

Emergency Preparedness for You and Your Pets

Slide 1: Who do you consider family?

Ask:

Who do you consider family? Wait for response.

Say:

Yes, that's correct! Immediate family (e.g. mom, dad, grandparents), family, friends at school, neighbors and even your local grocer can be part of the family too!

Slide 2: How many of you have pets at home?

Pets are part of the family too!

Slide 3: What is an emergency?

Ask students, "what is a type of emergency?" Ask students who is affected by emergencies. Wait for response and provide feedback.

Say:

Great, that's right! Emergencies occur at a time when something serious is happening and immediate help is needed. Emergencies can happen at any time, such as house fires, blackouts or earthquakes!

Slide 4: What is a natural disaster?

Ask:

What is a natural disaster? *Wait for response.*

That's correct! A natural disaster is something that happens in nature, sometimes caused by weather or climate, that can harm us or our communities and surroundings. Natural disasters include blackouts, drought, earthquake. All these are other examples of emergencies.

Slide 5: Our families should be prepared for emergencies.

Say:

Emergencies can happen at any time. It is best to prepare before an emergency happens. Do you have your parent's phone number memorized? Do you know at least 2 exits in your house? Do you have an emergency kit at home? This is great to know and memorize before an emergency.

Slide 6: Does your family have a plan?

Say:

Do you know your parents' cell phone number? How about their work phone number? Do you know where to go and meet up with your family in the event of an emergency? Remember that emergencies can happen at any time. It is important that you know how to get in touch with your family if you all are not together. You should have your parents' cell, and work numbers as well as your sibling's number. Memorize these numbers too! We recommend to have your neighbor's number just to make sure they are safe too!

Slide 7: Do you have a meeting spot?

Say:

Does your school have emergency drills? These drills are a great practice and a great reminder that emergencies can happen at school or at home. The purpose of the drills keeps you and your teacher prepared to quickly make your way to safety in the event of an emergency. Just like school, your family should plan to have a meeting spot for home too! You should also know exits and two ways out of every room in your house in case of a fire.

Slide 8: Prepare together

Ask:

Do you think that you should prepare with your family, friends at school and your neighbors? Wait for response...

Say:

That is correct! Just like when you practice fire drills here at school, your family should do the same at home. It is great practice and will prepare you in the case of an actual emergency. You should also start a family communications plan with your parents.

Ask:

What are some important things you should remember that would be great to include in your plan?

Say:

Having a list of phone numbers (e.g. home, work), addresses, and emails . If you have pets, you should also include them in your plan too! Remind your parents to have a list of pet-friendly hotels and a list of shelters in your neighborhood.

Do you know where there is a safe meeting place that is near your home? What if you're away at a friend's and need to reach your family to let them know you're safe? By having an emergency plan with your parents and families, you all can be prepared and safe.

Slide 9: What do you do in case of an emergency?

Ask:

What do you do in case of an emergency? Wait for response.

Say:

There are different types of emergencies and it's important that we know what to do to make sure we are safe. The best way to handle an emergency is to be prepared for one. Knowing what to do ahead of time can help you stay calm so that you can help (if needed). Some ways to be ready to help in an emergency includes:

- When you're outdoors, make sure you're in an area where you can call out for help even if you don't have a phone with you.
- Know how to call 911 or your local emergency number. Remember 9-1-1 is a *very* special number to call when help is needed during an emergency and there is no other person to help!
- Learn first aid! Your local Red Cross, the YMCA or other organizations offer classes. Encourage your family to join you too!

Slide 10: How can you prepare for an emergency?

Ask students, "Does your family have an emergency plan? Ask for show of hands. Ask students if they think this is important

Say:

The most important way we can be prepared for emergencies is by making a *Family Communications Plan*, and having an emergency kit prepared and packed ahead of time.

Did you know that is recommended that we have emergency plans for different types of events? For instance, we should create a plan for when our state is in a drought watch/warning as well as creating a plan in the event there is an earthquake.

Say:

In the event of an earthquake, which are common in our state, the top tips include:

Before an earthquake:

Practice DROP, COVER and HOLD ON with *all* members of your house!

Doorways are no stronger than any other part of a structure of the house, so don't rely on them for protection! It is best to get under a sturdy piece of furniture and hold on during an earthquake.

During an earthquake:

DROP, COVER and HOLD ON! Move as little as possible, and try your best to protect your head and torso. Stay indoors until the shaking stops and your family is sure it is safe to exit.

After an earthquake: If you're away from home, return *only* when authorities say it is safe to do so. Stay with your family and prepare for aftershocks in case there are more.

Slide 11: What are some items that should be in your emergency kit?

Ask:

What are some of items your family has in your kits? Does each family member have their own kit? How many of you have pets? Did you know that your pet's need to have a kit too!

Some items include: Water. It is recommended to have one gallon of clean water per person per day for at least three days. Food– at least a three-day supply of non-perishable food. Batteries and a flashlight are great items too!

Slide 12: What are items that should be in your pet's kit?

Ask:

How many of you have pets? Do you think your pet should have an emergency kit?

Wait for response.

Say:

That's correct! It is very important that your pets have an emergency kit as well. Pets are a member of the family and just like people, they need to have extra food, water and medications kept aside in case a disaster occurs.

Slide 13: Matching Activity: Look at the pictures below. Choose a caption that describes each picture. Write its letter next to the picture.

Slide 14: What can you do?

You can help your parents by:

- Ask your parent's if everyone in the family has an emergency kit. Don't forget your pet's too!
- Making a family emergency plan
- Have a list of pet-friendly hotels
- Planning an emergency escape route
- Memorize your home address and parent's phone numbers
- Check the smoke detectors in your house to make sure they work
- Reminding them to get extra cans of non-perishable food on your next grocery shopping trip