



Disaster Master Cards

Hurricane	Blizzard	Mud Slide	Tornado
Flu Epidemic	Nerve Gas	Bombing	Train Derailment
Anthrax	Gas Explosion	Small Pox	Drought
Ice Storm	Oil Spill	Fire	Multi-Car Accident
Flood	Power Outage	Avalanche	Hostage Situation





Preparation Yell

We are ready! (Raise arms upward, making muscles)

We are steady! (Place fists on hips, arms akimbo)

Gonna stock up! (Cross arms over chest)

Have to listen up (Cup hands behind ears)

And sit tight! (Crouch down)





It's a Plan Step Cards

Know what the problem is.

Think of ideas on how the problem could be solved.

Think of the good and bad results of each idea.

Make a decision and do it.





Disaster Word Find

Circle the words in the word find from the list at the bottom.

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



- | | | | | |
|--------------|------------|-----------|-----------|-----------|
| Avalanche | Crash | Epidemic | Hurricane | Terrorism |
| Bombing | Drought | Explosion | Ice storm | Tornado |
| Civil unrest | Earthquake | Flood | Oil spill | Tsunami |



Be Ready Cheer

In a disaster, it's safety we're after.
If you're scared,
then get prepared.
Keep it calm, and you will
never go wrong.
Have everything you need,
and you will succeed.
If you're left behind,
your family you must find.
Sit tight and everything will be all right.





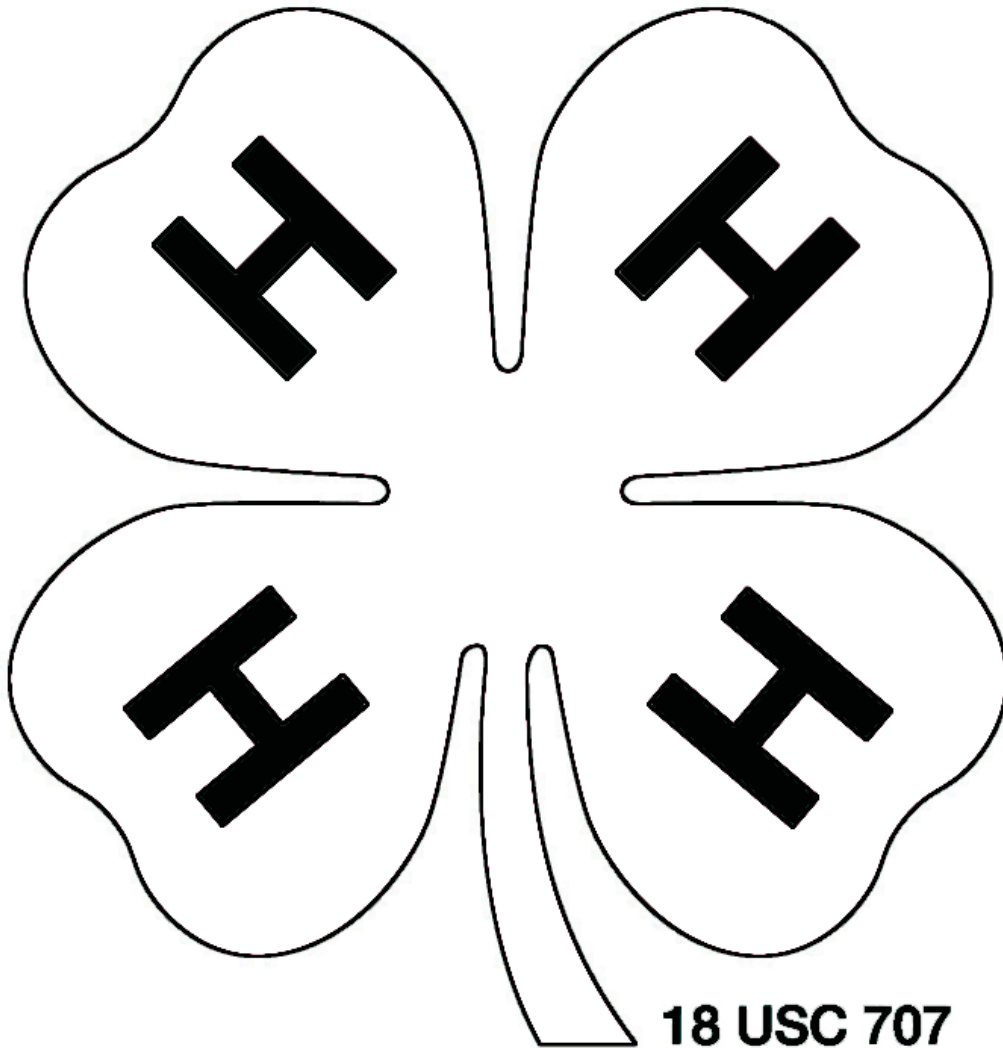
Community Diagram

Write your name and draw a picture of yourself inside the circle. Then list outside the circle the members of your community—including youth activity groups, church groups and community organizations.

A large, empty circle is centered on the page. It is surrounded by four horizontal lines: one above, one below, one to the left, and one to the right, creating a space for writing community members.



4-H is...4 You



4-H Motto:

To make the best better.

4-H Pledge:

I pledge my head to clearer thinking,
my heart to greater loyalty,
my hands to larger service,
and my health to better living
for my club, my community, my country and my world.





Be Steady Yell

Go fight, win —
Go, stress go!





4th Grade Survivor Scenario

Scenario: After a bad flood, the authorities have asked that the people in your community stay in your homes for the next 5 days. Because you and your family must stay at home, your food supply is limited. Below is a list all of the food and water your family will have for the next 5 days.

7.5 pounds of rice
20 protein bars
10 gallons of bottled water

7.5 pounds of canned fruit
20 cans of canned meat

Answer these questions:

1. What are the steps in figuring out how much food and water each family member will receive each day?

2. Water is needed to cook the rice. The food-water ratio to cook the rice is 1:2. If each family member eats 2 cups of rice each day, how much water would need to be subtracted from your drinking water supply?

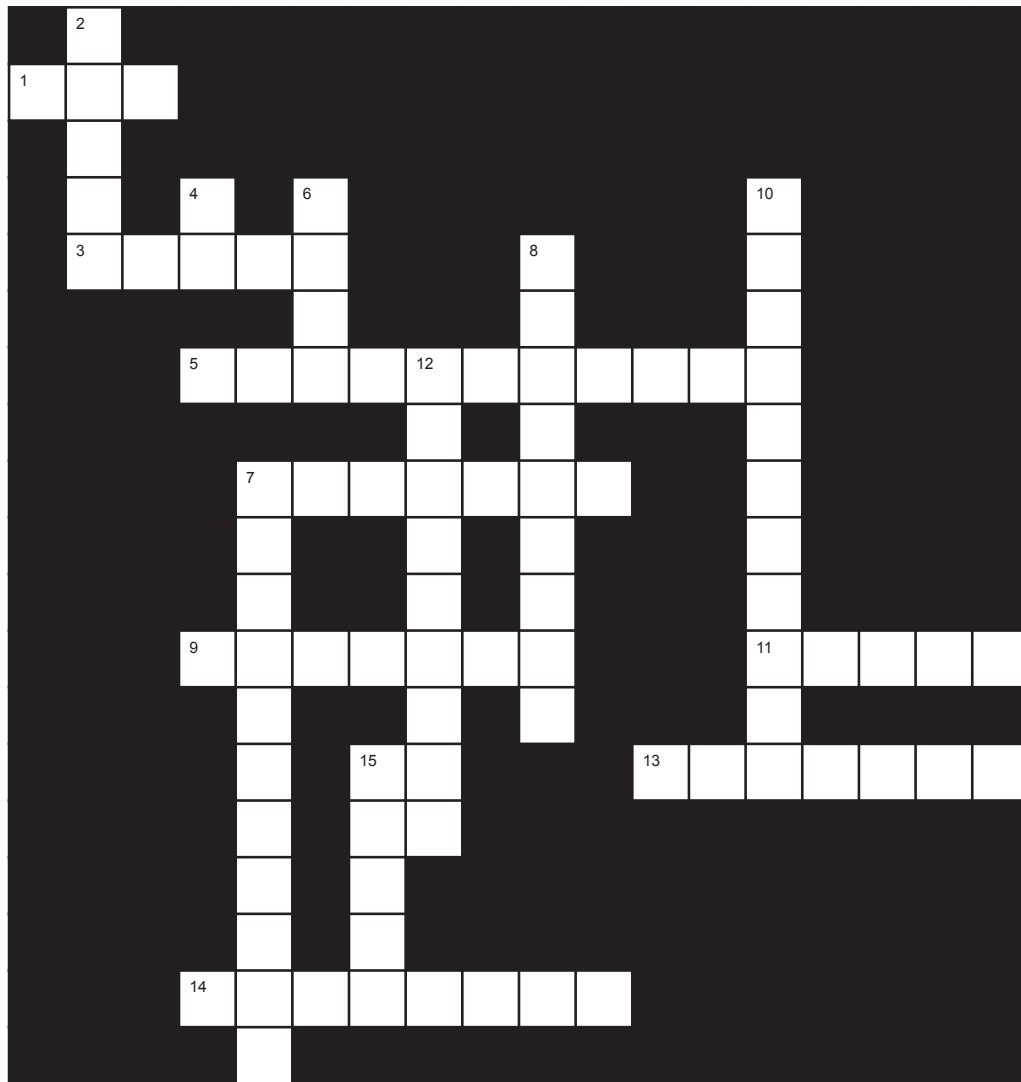
3. What will be the daily allowance of food and water for your family?

Item	Amount per person per day
Rice	_____
Protein bars	_____
Canned fruit	_____
Canned meat	_____
Bottled water	_____





Disaster Supply Crossword



Across

Down

- 1. Tells you where you are
- 3. Listen to your tunes on this
- 5. Help you stay well
- 7. Keeps you warm at night
- 9. Type of product that keeps you clean
- 11. Sharp object
- 13. Fire sticks
- 14. Covers your body

- 2. More than 70% of the earth
- 4. Short for identification
- 6. Necessary to survive
- 7. Substitute for milk
- 8. Starts things up
- 10. Band-Aids and more
- 12. May be needed to open 6 Down
- 15. Flash _____

Word bank

- | | | | |
|--------------|---------------|---------|------------|
| baby formula | batteries | blanket | can opener |
| clothing | first aid kit | food | hygiene |
| ID | knife | light | matches |
| map | medications | radio | water |





You Are the Authority – Information Sheet

Write a news release for local health authorities based on the information below.

Uvalde, Texas	Strongly believe	Laboratory worker	7 cases confirmed	Infected	Effort to learn how exposed
People fleeing in fear	Name not released	Anthrax	Swollen lymph glands	Scared to drink water	Might be found in some candy
Hospitalized	Next door neighbor fears for life	Treated with antibiotics		Angry with authorities	
Contracted in November	Forgot to call CDC authorities	Inflamed lesions	Friends say “Don’t open mail”	March 13, 2002	





Listen Up Rap

**Listen up to the news.
Find out what's affecting you.
Speak up and share the word.
Let them know what you heard.
Gotta know how to get out!
Gotta know when to run!**





Sit Tight Cheer

**Make it a priority
To listen to your authority.
If you want to save your face
Do shelter-in-place.
Find your water source
and you will be on the right course.
If you go outside, be aware—
there could be something bad in the air,
Sit tight,
Don't fight,
And it will be all right!**



Name _____

Family Emergency Plan

Your family will be safer during an emergency if you decide what to do in case of an emergency before it happens!

Emergency meeting locations

	Address	Phone
Outside your house	_____	_____
Outside your neighborhood	_____	_____

Family contact information

	Address	Phone
Father (at work)	_____	_____
Mother (at work)	_____	_____
Grandparent or other guardian	_____	_____
Schools	_____	_____
Care provider	_____	_____
Other important numbers	_____	_____

During an emergency, power and communication lines may not work. For those times, it is best for your family to have a contact who lives out of the area. That contact person can let each of you know where the others are and whether everyone is safe

Out-of-area contacts

Name	Address
_____	_____
Daytime phone	Nighttime phone
_____	_____

Nearest relative

Name	Address
_____	_____
Daytime phone	Nighttime phone
_____	_____

Emergency Services phone numbers

Police	Fire	Ambulance
_____	_____	_____
	Name	Phone
Hospital	_____	_____
Pharmacy	_____	_____
Family doctor	_____	_____
Pediatrician	_____	_____

Be sure to give every family member a copy of the plan, and store a copy in your family disaster kit. Also, please let your out-of-area contact and nearest relative know that they are listed as your contacts in case of an emergency.



Name _____

Feelings During a Disaster

Interview an older person in your community who has experienced a disaster or an extremely tense situation, such as a tornado, war, epidemic or flood. Ask him or her these questions and record the answers.

Name _____ Age _____

1. What type of disaster did you experience? _____

2. Did you have any warning that this disaster was going to occur? _____

3. How did you feel before the disaster occurred? _____

4. Did you have any physical reactions to the stress of the experience? _____

5. What feelings did you have after the disaster? _____

6. Is there anything you wish you had done differently to react to the disaster? _____

*Remember to thank the person you are interviewing
for his or her time and willingness to help you.*



Name _____



Disaster Supply Kit Scavenger Hunt

Creating a family emergency kit will help your family be comfortable and safe during a disaster. Find the items on the suggested list as fast as you can. Work together to assemble a complete kit in the future.

- | | |
|---|--|
| <input type="checkbox"/> Portable, battery-operated radio | <input type="checkbox"/> First aid kit |
| <input type="checkbox"/> Water (3 gallons per person) | <input type="checkbox"/> Small tent, compass and shovel |
| <input type="checkbox"/> Food (3-day supply for each person) | <input type="checkbox"/> Matches |
| <input type="checkbox"/> Infant supplies (formula, diapers, bottles)
(if needed in your family) | <input type="checkbox"/> Copies of medical prescriptions |
| <input type="checkbox"/> Extra set of keys and identification | <input type="checkbox"/> Can opener, utensils, cups and plates |
| <input type="checkbox"/> Map of the area | <input type="checkbox"/> Blankets |
| <input type="checkbox"/> Flashlight, fresh batteries | <input type="checkbox"/> Clothing and footwear for each person |
| <input type="checkbox"/> Blankets or sleeping bag | <input type="checkbox"/> Sanitation and hygiene items |
| <input type="checkbox"/> Entertainment | <input type="checkbox"/> Paper and pencil |
| <input type="checkbox"/> Medications and medical supplies for each family member needing them | |
| <input type="checkbox"/> Items for elderly or disabled people in the family or those with serious allergies | |

How long did it take you to find all the items? _____



If these items were stored in one place, you could grab them quickly in a real emergency. Keep the list on your parent letter to build your own disaster supply kit.

Listen Up

Name _____



Where Do I Turn for Information in a Disaster?

When disaster strikes, it's important to know where to look for reliable information. Please complete these statements, giving information about who we should turn to for information in an emergency.

The local radio or television station that broadcasts emergency information for my community is _____.

The local radio station that my radio is should be tuned to during a disaster is _____.

My local health authority phone number is _____.

I know where a battery-powered radio is. Circle one: Yes No



Name _____



Building a Shelter-In-Place

In some disaster situations, hazardous materials may have been released into the atmosphere, and the authorities may ask you to build a shelter-in-place. You and your family will be much safer during such a disaster if you have learned how to build a safe place properly and you have taken steps to gather the materials ahead of time. The air around you in your safe place will be clean and not harmful.

Below are the materials to gather and steps to take to help keep yourself and your family safe when the authorities request that you shelter-in-place.

Materials needed: Plastic bags or sheeting, duct tape, disaster supply kit

Steps to take:

1. Choose a room with as few windows and doors as possible. A good choice would be a large room with a water source. It is best to choose the room ahead of time, before a disaster occurs. Taking steps to be prepared is always the best plan of action.
2. Turn off the ventilation, air conditioning and heating systems connecting to that room. That way your air will stay safe.
3. Take your disaster supplies kit with you to the shelter area.
4. Bring your children and pets indoors to the chosen room. If the authorities tell you to seal the room, use duct tape and plastic sheeting to cover all windows, doors and vents.
5. Keep a phone and the radio from your disaster supplies kit with you. However, don't use the phone except in an emergency. This will keep the lines open for emergency responders.
6. Stay where you are until the authorities announce that it is safe to leave. When the emergency is over, you will be allowed to open the windows and doors.
7. Follow any more instructions given by authorities to avoid contaminants outdoors.

I have read and discussed with my child the steps for making a shelter-in-place in case it is needed in a disaster.

Parent signature _____ Date _____





Dear Family,

Our school is committed to keeping your children safe while preparing them for the future. Next week, we will be teaching your child about preparing for a disaster. We will be using materials developed by the Texas Department of State Health Services and Texas 4-H, the youth development section of Texas Cooperative Extension, a part of the Texas A&M University System. This series of lessons is called *Patriotism through Preparedness*, and the materials use the story of Paul Revere as an example of good planning.

Each day next week, your child will bring home an assignment to help your family prepare for disasters that may take place locally. We ask that you help your child complete the assignment each day and return it the next school day. This information will be kept confidential. Your assignments will be given back at the end of the unit for you to keep. The information can help you and your family can be safer and feel more secure if a disaster occurs in our community.

Being prepared is the best way your family and our nation can deal with a disaster. The time you spend with your child on this project will help her or him feel safe and know you are committed to your child for the future. Children know that scary things happen in our world, such as terrorism or tsunamis. They may have questions, and the Texas Department of State Health Services and Texas Cooperative Extension would like to help you answer their questions.

We appreciate your help in making your child, your family, our community and our nation safer by taking steps now to handle whatever emergency that may arise in the future. If you would like more help on preparing your family for disasters, you are welcome to contact your local county Extension agent or log on to texashelp.tamu.edu.

Sincerely,



*Adapted from materials by Judith A. Myers-Walls, Extension Specialist,
Department of Child Development and Family Studies,
Purdue University Cooperative Extension Service*



Dear Family,

Disasters can be scary for children. One way to help your child be safer and feel more secure in an emergency is to map out a Family Emergency Plan before the need arises. Our focus in class today was for everyone to “Be Ready” in case an emergency occurs.

Today we would like you to work with your fourth-grader to create a family emergency plan. Please fill out the attached *Family Emergency Plan* sheet together with your child. When you’re finished, please send it back to school with your child tomorrow morning. You will get all of your assignments back at the end of the unit to keep with your disaster supply kit. All information will be kept confidential. If a disaster does occur, you will be able to cope better if you know that your children are secure. And if you include your children in the planning process, they will feel safer by knowing they will be cared for.

Another way to help your children is to teach them:

- What is dangerous, such as downed power lines or high water
- Where to go during a disaster
- How to use the phone to call emergency help or to contact an out-of area friend or relative if the child cannot reach you

It will also help your family be prepared if you learn the emergency plans at your child’s day-care or school. Where would your child be sent in an evacuation? Another step is to make sure your babysitter has a plan for emergencies. Also, help your children know that your government will work to keep them safe.

Just as a sports team must practice to perform well, practicing your disaster response plan with your children can help them remember what to do if an emergency occurs. Pretend that a disaster such as a fire or tornado is occurring in your neighborhood. Practice where you will go, whom you will call and how everyone will know it is safe to return to normal activities again.

Remember that talking about potential disasters may frighten some children. Recognize their fears and don’t brush them off, such as by saying, “Oh, you will be okay—this wouldn’t really happen.” Help them understand that one of the best ways to deal with disasters is to be prepared for them.

For more information on helping your child “Be Ready,” call your local county Extension agent or log on to texashelp.tamu.edu.

Thank you very much for helping your family and your child be safer by preparing for a disaster. Although we hope never to have to use these plans, our neighborhood will be much better able to handle an emergency successfully if we all work together.

Sincerely,



*Adapted from materials by Judith A. Myers-Walls, Extension Specialist,
Department of Child Development and Family Studies,
Purdue University Cooperative Extension Service*



Dear Family,

Thank you very much for helping your child learn this week about being prepared for disasters. Today we discussed how to stay calm and be steady during an emergency.

As part of our lesson, we are asking that each student interview an adult who has experienced a disaster. Please help your child find an adult to interview. The student should ask that adult the questions listed on the attached *Feelings During a Disaster* activity sheet. Please send the completed sheet back to school with your child tomorrow.

The children in our class are learning that staying calm during a disaster can help them make good decisions about staying safe. You will help them in an emergency if you remain calm also. If the adults are calm, the children will be better able to stay calm also.

There are other ways you can help your child before and during a disaster. Encourage your children to talk about their feelings, and help them put words their own feelings, such as being afraid, angry or frustrated.

Also, talk about how you are feeling. Children may not know that adults can also have these feelings. Remind them it is okay to have these feelings. Together, you can decide how to deal with those feelings.

In addition to helping your child and your family during a disaster, you can help your community by comforting others around you. When we are scared, we sometimes make decisions based on fear rather than facts. If the authorities tell you what to do to stay safe, tell your neighbors and other family members. Share your family emergency plan with others and help get them in a safe place also.

If you would like to learn other ways to help your family “be steady” during a disaster, please contact your county Extension agent or log on to texashelp.tamu.edu.

Sincerely,



*Adapted from materials by Judith A. Myers-Walls, Extension Specialist,
Department of Child Development and Family Studies,
Purdue University Cooperative Extension Service*



Dear Family,

Your child is being a great Texan by learning how to be prepared for a disaster. Today we learned about making a Disaster Supply Kit. Please help your child complete the *Disaster Supply Kit Scavenger Hunt* activity and send the sheet back to school with your child tomorrow.

During a disaster, you might need to stay at your home or you might be asked by your local health authority to evacuate the area or go to an emergency shelter. It is possible that you may be unable to go to the store, the power may be shut off or the water may be contaminated.

Your family can do its part to prepare for a possible emergency by having supplies ready to go at any time. Assembling a kit can help your family stay healthy as well as help others.

A disaster supply kit should contain:

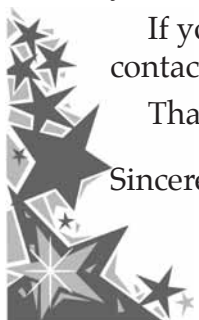
- Water: 3 gallons per day per person who would use the kit plus four gallons per pet
- Food: 3-day supply of nonperishable (canned or bottled) food in the kit
- Special-needs items for infants, seniors, disabled people or anyone with serious allergies
- First aid kit with gloves, sterile dressings, cleansing agent, antibiotic cream and burn cream
- Emergency equipment and supplies, such as a battery-powered radio, flashlights, batteries, whistle, baby wipes, garbage bags and ties for personal sanitation, medium-sized bucket with a tight lid, disinfectant, household chlorine bleach, plastic sheeting, duct tape, compass, shovel
- Personal, health and hygiene items such as toilet paper, soap, lip balm, feminine supplies, medications used regularly, and contact lenses and supplies
- Clothes and shoes for each person, including sturdy shoes or boots, rain gear and other items according to the season, hats, gloves and dust masks
- Blankets or a sleeping bag for each person
- Entertainment items for small children, such as games, books and stuffed animals
- Map of the area marked with places you could go, such as shelters or hospitals. Include a list of their telephone numbers.
- An extra set of keys and identification cards
- Cash and coins
- Copies of medical prescriptions
- Matches in a waterproof container

Pack the items in containers that are easy to carry. You may want to make a backpack for each family member and divide the items among the backpacks. Label the containers and store them where you can get to them quickly. Duffle bags and plastic totes with lids make great storage containers. You can use them whether you shelter at your home or evacuate to a safe location.

If you would like more information on how to stock up for an emergency, please contact your county Extension agent or log on to texashelp.tamu.edu.

Thanks for helping Texas be ready, be steady and stock up!

Sincerely,





Dear Family,

When a disaster occurs, you will want to know how to keep your family safe. Please help your child find a local radio or television station that will broadcast emergency information from your local health department. That is the best place to go for emergency information. National television and other national media will not be able to give you local, up-to-the-minute information that will help keep you safe.

Your child will need to complete the enclosed activity sheet, *Where Do I Turn for Information in a Disaster?* Please send the complete sheet back to school tomorrow with your child.

If a disaster occurs in our community, it is vital that your family members do **exactly** what the local authorities tell you to do. These authorities will make decisions about evacuating, curfews and precautions that your family will need to take to stay safe.

It's also important that you follow their instructions completely. For example, during an epidemic, you may be told to take an antibiotic for 5 days. Please don't stop after 3 days. Follow the authorities' directions for how long and when to take their precautions.

During the disaster, power to your community may be shut off. To be able to stay informed if the power fails, keep a battery-powered radio in your disaster supply kit. You'll need to change out the batteries every 6 months. You might want to change them when Daylight Saving Time changes, just as many people do for their smoke alarm batteries.

One way to help children prepare for a disaster is to get them involved with others in our community. This can help reduce their stress and help them feel less fear. Becoming involved in a community organization such as the 4-H program will help our children work to make a difference and feel hope. They will feel safer and have a positive outlook on the future.

If you have any questions about the 4-H program or your local health authority, please contact your local county Extension agent or log on to texashelp.tamu.edu.

Sincerely,

*Adapted from materials by Judith A. Myers-Walls, Extension Specialist,
Department of Child Development and Family Studies,
Purdue University Cooperative Extension Service.*





Dear Family,

If a disaster occurs in our community, many decisions will need to be made. You may be asked to evacuate or, in the case of a bioterrorism threat, the authorities may want you to make an emergency shelter right where you are. This is called shelter-in-place. Shelter-in-place means to sit tight and be safe where you are when a disaster occurs—at home, work, school or traveling.

One situation that calls for sheltering-in-place is after an act of bioterrorism. Bioterrorism is the deliberate release of germs or other toxic or poisonous substances that can make people sick and even die. In such cases, the authorities would need you to stay in one place so you can avoid touching or breathing the poison or germs.

You will know if you need to shelter-in-place because authorities will let you know by several methods. The Emergency Alert System will broadcast the warning via radio and television. There also may be outdoor sirens, horns and the National Weather Service's radio alerts.

If you know how to build a safe place properly, the air around you there will be clean and not harmful. The directions for building a shelter-in-place are on the attached form. Today your child's assignment is for your family to choose a place in your home that would be a good choice for shelter-in-place. Please sign the form after you have chosen a place and return the form to your child's teacher on the next school day.

Your child has now completed the "Patriotism through Preparation" 4-H project. If your child enjoyed the project and would like to know about what they can learn and do through the 4-H program, please contact your county Extension agent or visit Extension 4-H agents on line at texas4-h.tamu.edu. Your child will be receiving a completion certificate and all of the assignments you completed together for you to keep with your disaster supply kit. Please also make sure that plastic bags or sheeting and duct tape are included in your disaster supply kit.

Thank you very much for taking steps to help your family and our community stay safe during a disaster. If you have any questions about how to make a shelter-in-place or how to "Sit Tight," please contact your county Extension agent or log on to texashelp.tamu.edu.

Sincerely,

