



---

---

PrepE's  
Emergency Preparedness  
Activity Book for Kids!



Prepared by City of Vaughan  
Emergency Planning Department  
2011



# DEAR PARENT OR EDUCATOR

Take PrepE's one-hour challenge together with your children, learn more about what to do before and during a disaster in your community. As you've watched others deal with emergencies, you may have wondered what would happen if a disaster struck closer to home and what can I do to prepare? Perhaps, you've already experienced a disaster. What would you do differently next time?

This activity book is designed to help children learn to;

1. **Take Action:** Learn how to make a family emergency plan, make a home escape plan, identify meeting locations and put together a 72-hour kit.
2. **Tune In:** Monitor news and weather reports.
3. **Know What Can Happen:** Find out what types of emergencies can happen in your community because being prepared to survive and manage emergencies or disasters is everyone's responsibility.

Being prepared to survive and manage emergencies or disasters is everyone's responsibility. Have your children take the challenge and become a PrepE Pal!

Children will learn about disasters such as tornadoes, floods, fire and winter storms in addition to tips on staying safe while having fun colouring. Take a moment to work through each section with your children and make sure they understand what to do should a disaster occur. The "quiz" at the end of the booklet will show how much you have learned.

Children are wonderful at adapting to situations when they know what to do and expect. By creating a family disaster plan, you can help children be ready to deal with disasters. As a parent or educator, make sure you know what types of disasters can happen in your community, prepare an Emergency Kit and create a Family Emergency Plan. Join PrepE in promoting that all citizens are prepared for every emergency, everywhere and every time.

For information on emergency preparedness in the City of Vaughan, contact:

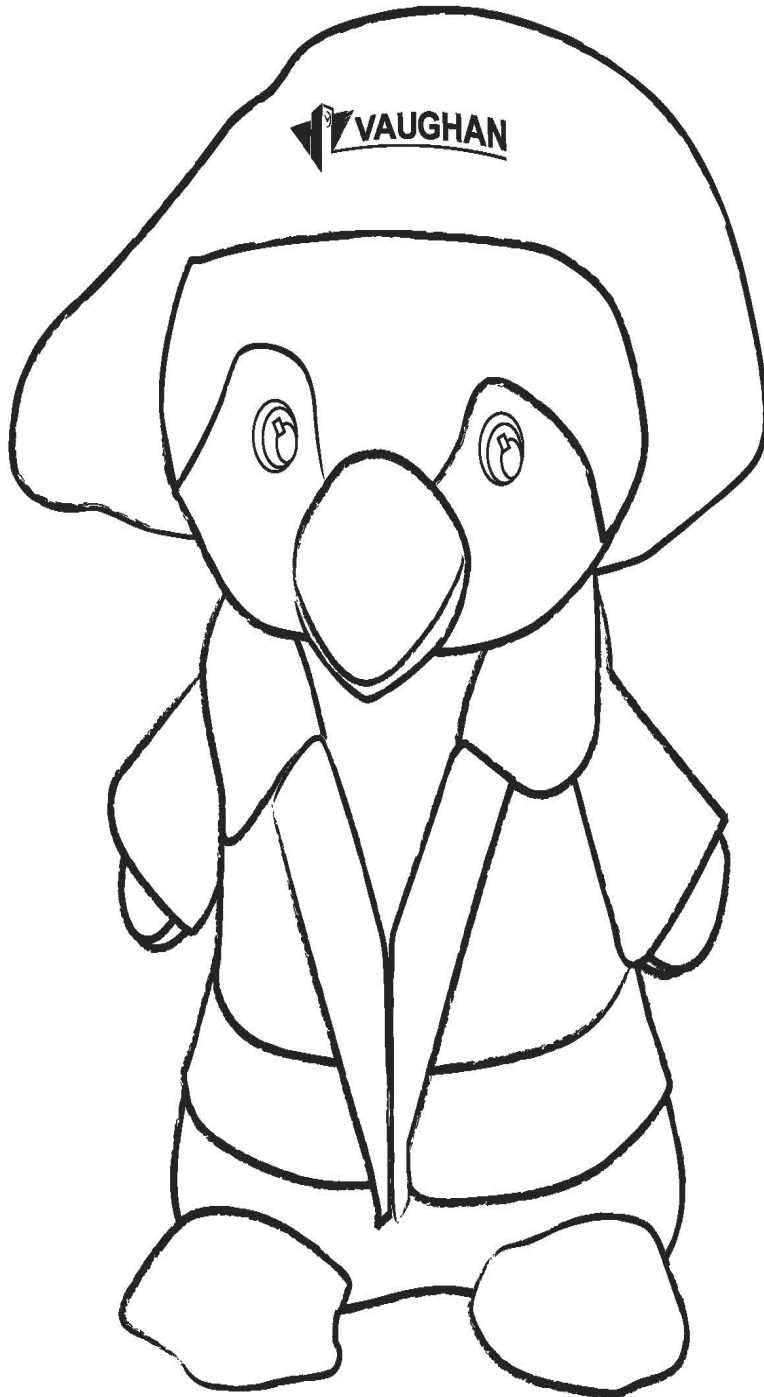


Like PrepE on Facebook  
and Be A PrepE Pal!  
[Fb.me/PrepE.Pal](https://fb.me/PrepE.Pal)

**Vaughan Emergency Planning**  
[PrepE@vaughan.ca](mailto:PrepE@vaughan.ca)  
(905) 832-2281  
[www.vaughan.ca](http://www.vaughan.ca)

# CREATIVE PREPE

Colour your very own Prepe



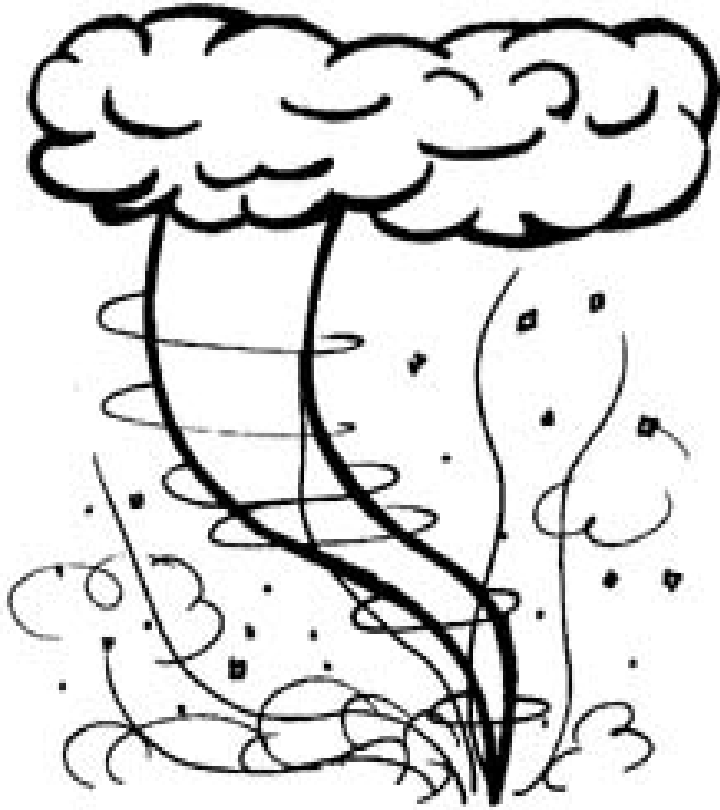
# **KNOW THE RISKS**

To help children better prepare for disasters, parents and educators should..

- ◇ Know the types of emergencies that can happen and what actions they will need to take.
- ◇ Know where you can get information and create a list of who they will call for help.
- ◇ Help children recognize the warning signs for disasters. You can get this information from your local emergency planning office.
- ◇ Tell children that during a disaster there are many people that can help them. Talk about how the police officer, firefighter, teacher, doctor, neighbour or utility worker might help following a disaster.
- ◇ Teach children how and when to call for help using 9-1-1. Post emergency telephone numbers near to all phones and explain when to call each number.

# TYPES OF DISASTERS

Nature is beautiful, powerful and unpredictable!

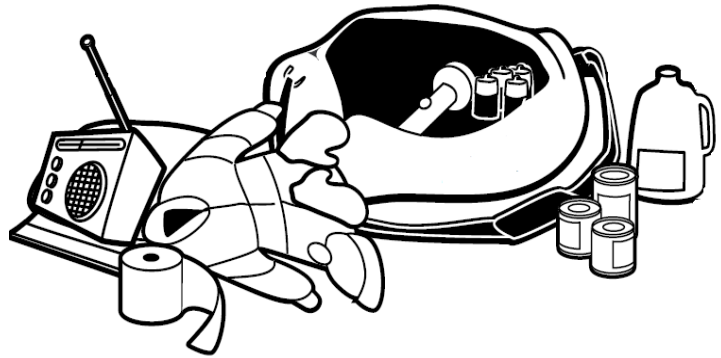


# MAKE A PLAN

Write down what you will do in the event of a disaster and make sure everyone in your family is part of this plan



# **FAMILY EMERGENCY KIT**



Pack the following items in your emergency kit

- ◇ Water (4 litres per person per day for three days)
- ◇ Food (three day supply of non perishable food such as canned food, crackers and energy bars)
- ◇ Battery-powered or crank radio and extra batteries
- ◇ Flashlight and extra batteries
- ◇ First aid kit
- ◇ Whistle to signal for help
- ◇ Duct tape and plastic sheets to shelter-in-place
- ◇ Garbage bags, toilet tissue and plastic ties
- ◇ Change of clothing and comfortable shoes
- ◇ Warm blankets
- ◇ Prescription/non-prescription medications
- ◇ Duffel bag
- ◇ Spare car keys and extra cash
- ◇ Toys and games

# HAVE A MEETING PLACE

Choose a safe place to meet in case you have to leave your home during an emergency.





# MY FAMILY COMMUNICATIONS PLAN



My Name: \_\_\_\_\_



My Address: \_\_\_\_\_



My Telephone Number: \_\_\_\_\_



## My Family

Family work and cell numbers:



Work Number: \_\_\_\_\_



Cell Number: \_\_\_\_\_



## Who to call in case of Emergency

Emergency Number:

9-1-1 or \_\_\_\_\_

Name and number of neighbor or relative:

\_\_\_\_\_

Name and number of out-of-town contact:

\_\_\_\_\_





# **PET EMERGENCY KIT**



## **Tips:**

- ◇ If you have to leave home, take your pet with you.
- ◇ While pets cannot stay at the Emergency Shelter, the City sets up an emergency shelter just for animals.
- ◇ If your pet is left behind, tell Enforcement Services staff at the emergency shelter. They will arrange to retrieve your pet or care for it.

## **If you have a pet, pack the following items:**

- ◇ Minimum three day supply of food and water
- ◇ Small bowls for food and water
- ◇ Can opener for canned food
- ◇ Leash, harness or muzzle
- ◇ Medical records or medicine (if needed)
- ◇ Name tag and photos
- ◇ Name and phone number of vet
- ◇ Blanket and favourite toy
- ◇ Plastic bag, litter and litter scooper
- ◇ Carrier or cage



# PET RECORD

If your pet is left behind during an emergency, complete this form and give it to Enforcement Services staff at the Emergency Shelter or call 905-832-8505.

**Fill in the information about your pet and provide a photo or description.**

Type of Pet: \_\_\_\_\_

Photo/description

Pet's Name: \_\_\_\_\_

Temperment of animal:

Friendly   Timid   Aggressive   Vicious

Contact Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

**Location of Animal in Home**

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

**Feeding/Special Instructions**

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

**To Be Completed by Emergency Worker only**

Dates animal Checked: 

--	--	--	--	--

Animal Remains in Home

Animal Removed to Shelter

Owner notified by: \_\_\_\_\_  
\_\_\_\_\_

Name/Address of Shelter \_\_\_\_\_  
\_\_\_\_\_

Date: \_\_\_\_\_

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

# TORNADO



A tornado appears as a rotating, funnel-shaped cloud, striking the ground with whirling winds of up to 200 miles or 400 km per hour. A tornado spins like a top and may sound like an airplane or train.

## Safety Messages for Kids

- ◇ “Wherever you are, if you hear or see a tornado coming, take cover right away.”
- ◇ If you are in a house, go to the basement. If there is no basement, go to the middle section of the building on the lowest level and go into a bathroom or closet, if possible.
- ◇ Take cover under something sturdy, such a heavy desk and stay there until the danger has passed. Use your hands or arms to protect your head from flying or falling objects.
- ◇ If you’re outside, in a car or in a mobile home, go immediately to the basement of a nearby sturdy building. If there is no shelter nearby, lie flat in a low area such as a ditch and protect your head. If you see water, move quickly to another

## Action Steps for Adults

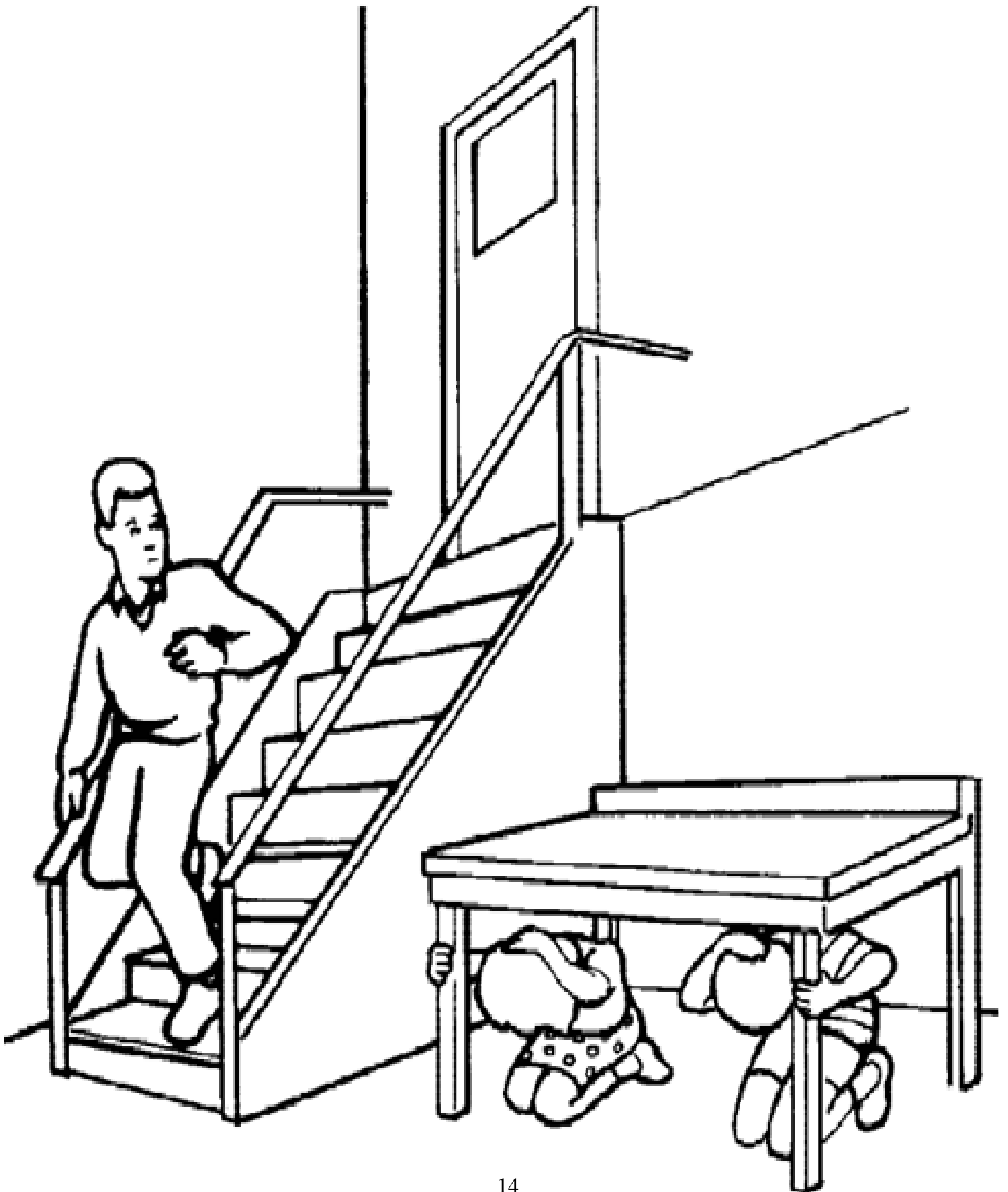
- ◇ With children, identify safe places in your home or classroom. Make sure these places are away from windows, door or heavy furniture that could tip over.
- ◇ Know the terms used on radio or television that warn of possible approaching tornadoes:

**Tornado Watch:** Weather conditions are right for tornadoes to develop.

**Tornado Warning:** A tornado has been sighted and is dangerous. Get to a safe place.

- ◇ Find out what warning system is used in your community.

If a tornado is coming, go to a safe place right away.



# FLOODING



## Safety Messages for Kids

- ◇ If you come upon flood waters, stop. Turn around and go another way. Climb to higher ground.
- ◇ Stay away from flooded areas... even if it seems safe, the water may be rising. Never walk, swim or dive into the water because it may be moving very fast.
- ◇ If you are in a car, get out immediately and move to higher ground.
- ◇ Never play around high water, storm drains, ditches or ravines.

## Action Steps for Adults

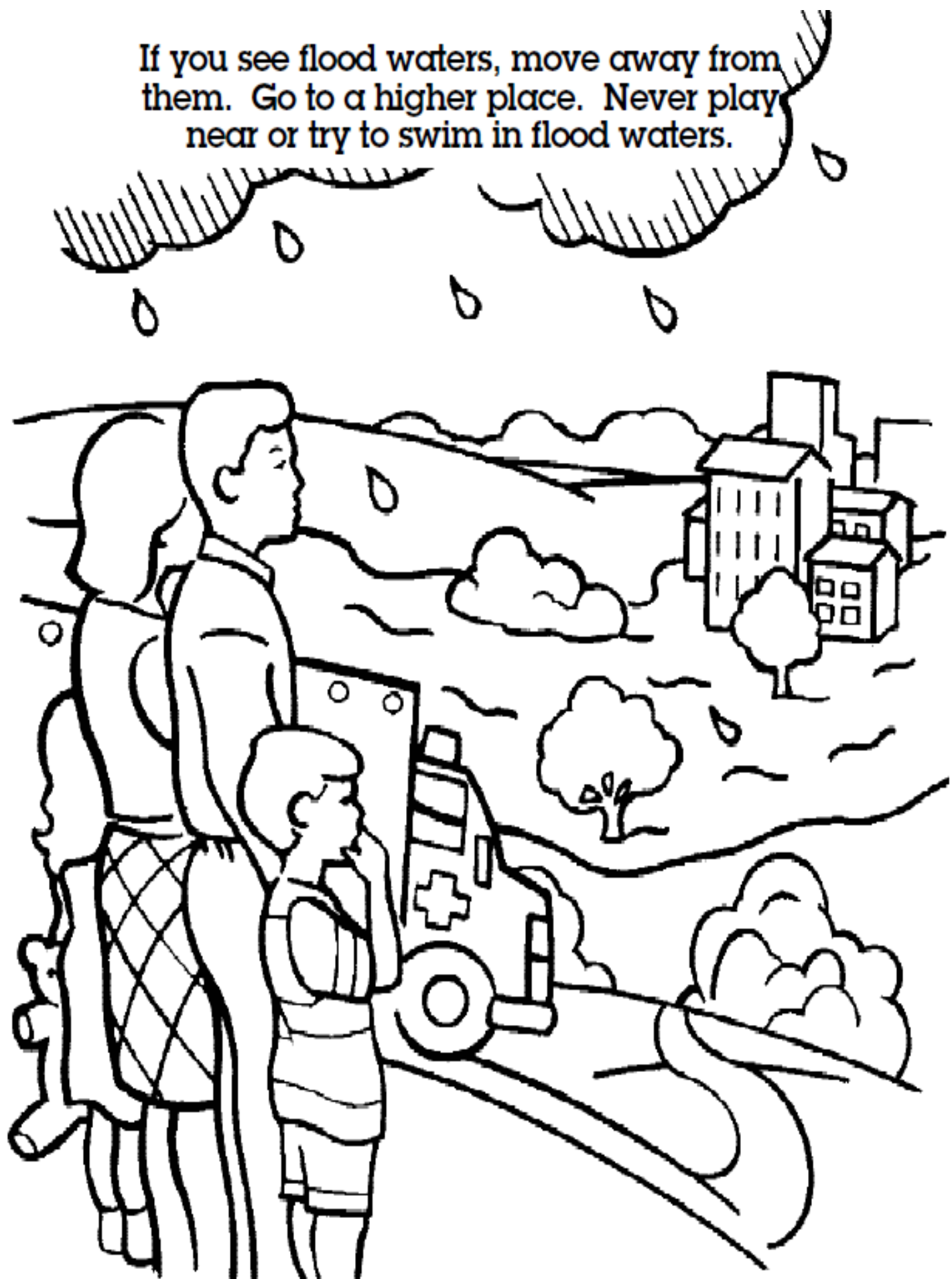
- ◇ Know the terms used on radio or television that warn of potential flooding conditions.

**Flood/Flash Flood Watch:** Flooding or flash flooding may occur within the designated WATCH area. Be alert.

**Flood/Flash Flood Warning:** Flooding or flash flooding has been reported or is imminent. Take precautions at once.

- ◇ If you live in a flood-prone area, call your local emergency management office to find out what you can do to better protect your home.
- ◇ Be aware of the location of your property in relation to nearby streams, rivers and dams so you will know if forecasted flood levels will affect your home.

If you see flood waters, move away from them. Go to a higher place. Never play near or try to swim in flood waters.



# WINTER STORMS



## Safety Messages for Kids

- ◇ “The best way to stay safe in a snow-storm is to stay inside.”
- ◇ Dress in many layers if you go outside to play after a snow-storm. Wear hats and mittens and come inside often for warm-up breaks.
- ◇ If you start to shiver or get very tired... or if your nose, fingers, toes or ear lobes start to feel numb or turn really pale... come inside right away and tell an adult.

## Action Steps for Adults

- ◇ Make sure kids are dressed in layers when they go outside to play. Many layers of thin clothing are better than a single thick layer. Make sure children wear a hat as most of the body’s heat is lost through the top of the head. Mittens are warmer than gloves and covering the mouth with a scarf protects the lungs from extremely cold air.
- ◇ Teach children how to watch for signs of frostbite and hypothermia. A loss of feeling and a white or pale appearance in fingers, toes, ears, nose or ear lobes are symptoms of frostbite. Uncontrollable shivering, slow speech, memory lapses and drowsiness are symptoms of hypothermia.
- ◇ Make sure children are not overexerted as this places a serious strain on the heart.
- ◇ Have an alternate heat source and fuel that you can use to keep at least one room of your home warm. If your furnace is controlled by a thermostat, and the power goes out, you will need emergency heat.
- ◇ If you are trapped in your car during a snowstorm, stay there. Leave the car only if help is visible within 100 yards. Use a brightly coloured cloth to signal for help. Turn on the car’s engine for about 10 minutes for each hour. Run the heater and turn on the dome light while the car is running. Keep the exhaust pipe clear of snow and open a downwind window slightly for ventilation.

When there is snow outside, bundle up in lots of layers of clothing and wear a hat. Ask an adult if it's okay to play outside — and come inside often for “warm-up” breaks.



# EARTHQUAKE



An earthquake is a sudden, fast shaking of the earth. Earthquakes can strike without warning causing fires, landslides and explosions. Earthquakes happen when rock that is below the earth's surface breaks and shifts.

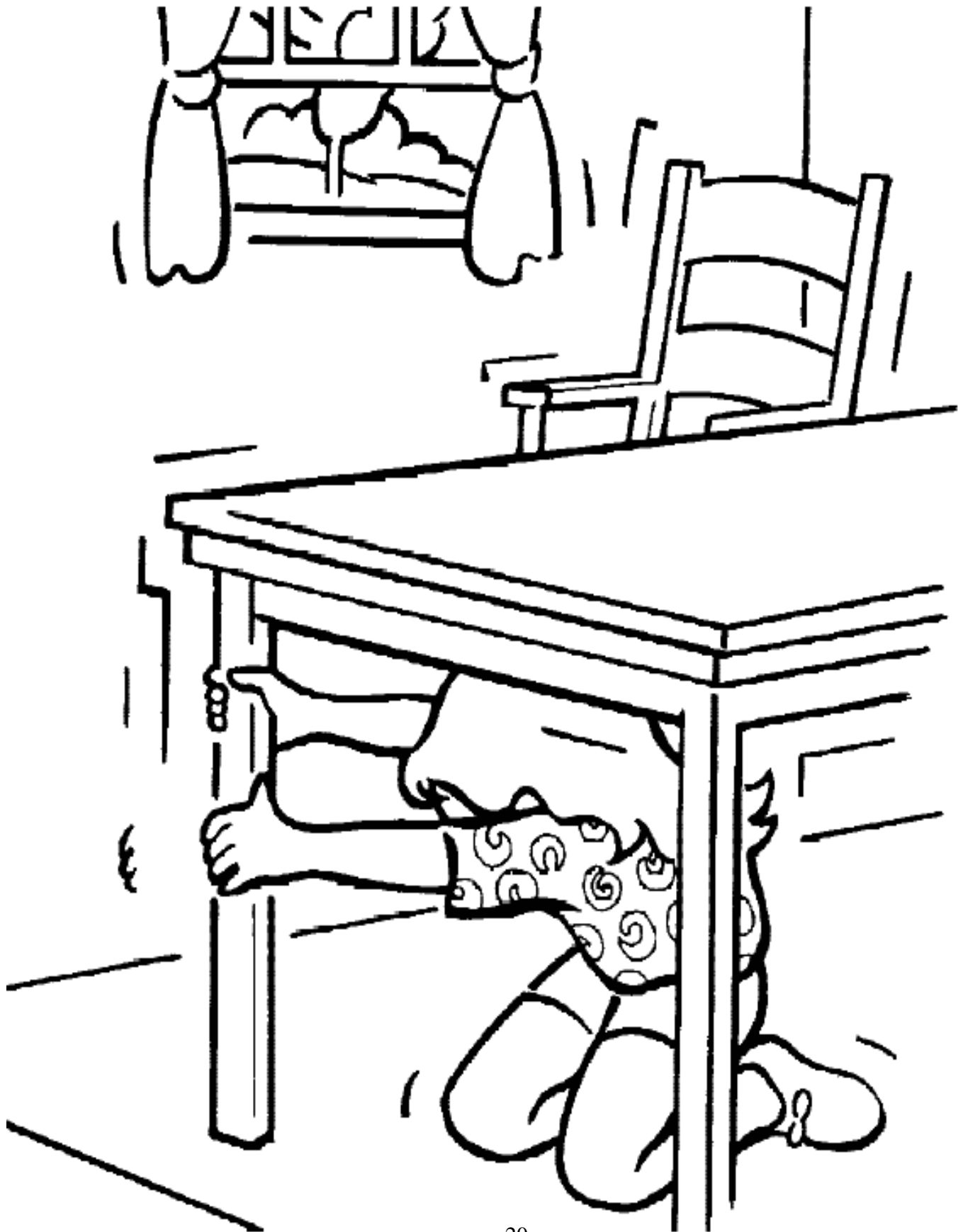
## Safety Messages for Kids

- ◇ If you are indoors during an earthquake, drop, cover and hold on. Take cover under a sturdy table, desk or bench... hold on to one of the legs and cover your eyes. If there are no tables nearby, sit down against a wall. Pick a safe place where objects such as wall hangings will not fall on you. Stay away from windows, bookcases and tall, heavy furniture.
- ◇ Stay in your safety spot until the shaking stops. Check to see if you are injured and move carefully to avoid tripping over objects that may have fallen. Watch out for smaller earthquakes called aftershocks.
- ◇ Look out for fires. Earthquakes often cause fire alarms and fire sprinklers to go off. If you have to leave the building, use the stairs and not the elevator.
- ◇ If you are outside in an earthquake, stay outside. Move away from buildings, trees, street lights and power lines. Crouch down and cover your head. If you are in a car, stay inside.

## Action Steps for Adults

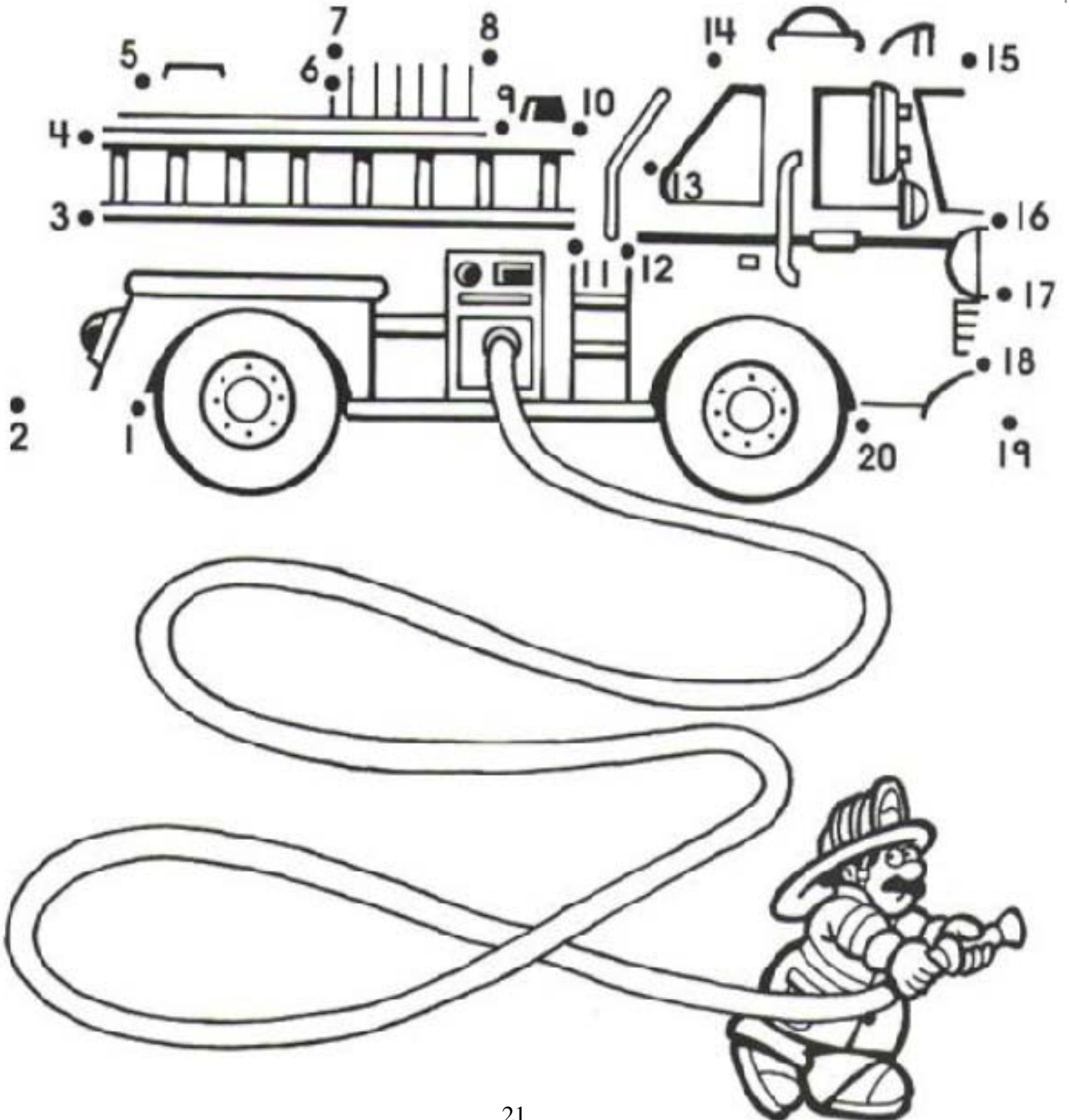
- ◇ Help children understand what to expect in an earthquake and how to protect themselves. Find safe places in different rooms of your home and practice how to drop, cover and hold.
- ◇ Explain that it is dangerous to run outside as falling objects can be deadly and tell children to be prepared for aftershocks.
- ◇ Bolt down water heaters and gas appliances at home. Place large or heavy objects on lower shelves and fasten shelves to the wall. Brace or anchor high or top-heavy objects.

If you're indoors during an earthquake,  
drop, cover and hold on.



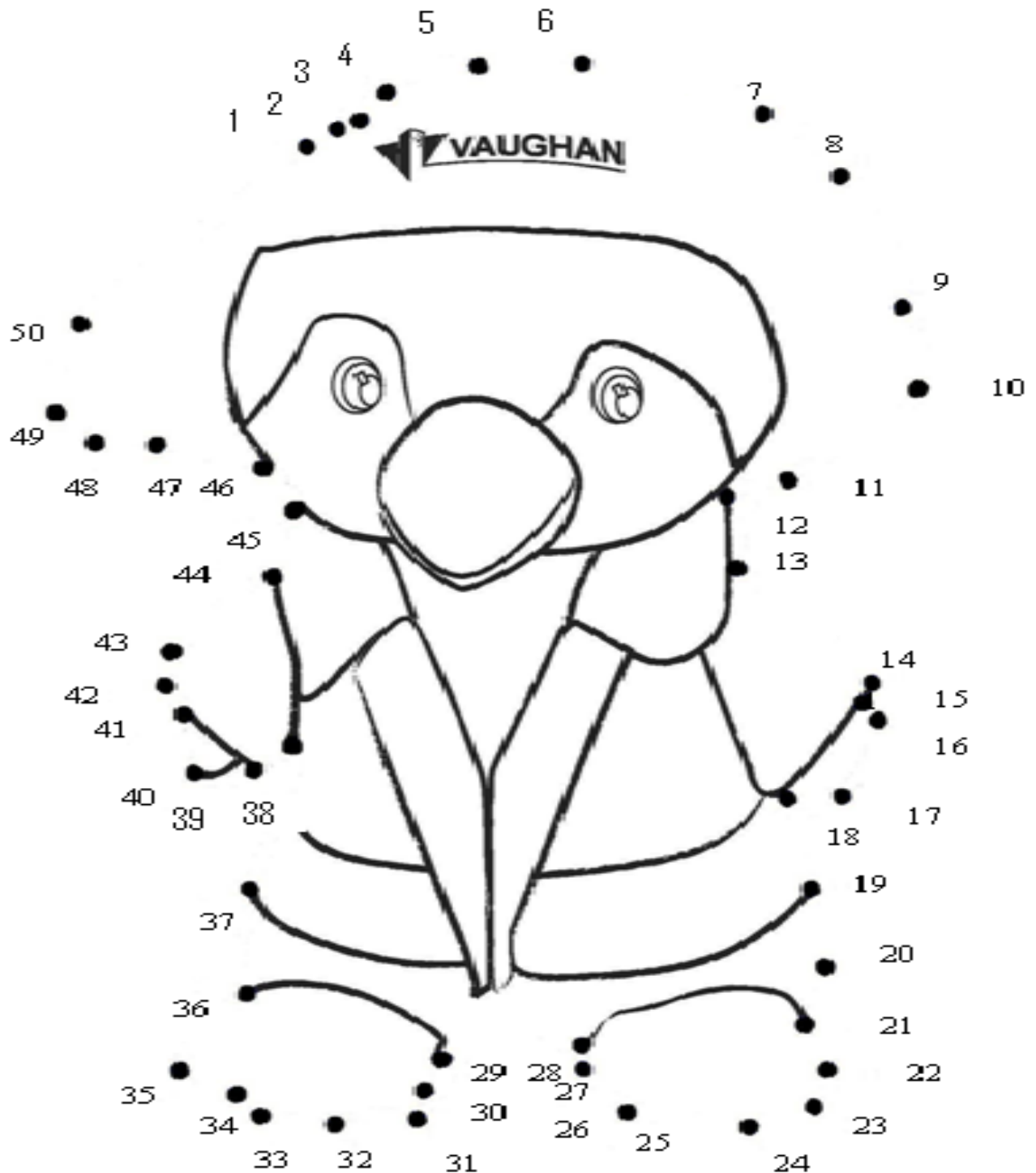
# CONNECT THE DOTS

Connect the dots from 1 - 20 and color.



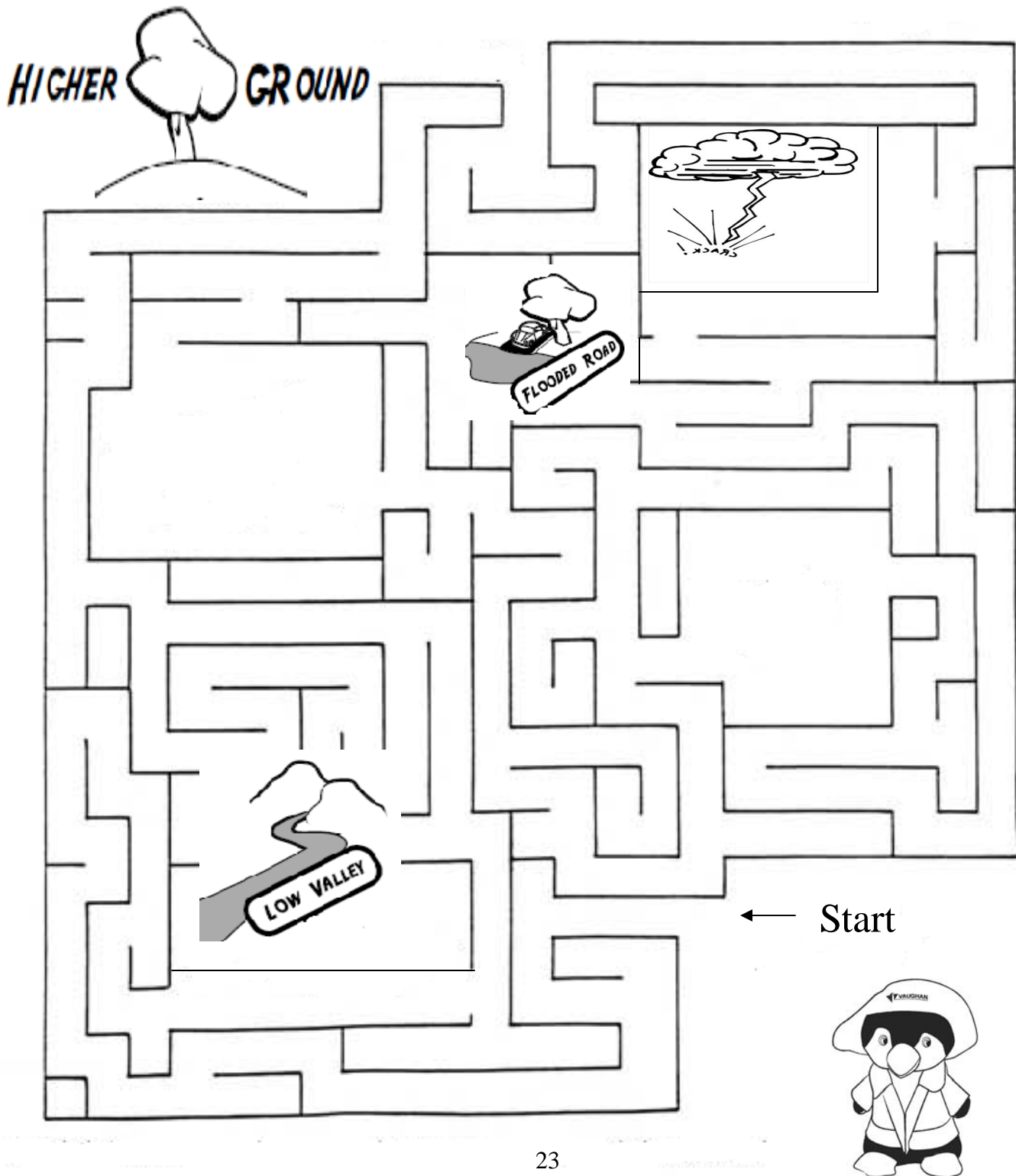
# CONNECT THE DOTS

Connect the dots from 1-50 and colour



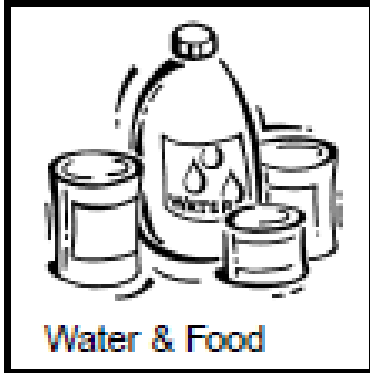
# SAFETY MAZE

See how quickly you can help Preppie the Penguin get to higher ground.. Ready, Set, Go!

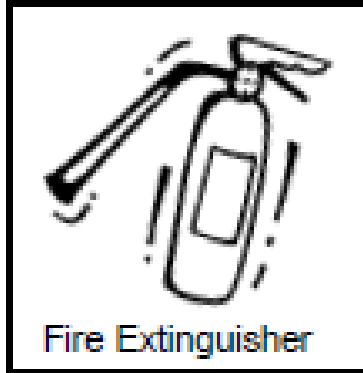


# KNOW WHAT ITEMS WILL HELP TO KEEP YOU SAFE

Mark an "X" on the things below that are *not* emergency survival items.



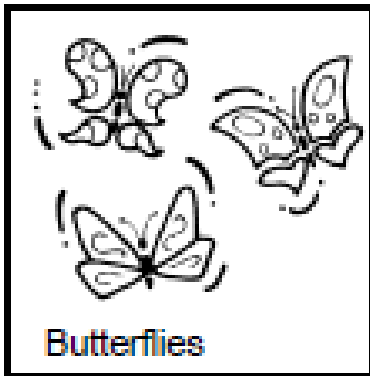
Water & Food



Fire Extinguisher



First Aid Kit



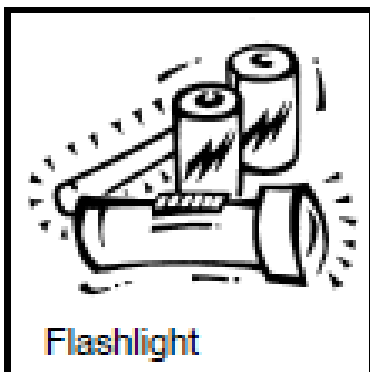
Butterflies



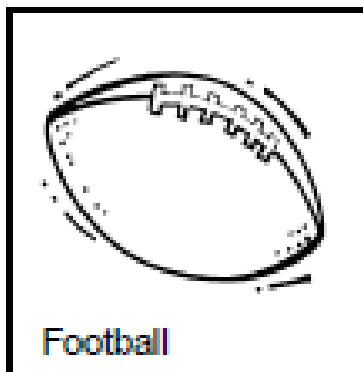
Cash



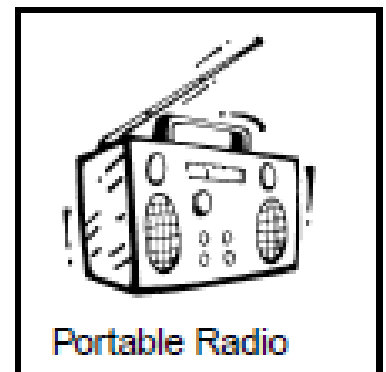
Ice Cream



Flashlight



Football



Portable Radio

# HAZARDS AT HOME

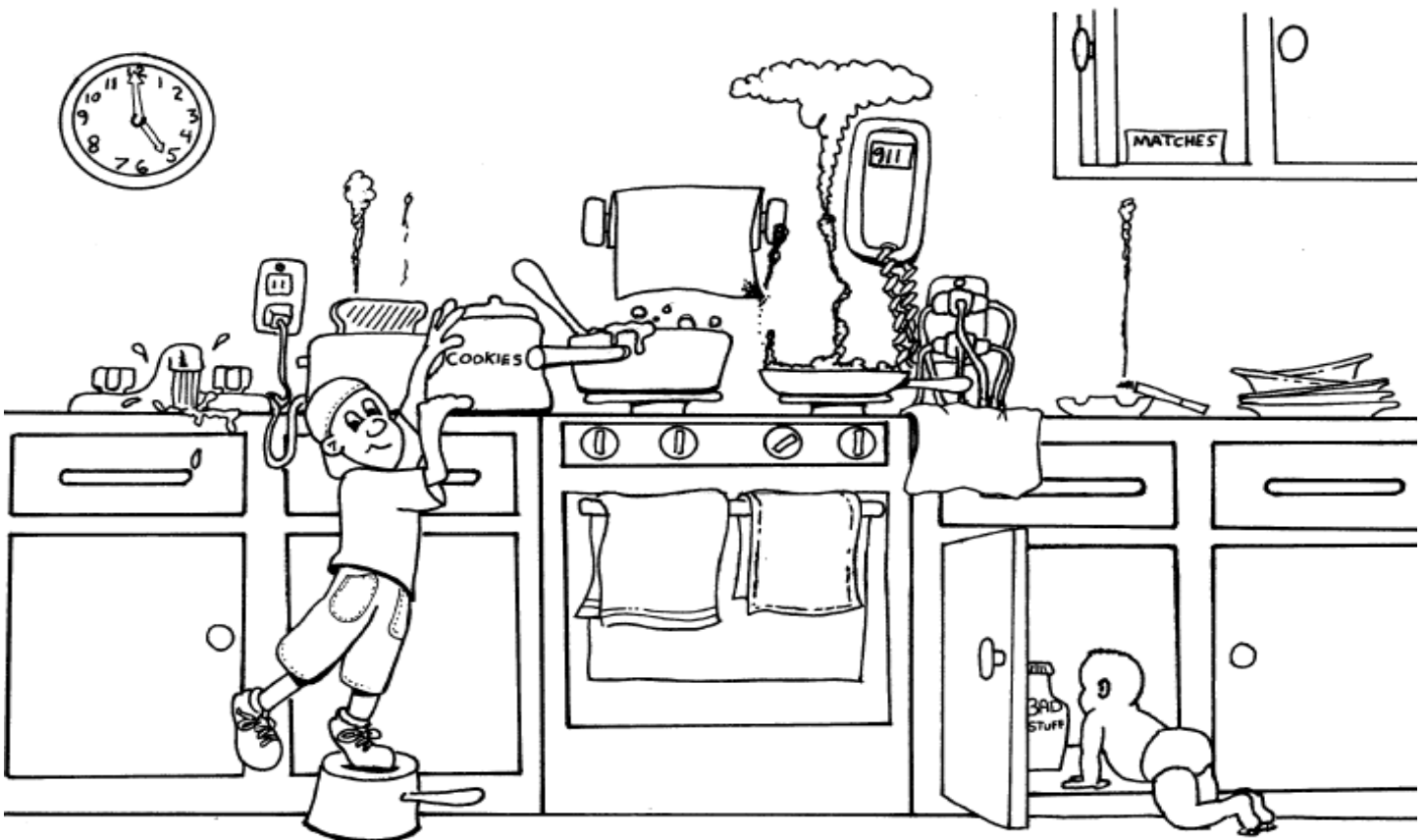
Can you spot the hazards in this picture?  
See answers on next page.



# HAZARDS AT HOME

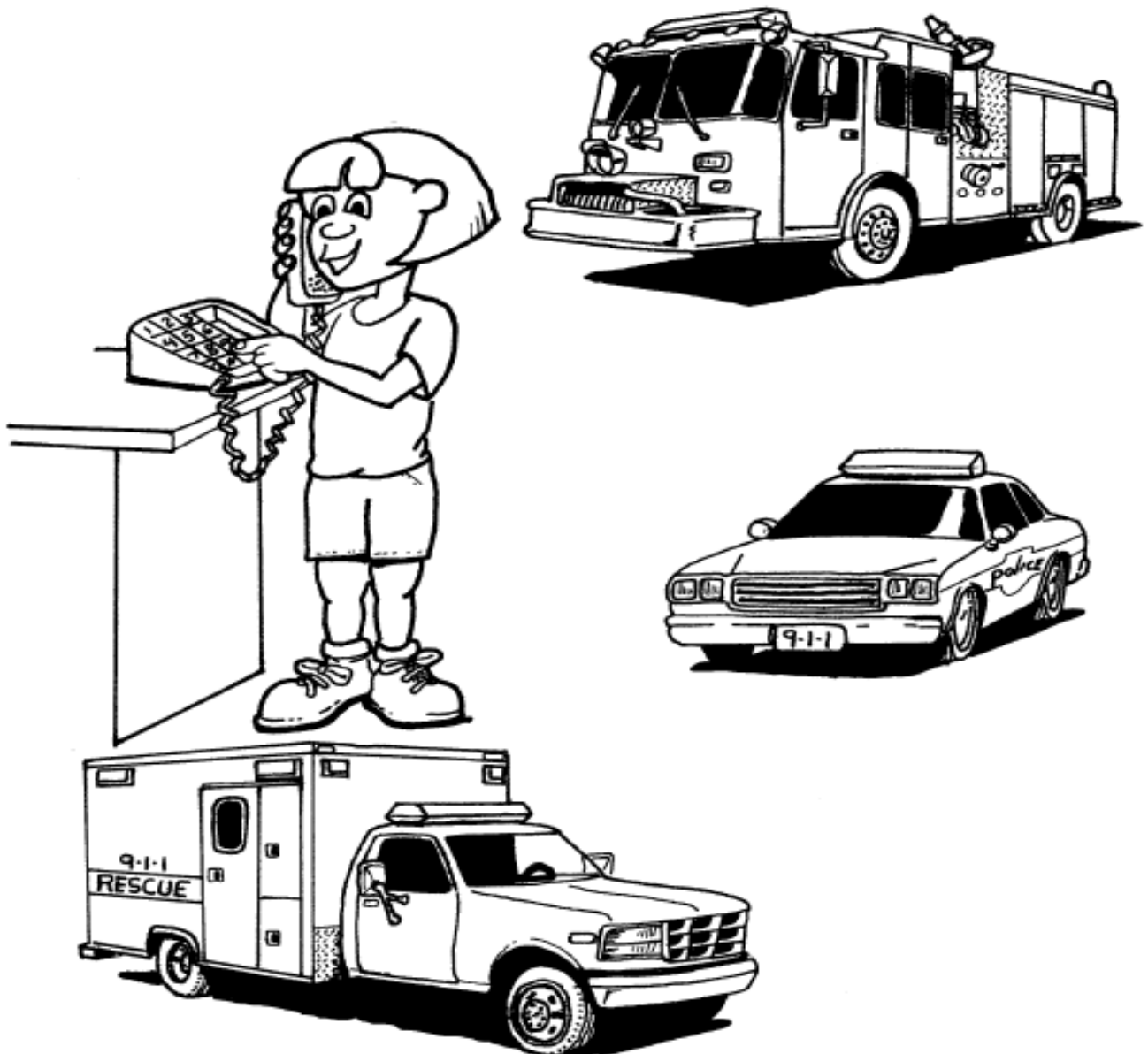
## Answers

1. Running water close to power outlet can cause electric shock
2. Burning toast can start fire
3. Pot on stove with hot food can tip over
4. Matches in cupboard not properly stored
5. Lit cigarette in ashtray can cause fire
6. Cleaning liquid in cupboard not properly stored
7. Burning paper towels
8. Boy tiptoeing on stool can trip over



# CALLING 9.1.1.

- ◇ Be sure to know your phone number and address
- ◇ Know the difference between fire, ambulance and police
- ◇ When in doubt, call 9.1.1.
- ◇ Don't hang up until the operator tells you to
- ◇ Speak clearly and slowly



# QUIZ



**Quiz children every few months to help them remember what to do. Here are some questions you can ask right now to make sure they have learned the key concepts.**

1. What are four types of disasters that can happen in your community?
2. Where will you go if you have to leave the house in an emergency?
3. What will you do if there is a tornado warning? If a tornado is coming, where will you go? What will you do to protect yourself?
4. What will you do if you see dark clouds and hear thunder?
5. What might you do if you are outside playing and start to feel cold?
6. Why should you stay away from flood waters?
7. If the earth starts to shake, what will you do?
8. Who will you call in an emergency? Where can you find phone numbers?
9. What are some things you should put in your emergency supplies kit?
10. What are some things you should put in your pet emergency kit?

# **QUIZ**

## **ANSWER KEY**

**Question 1.** Tornado, Winter Storms, Flooding, Earthquake

**Question 2.** My Safe Meeting Place

**Question 3.** The lowest level in building. Stay away from windows

**Question 4.** Get indoors immediately

**Question 5.** Come inside for a warm up break and have a warm drink

**Question 6.** Flood waters are dangerous and can lead to loss of life

**Question 7.** Stop what I am doing, drop to the ground, take cover under a sturdy table or desk and hold on tight

**Question 8.** Call 9.1.1. for fire, police or ambulance, family member/s or out of town contact. Emergency phone numbers are close to phone

**Question 9.** Food and water for 3 days, flashlight, batteries, blanket, whistle

**Question 10.** Food and water for 3 days, leash, name tag, toy, carrier

# CERTIFICATE OF COMPLETION

Cut out this certificate and keep it where your family can see it

## *Certificate of Recognition*

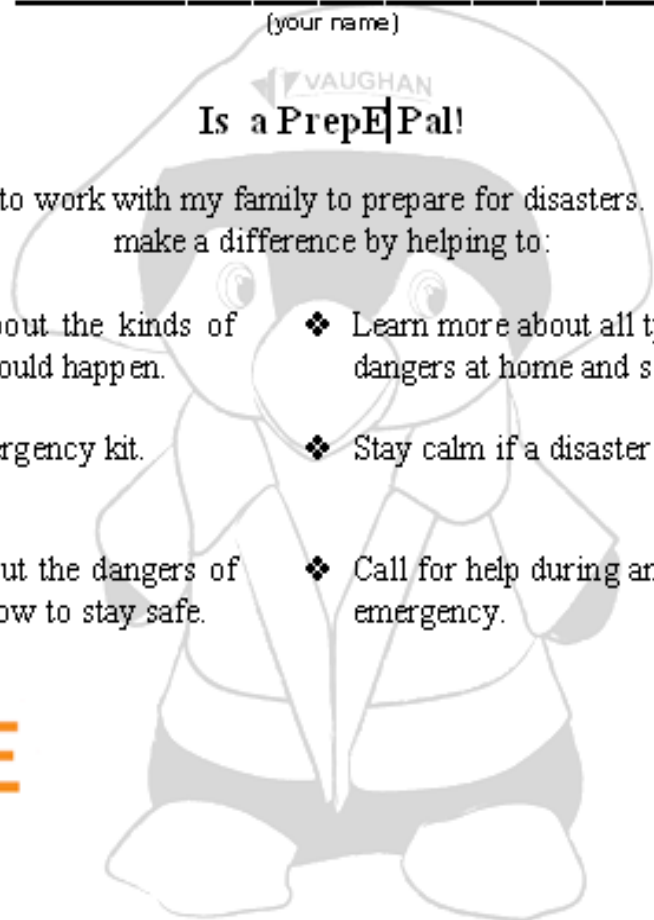
\_\_\_\_\_  
(your name)

VAUGHAN  
Is a PrepE|Pal!

I have learned how to work with my family to prepare for disasters. I can take action and make a difference by helping to:

- ❖ Learn more about the kinds of disasters that could happen.
- ❖ Prepare an emergency kit.
- ❖ Tell others about the dangers of disasters and how to stay safe.
- ❖ Learn more about all types of dangers at home and school.
- ❖ Stay calm if a disaster strikes.
- ❖ Call for help during an emergency.

I'm a  
**PrepE**  
Pal





---

---

Now you are a  
PrepE Pal!



**Vaughan Emergency Planning**

PrepE@vaughan.ca

(905) 832-2281

www.vaughan.ca

