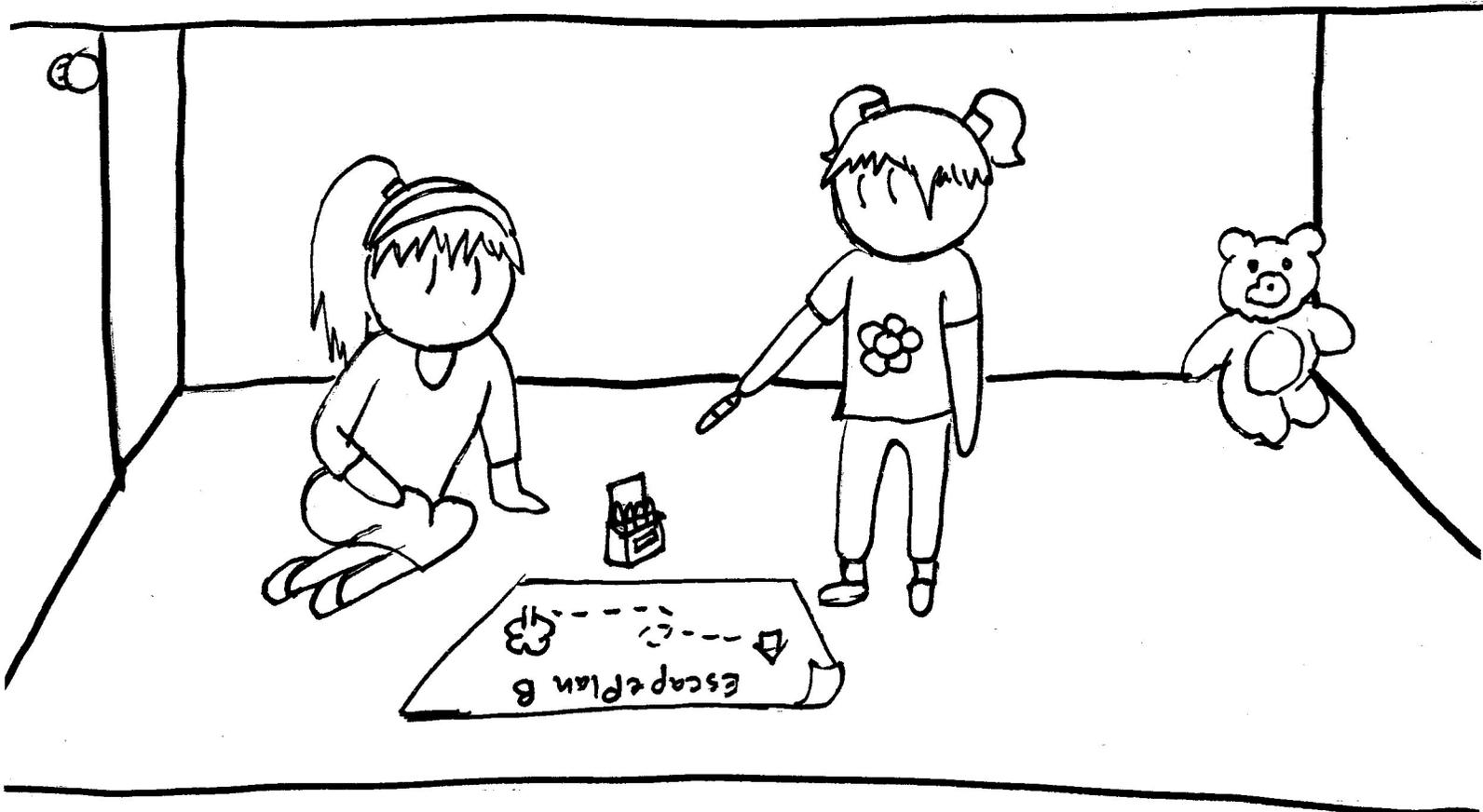
TOYS

WIND

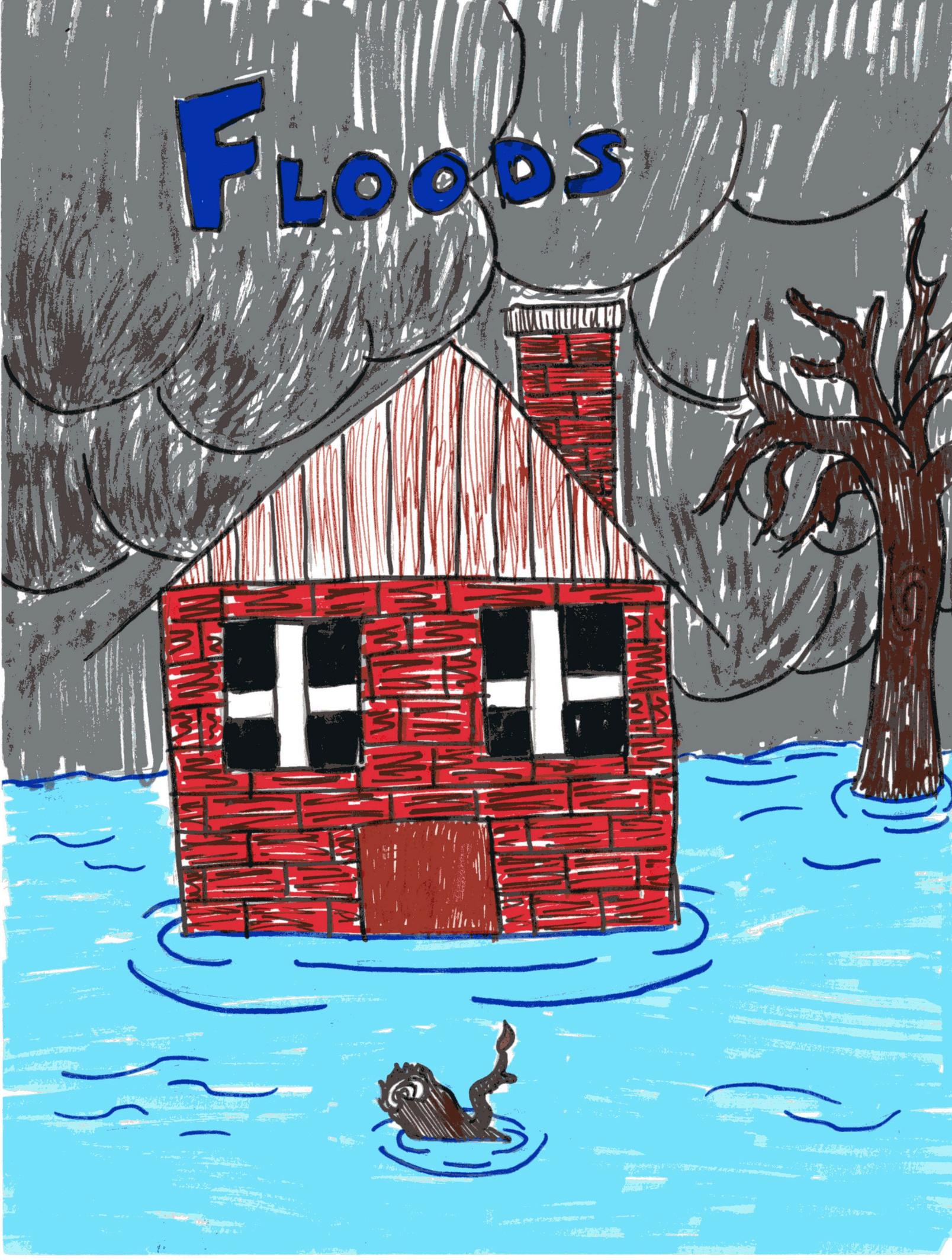


What's different?

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 and High Water

A flood can happen if it rains for many days, if it rains a large amount in a short amount of time, or when snow and ice melt quickly.

If you come upon flood waters, STOP, turn around and go in the other direction. Always try to find higher ground.

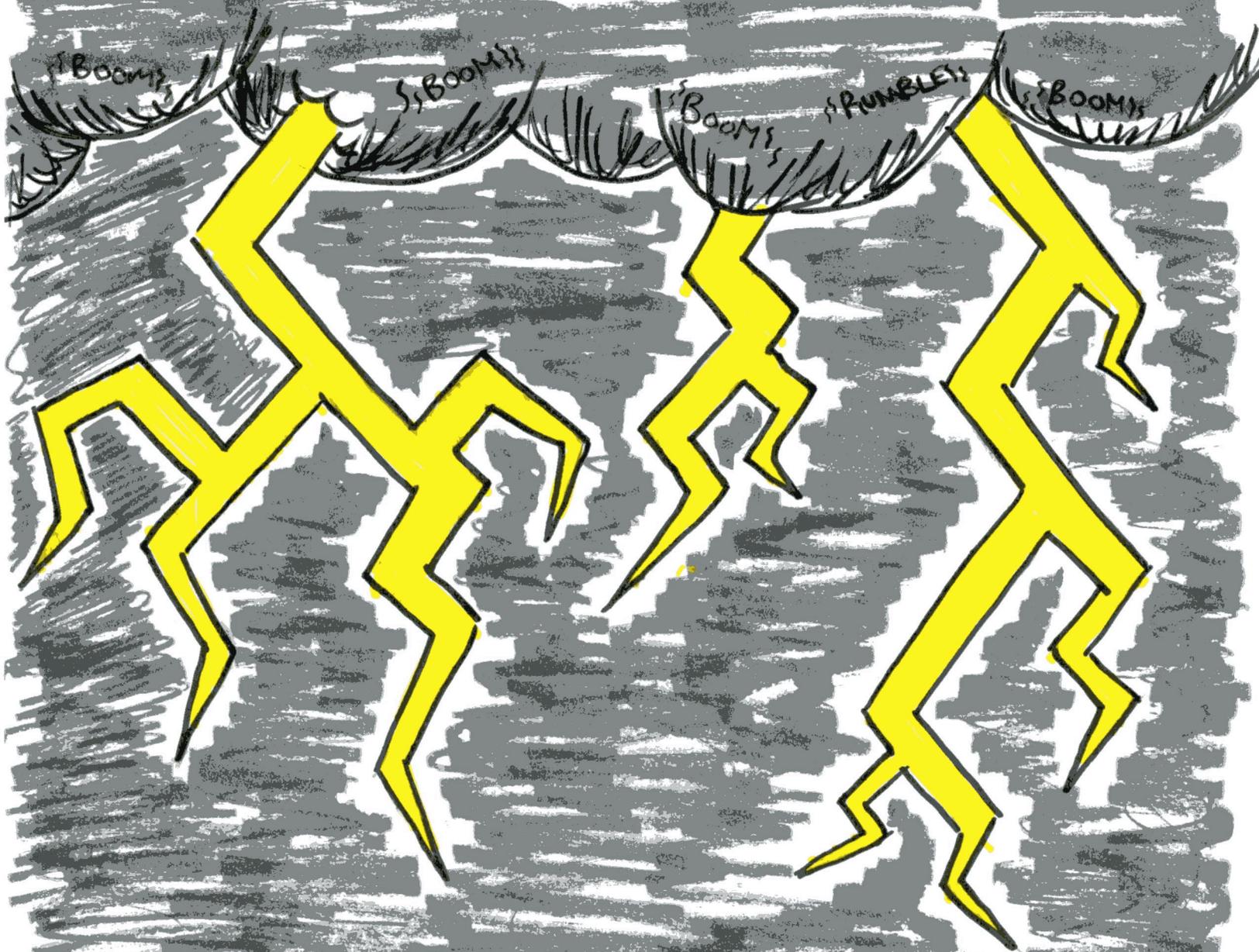
Stay away from flooded areas because the water can continue to rise. Never try to walk, swim, or bicycle through the flood waters. Looking from the surface, you can't see how deep the water is, or if there are holes or debris beneath the water. Also, it is hard to tell how fast the water is moving.

Stay away from creeks and streams or river banks in flooded areas. The banks can become very unstable and could collapse.

THUNDER

AND

LIGHTNING



Lightning and Thunder Storms

A severe thunder storm has lightning, strong winds and can have hail. These storms can sometimes cause tornadoes and flash floods.

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.

If you are outside during a thunderstorm, stay away from tall things 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

A tornado is a strong rotating column of air that extends from the storm clouds to the ground. A funnel cloud usually accompanies a tornado. Winds inside a tornado can be extremely strong – anywhere from 60km/h to over 500km/h.

Severe thunderstorms can cause tornadoes. Some signs that a tornado could be developing are:

-  Dark greenish clouds
-  Large hail
-  Clouds of debris
-  A roaring noise like a freight train

If you are inside a building, go to the lowest level. Once there, go to the middle of the building away from windows – a bathroom or closet are examples. Get under something sturdy like a table and hold on with one hand while using the other to protect your head from falling or flying objects. Listen to the radio for updates on the tornadoes progress so you know when it's safe to come out.

If you are outside with no shelter near, lie flat in a low area so that any wind or flying debris will pass over you. Protect your head and neck with your hands and arms.

Winter Storms



Winter Storms

Winter storms can have heavy snowfall, freezing rain, strong winds and cold temperatures. They can be small and localized like in your town or larger and cover vast areas of a province. Winter storms can last a few hours or a few days. Blizzards are characterized mainly by strong winds -- specifically, winds that are expected to reduce visibility to 400 meters or less in combination with falling snow 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 1 heavy layer. Be sure to wear a hat, scarf and mittens. Mittens 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.

If you help with the shovelling after the storm, be careful. Take breaks and don't lift snow that is too heavy for you.

Let's Review!



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

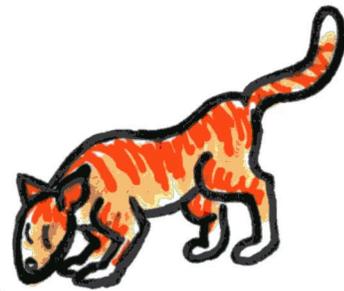
rise

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 _____.
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.

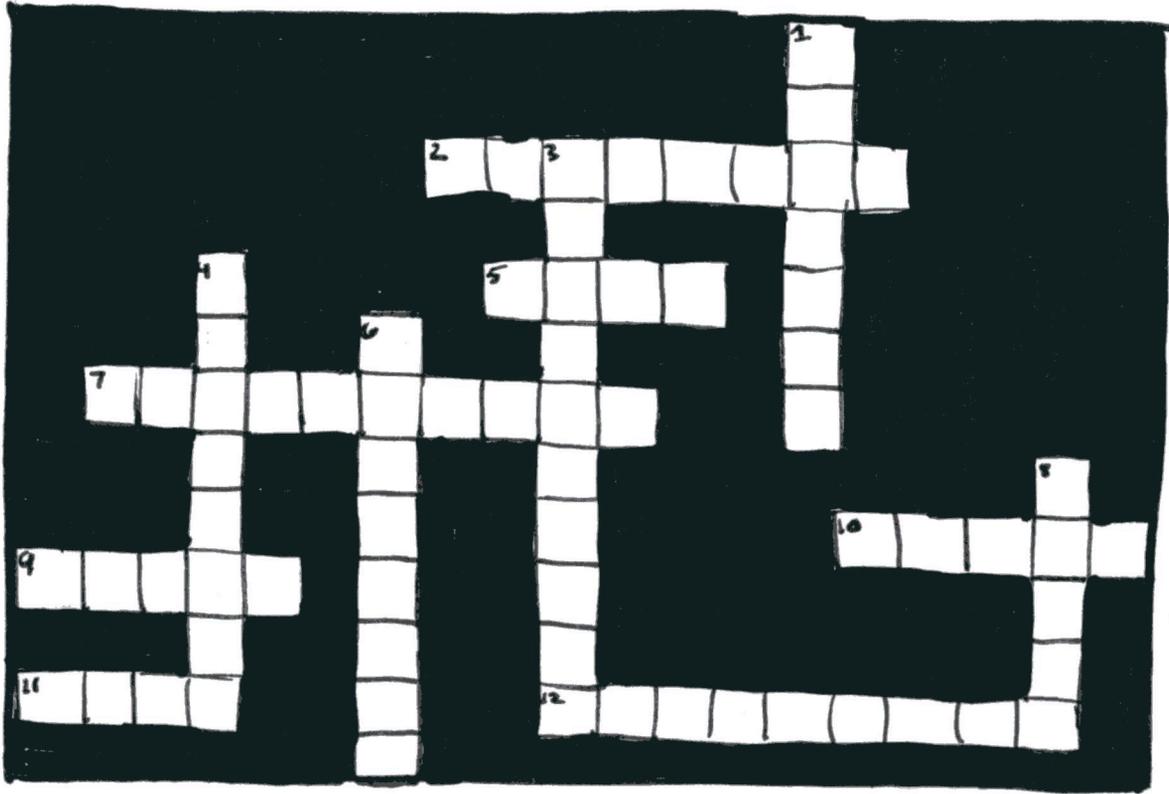
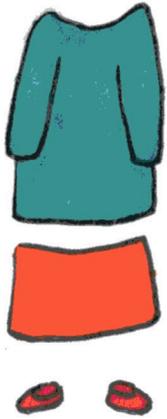
PETS AND EMERGENCIES



Don't forget your pets!

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 have to go to an emergency shelter, you may not be able to take your pets there with you. 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.

Your pet will need their own emergency supply kit too! In the kit, be sure to have a supply of food and water, dishes, any medicines, leash and collar, kitty litter for your cats and include a toy.



Across

2. This will help me if my pet gets lost
5. We will use this if we are hungry
7. I use this to help me see when it's dark
9. My pet and I need this to drink
10. I need these to walk around in
11. These will help to pass the time
12. Using this helps me stay looking neat and tidy



Down

1. I have to use this when feeding my pet
3. I need to use this after every meal
4. This is something to keep us warm
6. Extra of these will help if mine get dirty
8. I use this when walking my pet



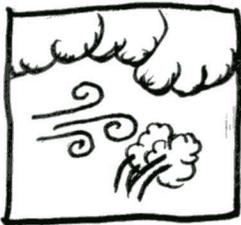
Match them up!



Flood



Freezing Rain



Tornado



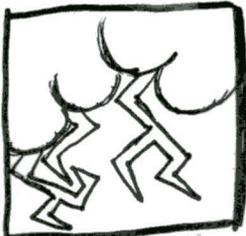
Power Outage



Blizzard



Hail



Lightning

A winter storm with wind, reduced visibility and heavy snow fall for over 4 hours.

A form of solid precipitation that is made of ice. Some can be as big as baseballs.

It clings to everything it touches and is more slippery than snow.

This occurs when the air becomes charged with electricity during a storm.

Is often caused by freezing rain, ice storms and / or high winds that damage power lines and equipment.

A flow of water over what is usually dry land.

This is accompanied by high wind, a funnel shaped cloud and loud noise.

AFTER THE DISASTER



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 the 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
- ☐ 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
- ☐ Go to the meeting place designated by authorities

My emergency contact numbers:



Ambulance



Fire Department



Police

Dad's phone numbers:

Cell _____ Work _____

Mom's phone numbers:

Cell _____ Work _____

Babysitter's phone number:

Be Ready.....Be Safe! Answer Sheet

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:

2. pet photo
5. food
7. flashlight
9. water
11. toys
12. hairbrush

Down:

1. pet dish
3. toothbrush
4. blankets
6. clothes
8. leash

Match them up!

A winter storm with wind, reduced visibility and heavy snow fall for over 4 hours	Blizzard
A form of solid precipitation that is made of ice. Some can be as big as baseballs.	Hail
It clings to everything it touches and is more slippery than snow.	Freezing Rain
This occurs when the air becomes charged with electricity during a storm.	Lightning
Is often caused by freezing rain, ice storms and / or high winds that damage power lines and equipment.	Power Outage
A flow of water over what is usually dry land.	Flood
This is accompanied by high wind, a funnel shaped cloud and loud noise.	Tornado

