PREPARE WITH PEDRO

DISASTER PREPAREDNESS ACTIVITY BOOK

FEMA P-2005 / June 2018

American Red Cross

Prepare with Pedro: Disaster Preparedness Activity Book is a publication created by the Federal Emergency Management Agency's Individual and Community Preparedness Division and Region V office in partnership with the American Red Cross.

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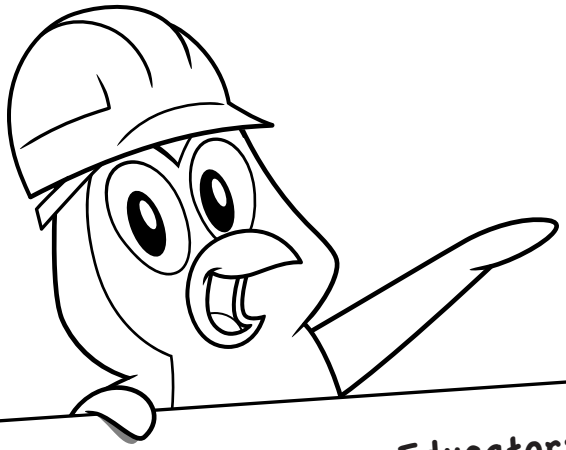
The Prepare with Pedro Activity Book is available for free from FEMA.
Call 1-800-480-2520 and ask for publication number P-2005.
It is also available as a free download online at www.ready.gov/youth-preparedness.



Dear Parent, Guardian, or Educator:

This activity book is designed to teach young children and their families about how to stay safe during disasters and emergencies.

Disasters can be scary for kids, but children are much better at adapting to situations when they know what to expect. Work with children through this activity book to help them understand the concepts and safety messages discussed.

The below definitions will provide a foundation for understanding the safety messages provided.

HAZARDS: Hazards are the events that may lead to emergencies and disasters. A hazard is a source of danger, like a flood.

EMERGENCY: An emergency is a time when something serious happens and immediate help is needed.

DISASTER: A disaster is an emergency that causes great harm to people or an area.

PREPARE: Prepare means to get ready. You get ready for things all the time — like when you put on a jacket and grab an umbrella to get ready for a rainy day. There are lots of things you can do to "PREPARE" for emergencies and disasters, like learning what to do if one happens, making a plan with your family, or putting supplies in an emergency kit.

SAFE PLACE: A safe place is somewhere you can go to be safe from things that could harm you. What is considered a safe place will vary depending upon the emergency or disaster.

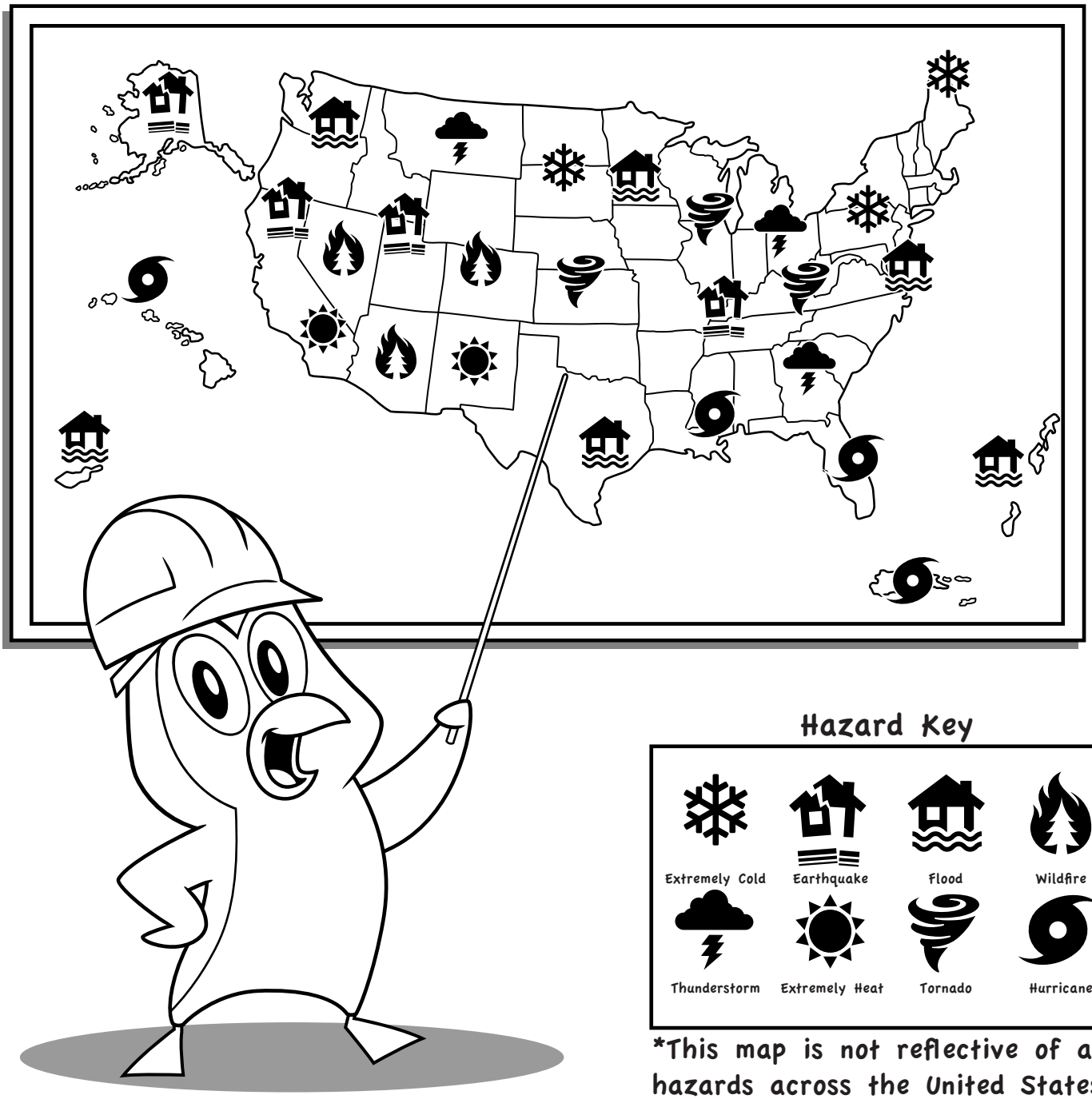
While working through this activity book with your child, use page 11 to create a family communication plan to ensure that your family is ready for any emergency or disaster. Developing and practicing a plan are key steps to helping both adults and children remember what to do to stay safe.

Learn more at www.ready.gov and at www.redcross.org.

Sincerely,
Your friends at the Federal Emergency Management Agency (FEMA)
and the American Red Cross

Hi! I'm Pedro the Penguin, and I am traveling around the United States to visit my friends and learn how they prepare. I'd like you to come.

Emergencies and disasters can happen anywhere, but there are ways to help you stay safe. Follow along, and we can learn together!

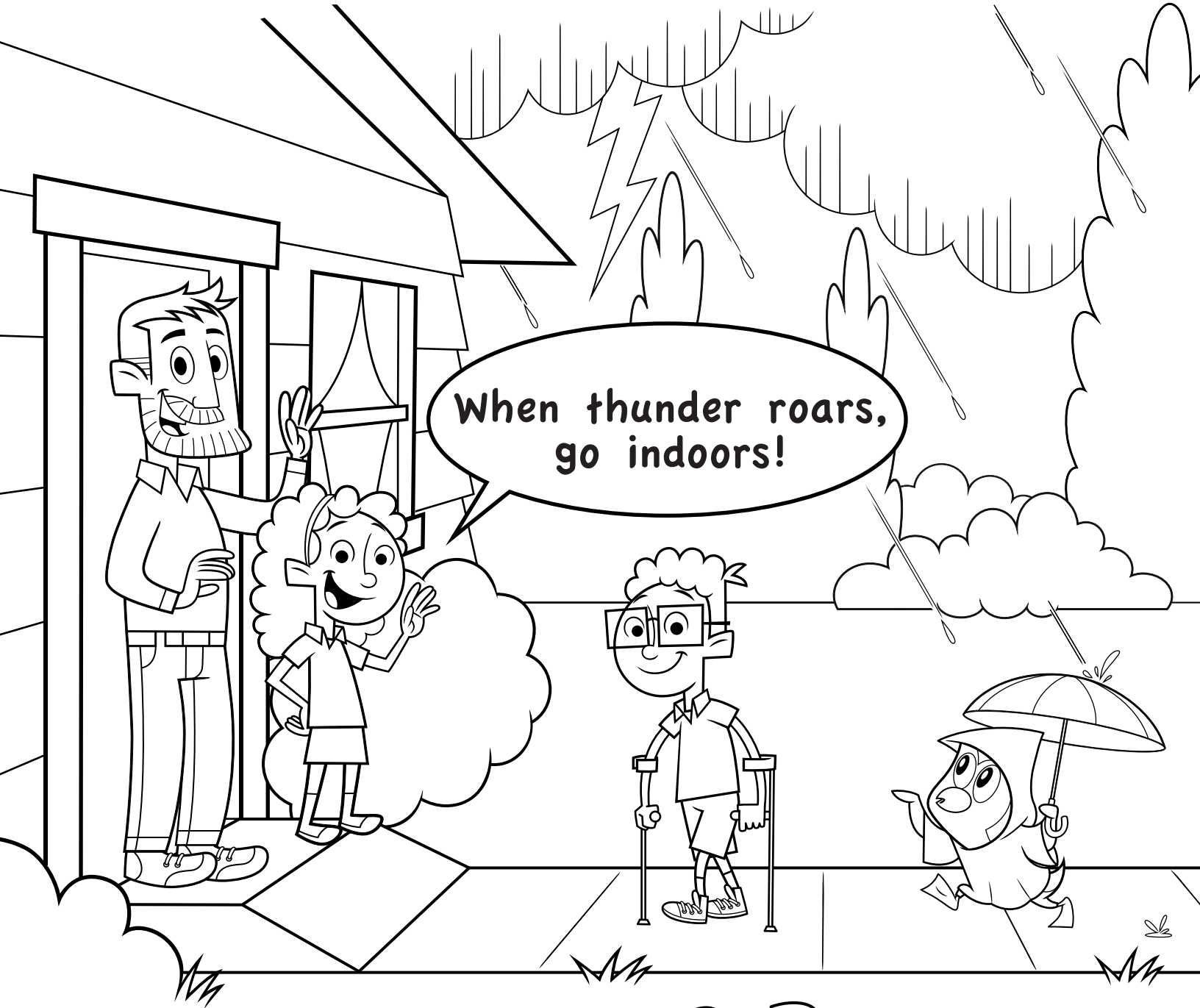


Hazard Key

*This map is not reflective of all hazards across the United States

THUNDERSTORM

Thunderstorms bring lots of rain.
They also bring thunder, lightning, wind, and hail.
It's not safe to be outside when lightning is near. If you hear thunder, then that means that lightning is close. Get indoors fast.



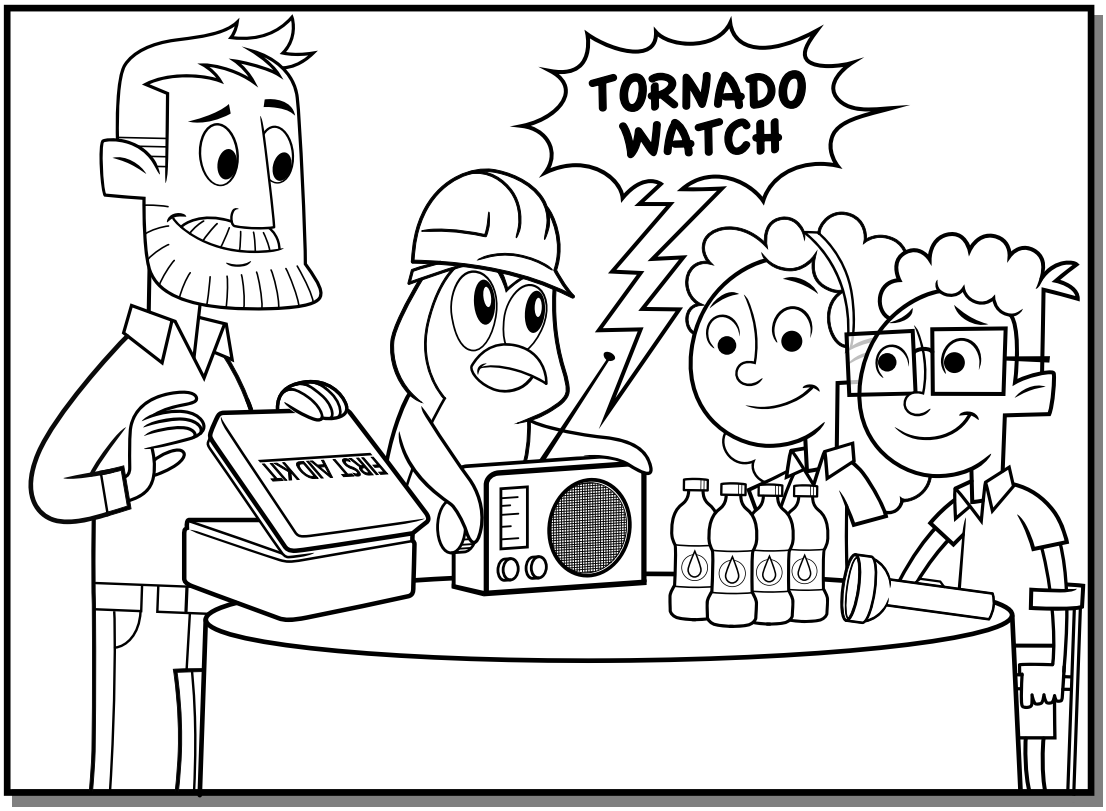
Remember, when thunder ROARS, go indoors.

TORNADO

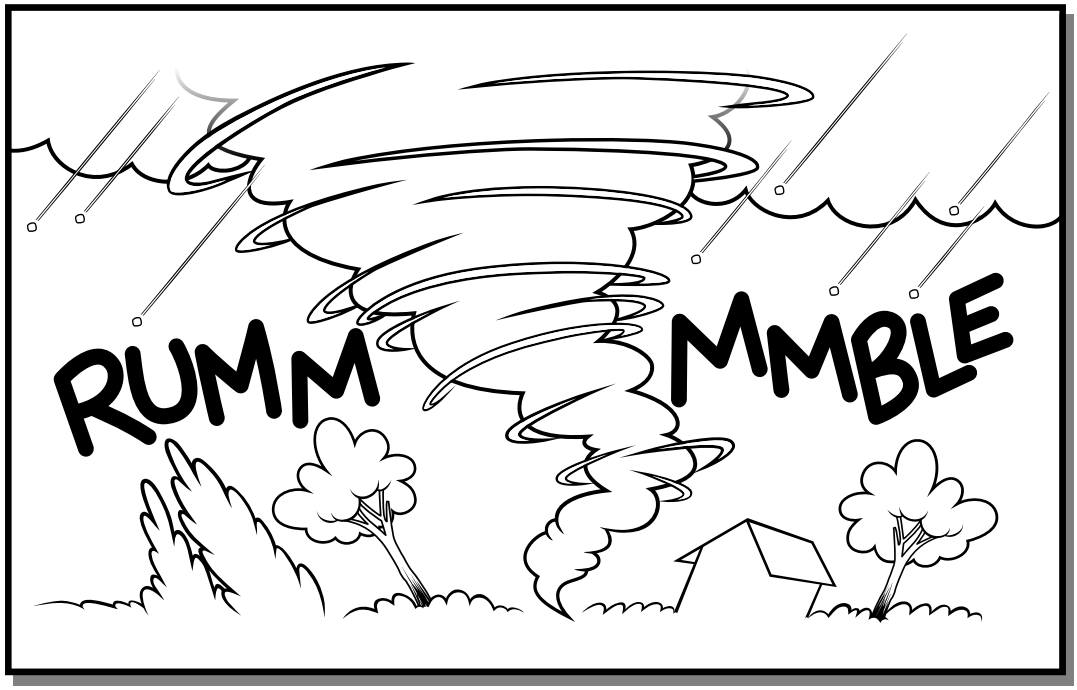
A tornado is a spinning column of air. Tornadoes have strong winds that can cause a lot of damage to things in their paths.

A **Tornado Watch** means that a tornado might happen.

Listen for more information, stay close to a safe place, and get ready!



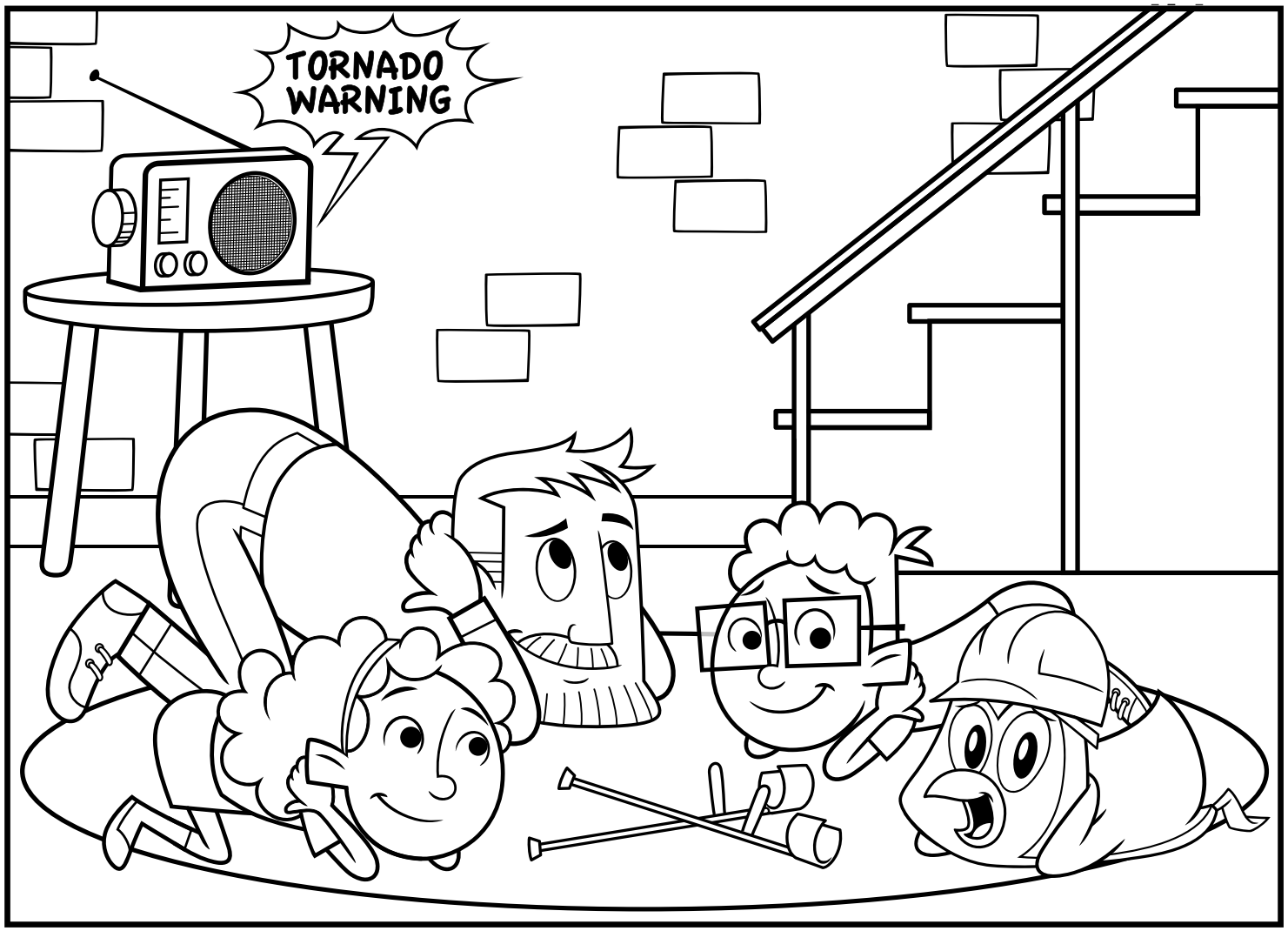
These signs may help you know that a tornado is coming:



- Dark or green colored sky
- Funnel cloud
- Loud train-like sound
- Hail

A **Tornado Warning** means that a tornado has been spotted in your area. In some places, you may hear tornado sirens. It's time to take cover now!

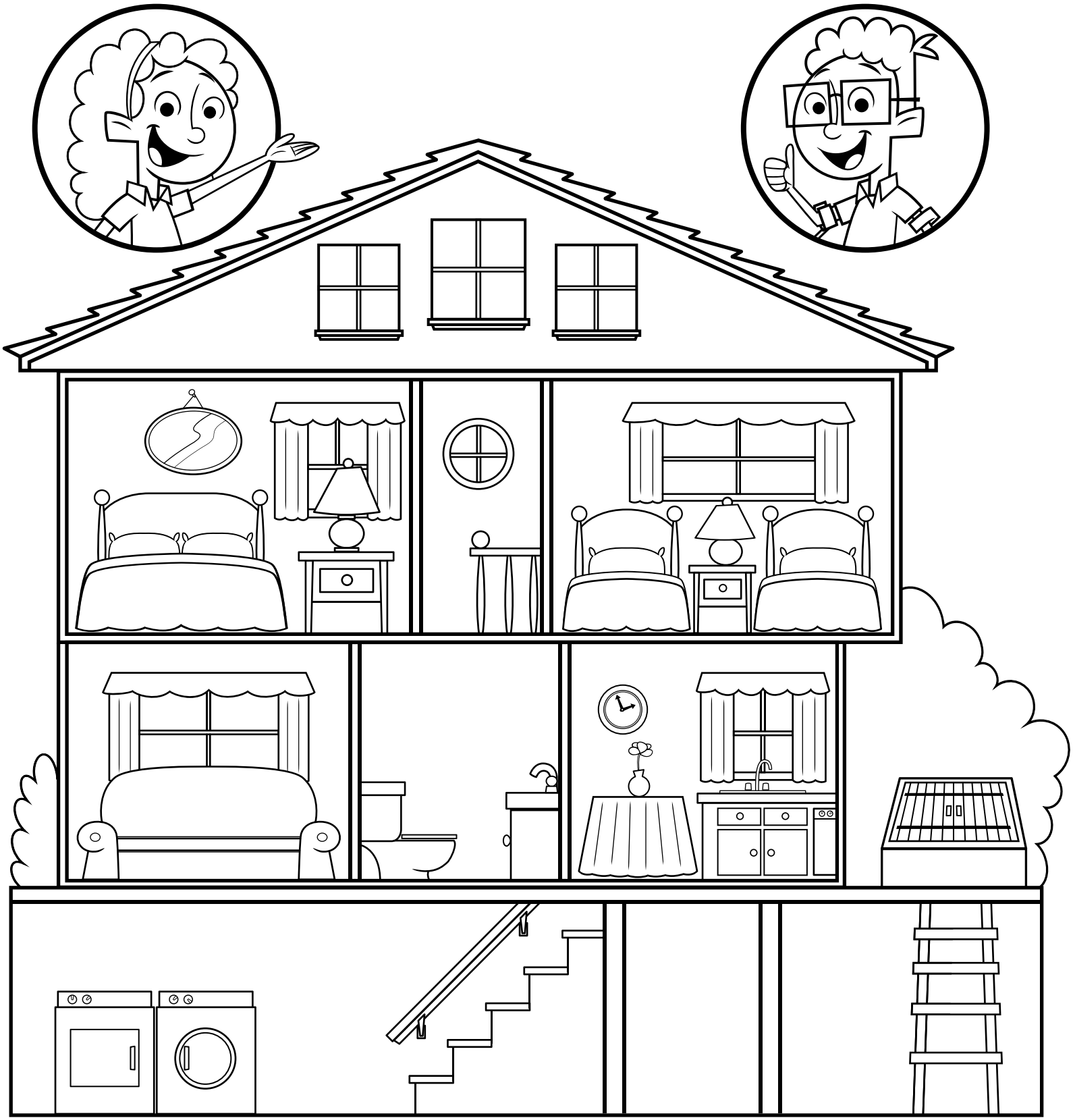
Indoors, go to the lowest level in the building. This could be a basement or first floor. Find an interior room with no windows. Get down on the ground and cover your head and neck.



Did you know? A mobile home is not a safe place to be during a tornado. If you live in a mobile home, locate your nearest sturdy building now.

Practice going to that safe place.

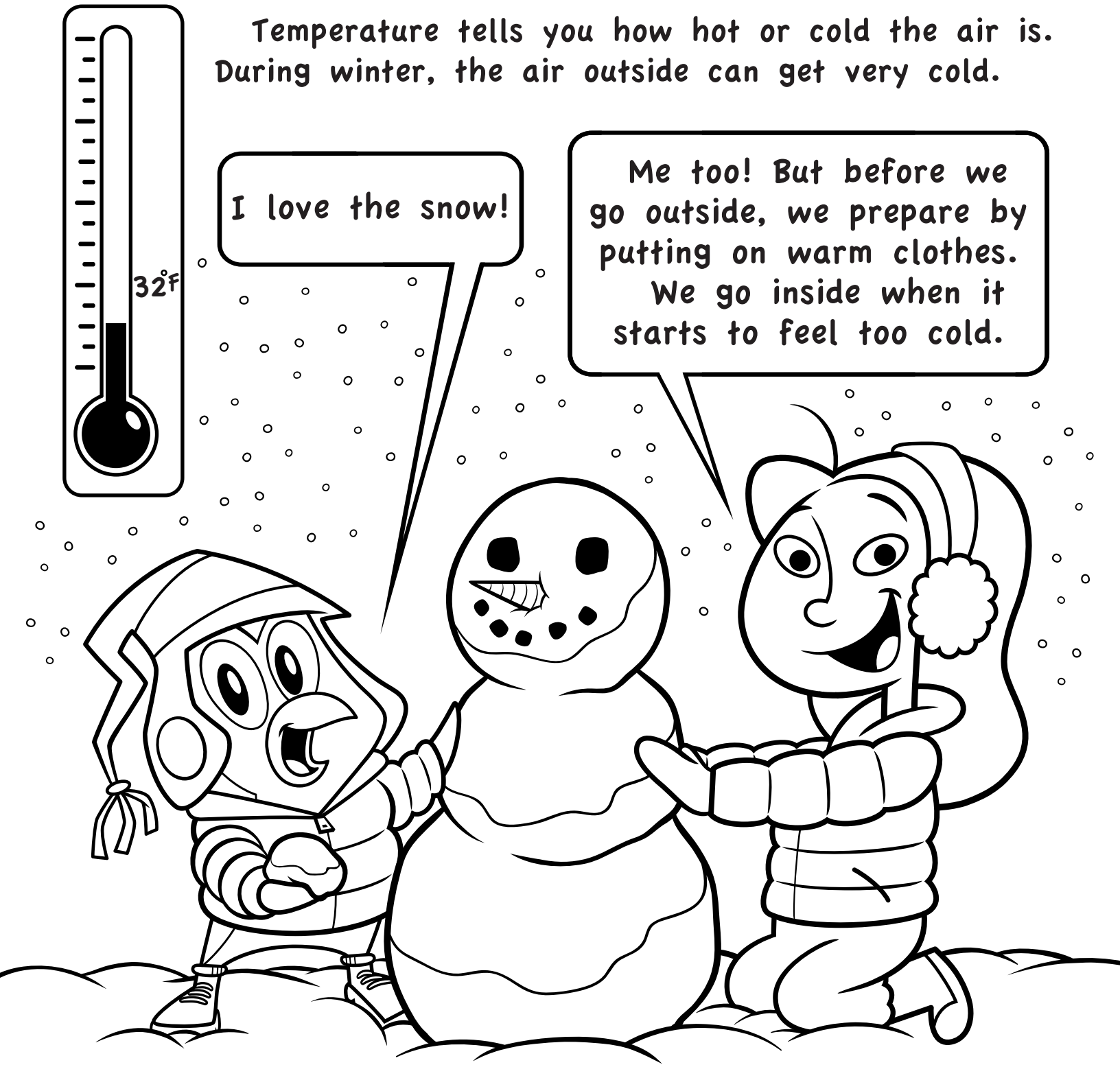
Before the storm, Amelia and Elijah found 3 safe places to go during a tornado. Can you circle the safe places?



Answer Key: (basement, bathroom, storm cellar)

EXTREME COLD

Temperature tells you how hot or cold the air is. During winter, the air outside can get very cold.

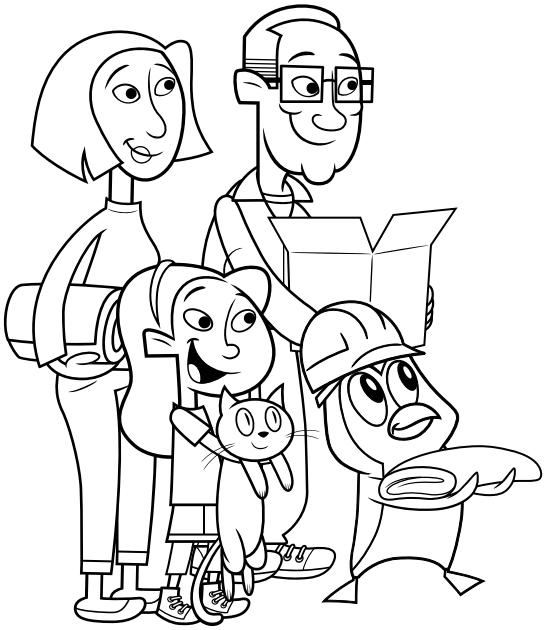


Remember, tell an adult if you feel COLD or numb while playing outside.

Electricity is what powers the lights and makes the heat stay on at home. Sometimes, the electricity may go out. When this happens, you can use an emergency supply kit to help stay safe.

Mia and her family are showing Pedro how to make a kit to be prepared. What should they put in the kit?

Draw a line to match the name of the supply to its picture.



First Aid Kit/
Medicine

Pet Supplies

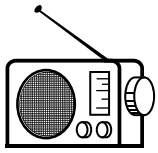
Blankets

Food

Radio

Water

Flashlight & Batteries



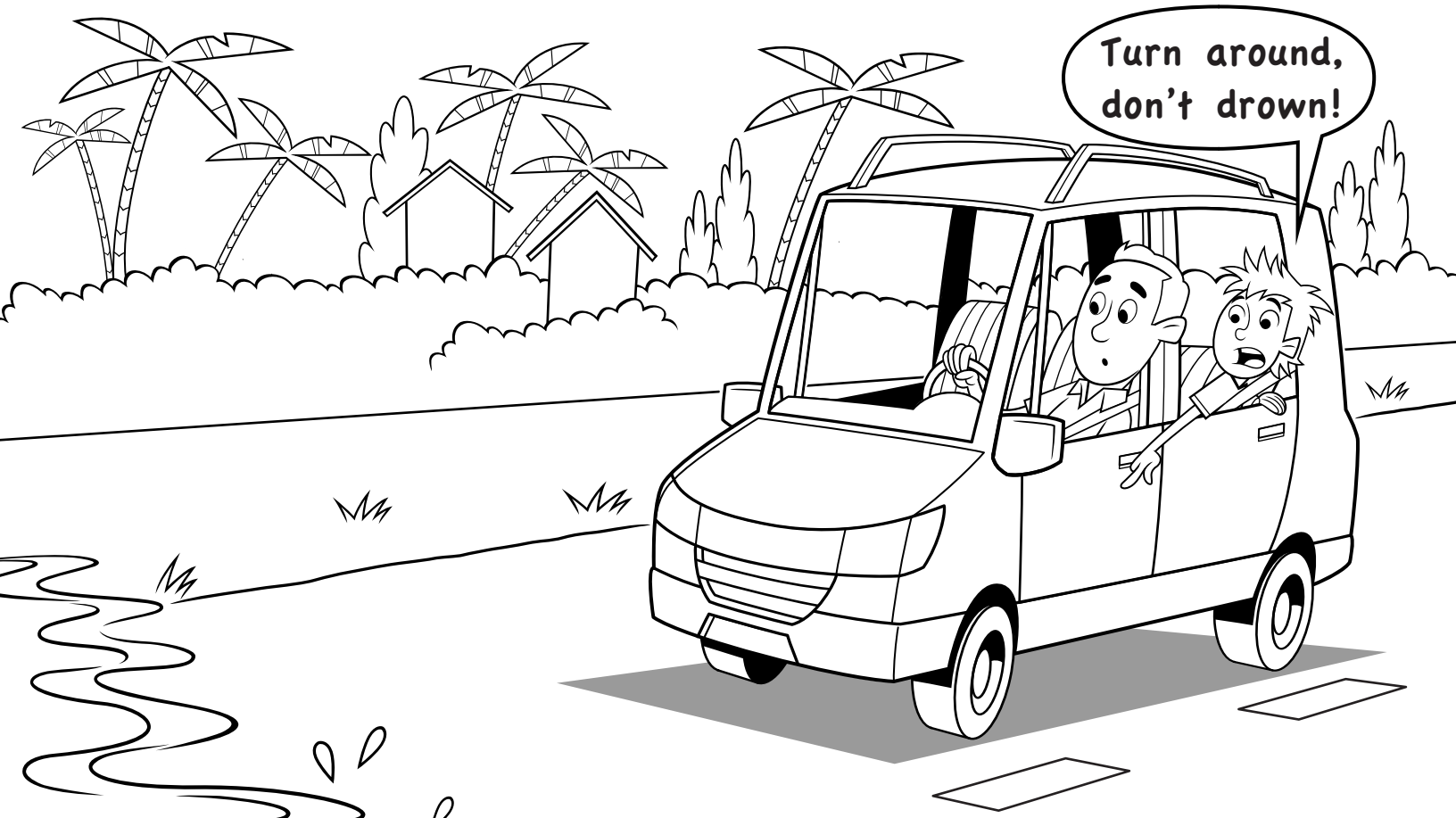
You can make your own emergency supply kit at home! Ask an adult to help you. Having a kit nearby can help you stay safe in many different kinds of emergencies.

FLOOD

When a lot of rain comes or a river overflows, that can bring a flood. Floods that happen very quickly are called flash floods.

Playing in flood water is not safe and could make you sick.

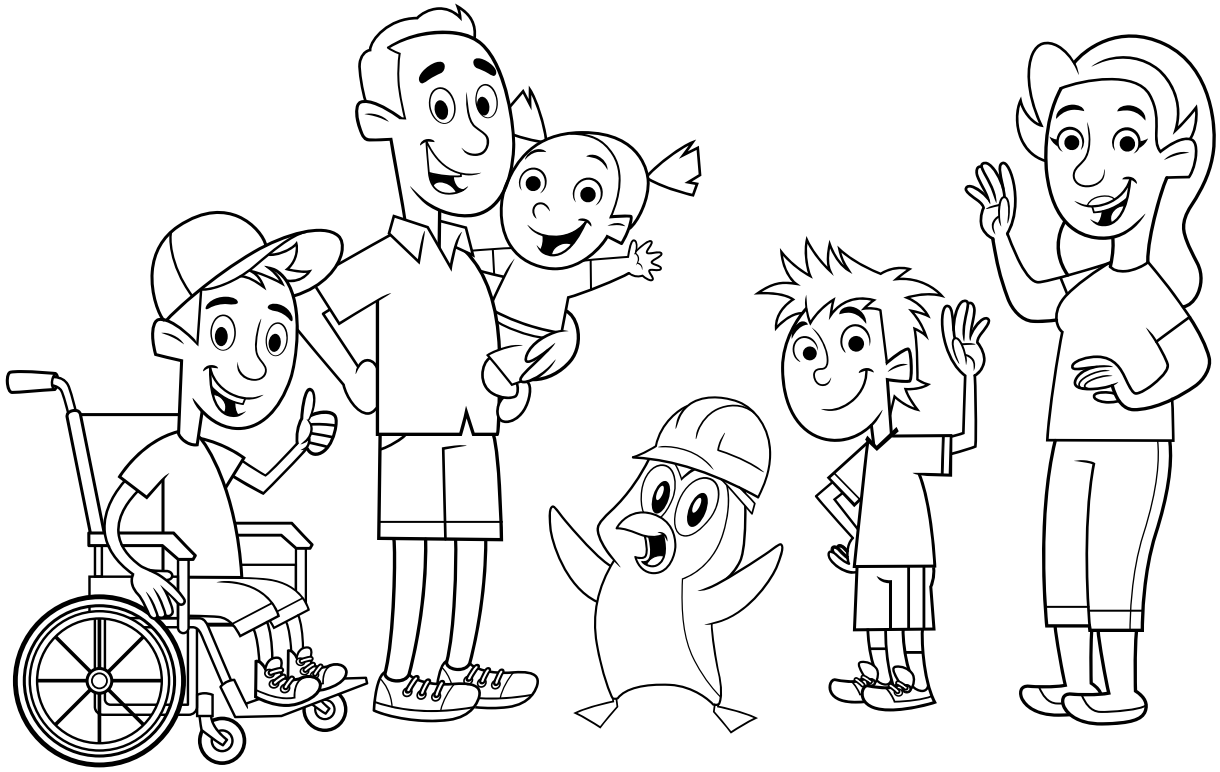
Moving water can sweep you off your feet fast. If you see flood water, never walk through it. Tell adults not to drive through it.



Did you know? Floods are the most common weather event in the United States.

Remember, Turn AROUND, Don't Drown

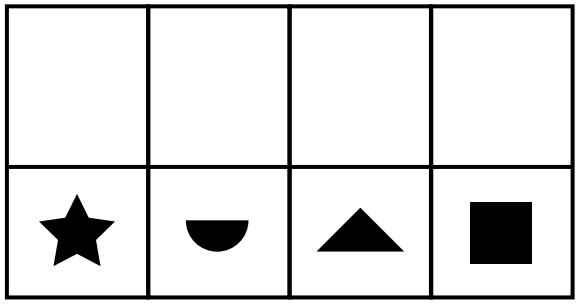
Martin's family knows what to do when they see flood water. Do you?

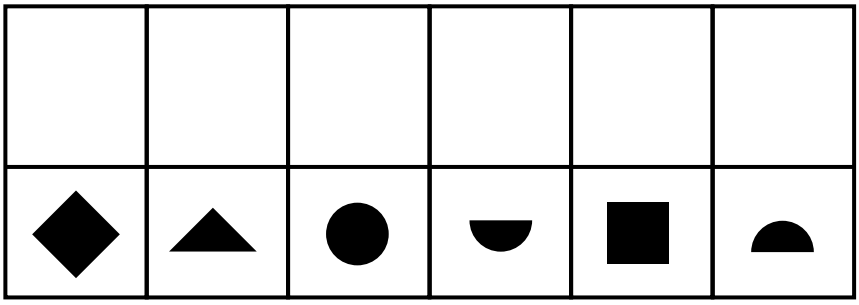


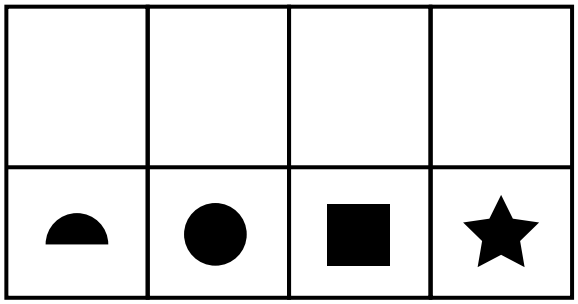
Decode the secret message!

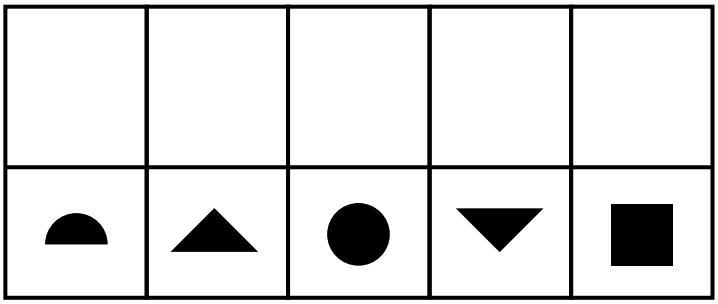
■ = N ◗ = D ▲ = R ● = O

◆ = A ◡ = U ▼ = W ★ = T









Answer Key: "TURN AROUND, DON'T DROWN"

Floods can happen where we live, so my family made a plan. We know where to go if a flood comes. We wrote down important information like names and phone numbers to use if something happens.

Fill out this plan together with your parent or guardian. Then talk about what to do if something happens. Your family can make a plan for any emergency or disaster.

My Family Communication Plan

My Name: _____

My Address: _____

My Family Members Names: _____

_____ _____

My Telephone Number: _____

Guardian Telephone Number: _____

School/Child Care Contact: _____

Neighborhood Meeting Spot: _____

Out-of-Neighborhood Meeting Spot: _____

Out-of-town Contact: _____

Medical/Doctor Information: _____

Review and update this plan every year.

Always remember to call 911 in emergencies!

HURRICANE

A hurricane is a big storm that forms over the ocean. It has a spiral shape and can travel a long way before it reaches land.

A hurricane can cause a lot of damage with strong winds and heavy rain when it hits land. The ocean water can rise with large waves that flood the coast.

Sometimes it is safe to stay at home during the storm, but you must be prepared. During the storm, stay in a safe room with no windows. Bring your pets and emergency supply kit in the room with you.

Can you find the emergency supplies hidden in this picture?

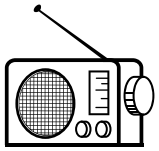
Flashlight

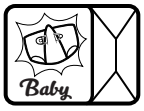
Batteries

Food

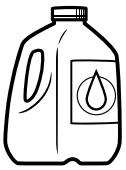
Bottle

Pet Supplies

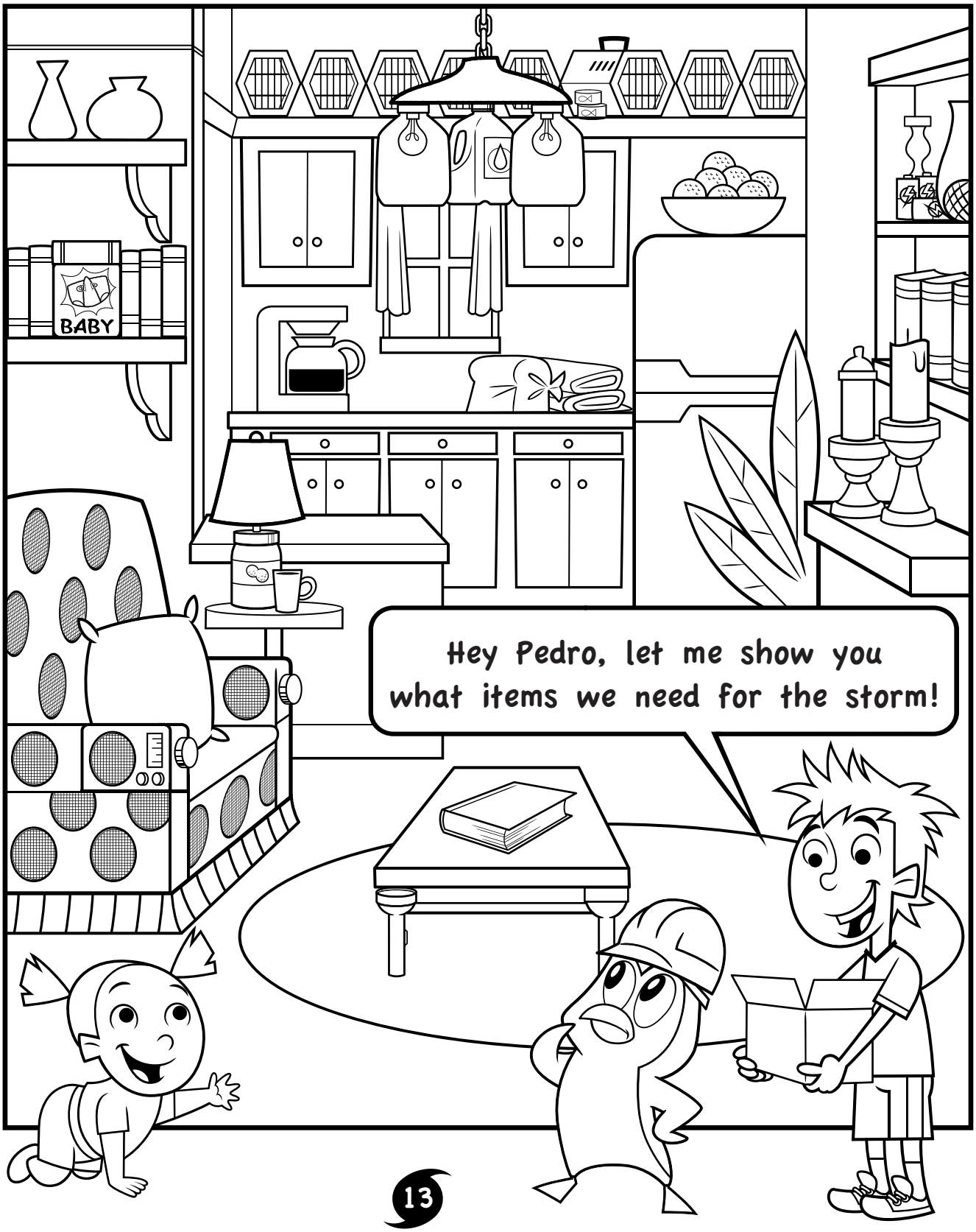

Radio



Diapers


Water

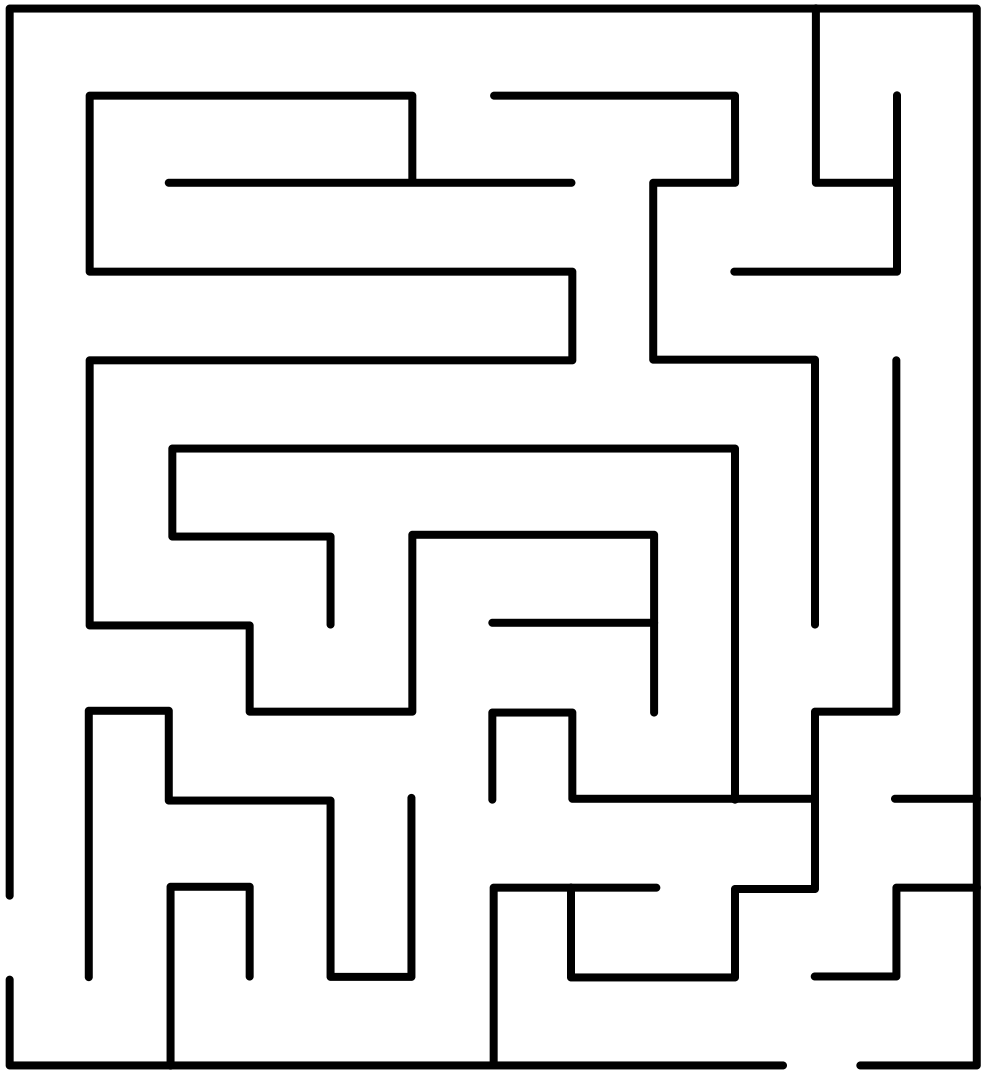
Blanket



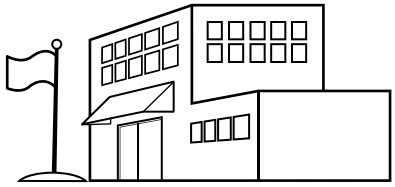
Some areas will not be safe during a hurricane. You may be told that it is safer to leave your home and travel to a safe place. This is called **EVACUATING**

A safe place is away from the wind and flood waters. It can be a hurricane shelter, a hotel, or even the home of a family member or friend.

If you are told to evacuate, you must do this right away. Waiting to leave can be unsafe.



Now it's Pedro's turn. Help Pedro get to safety!



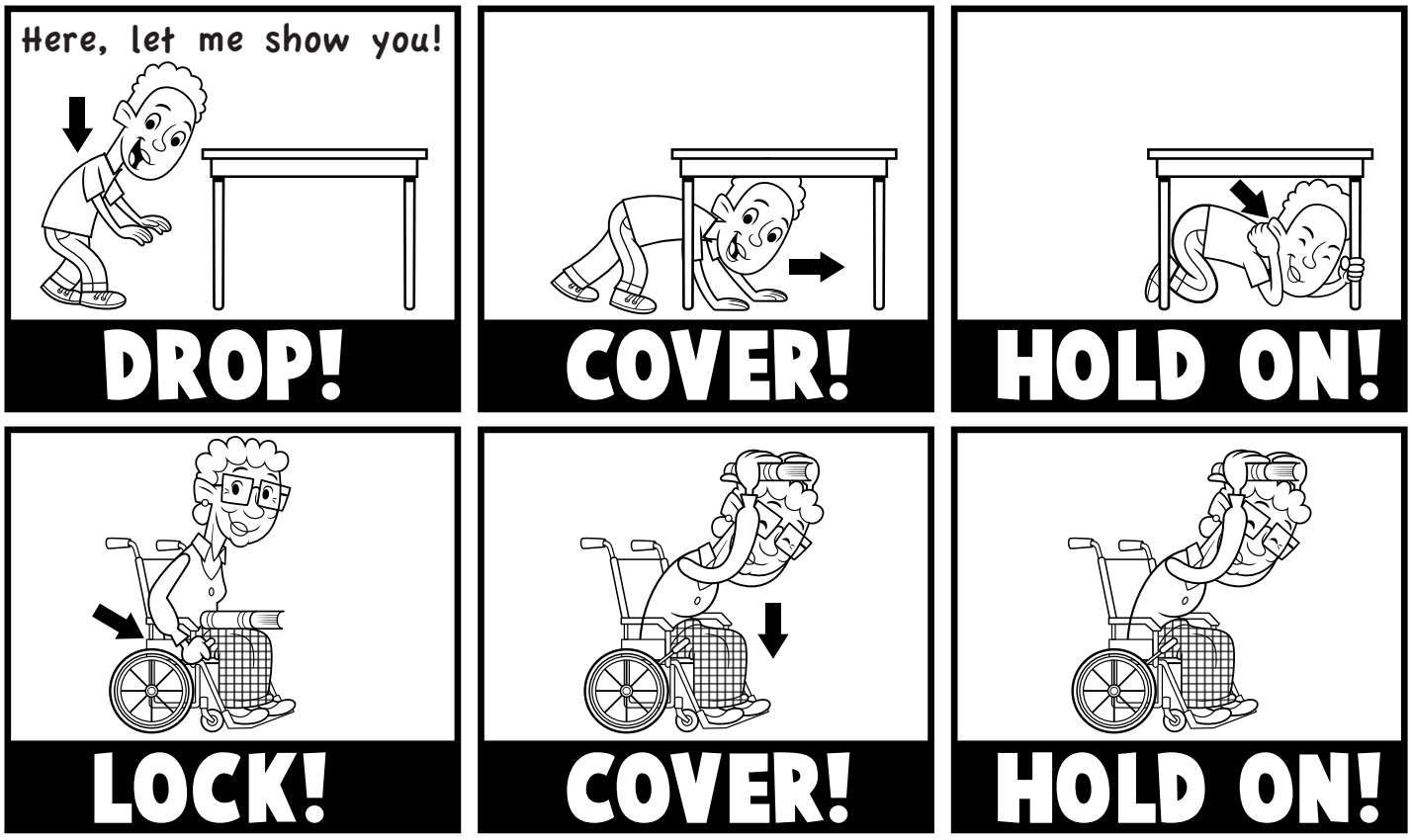
SAFE PLACE

EARTHQUAKE

An earthquake is when the rock under the earth's surface moves. When that happens, the ground under your feet can shake, move, or crack.

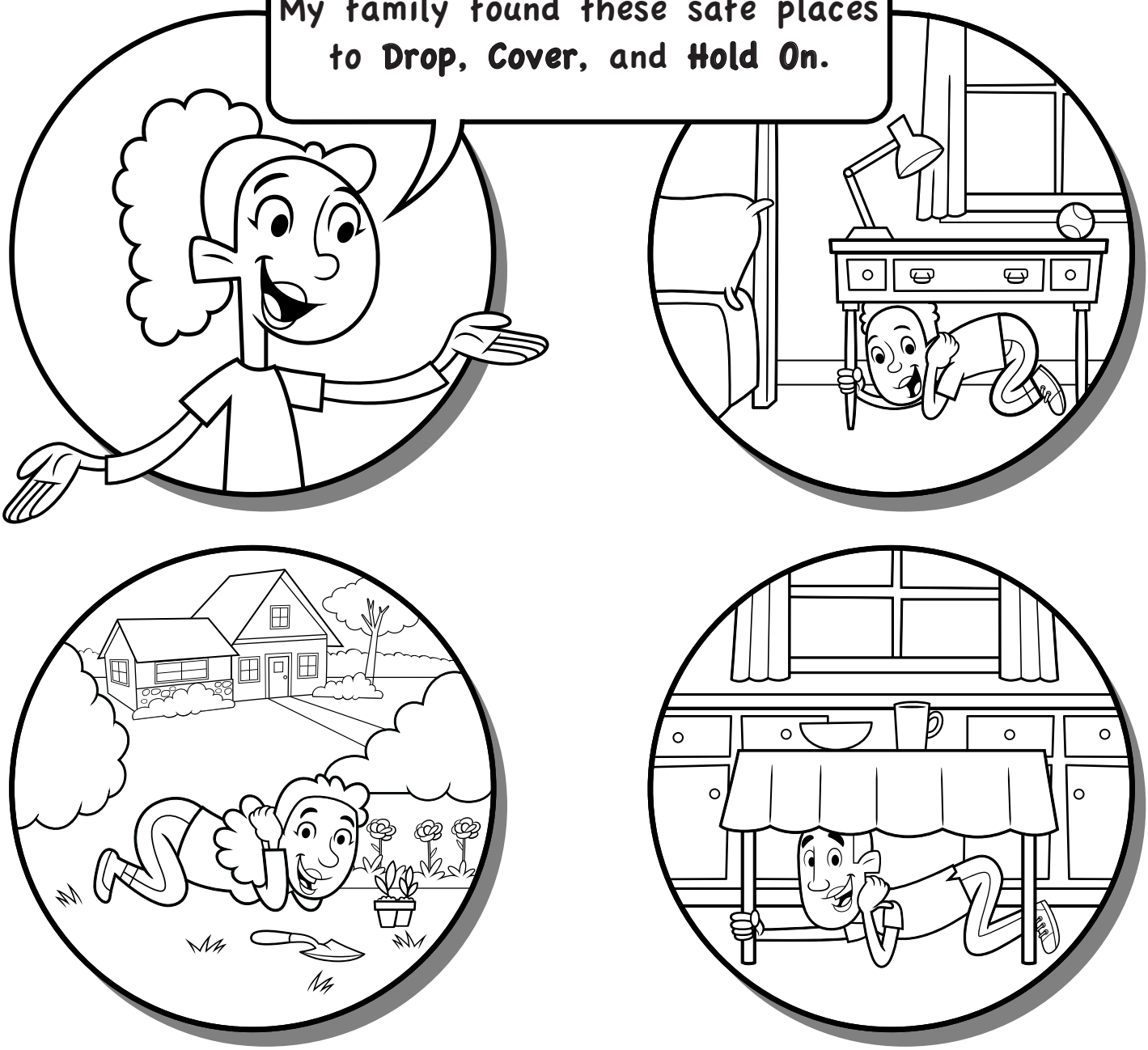
If the ground starts shaking:

- **Drop** where you are, onto your hands and knees
- **Cover** your head and neck. Crawl under a nearby sturdy table or desk if you can.
- **Hold On** until the shaking stops.



Did you know? Earthquakes can happen almost anywhere in the United States!

My family found these safe places to **Drop**, **Cover**, and **Hold On**.

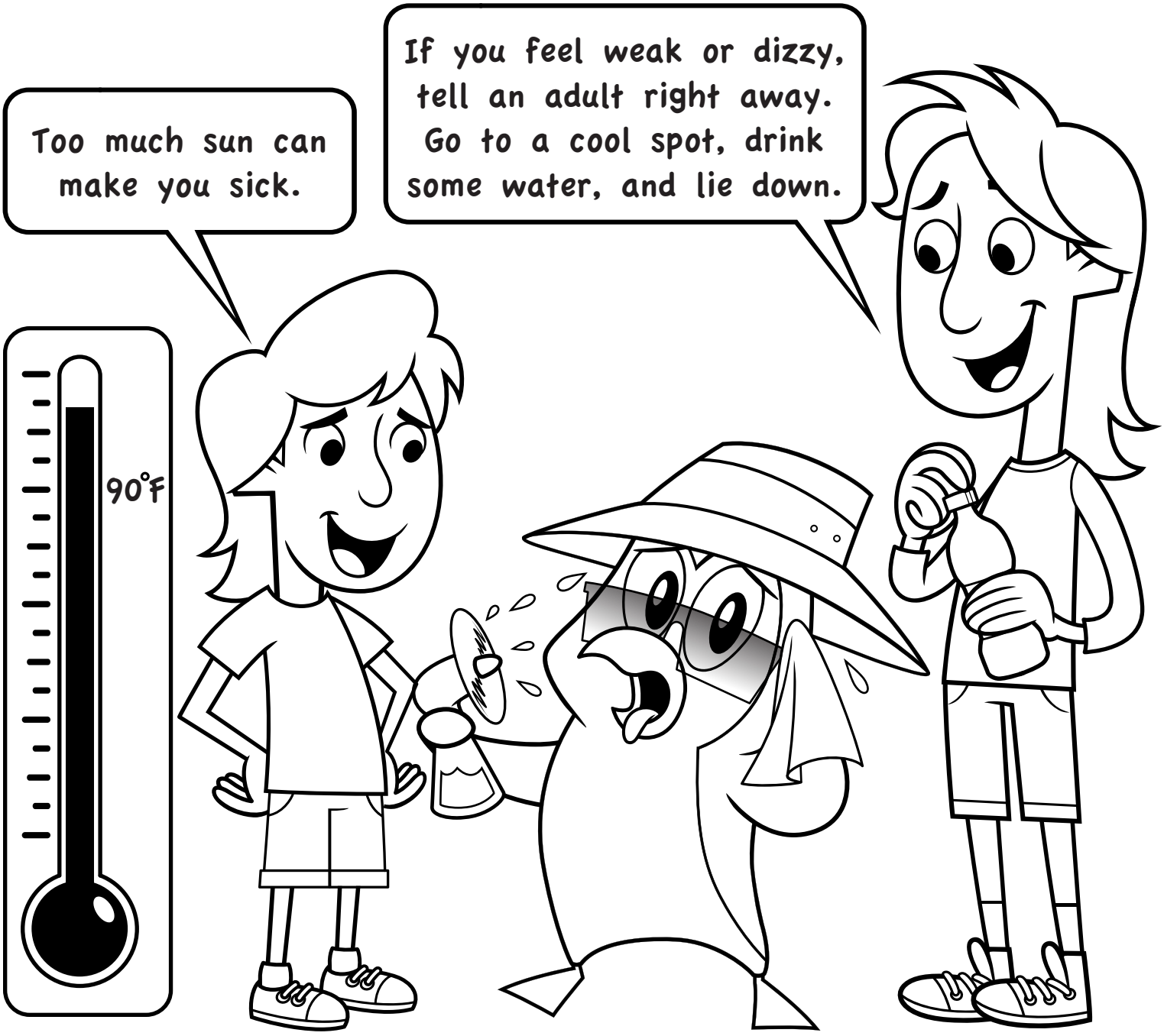


Find a sturdy table near you and practice **Drop**, **Cover**, and **Hold On**.

If you're outside when an earthquake happens, then stay there! Move to an open area if you can. Drop where you are, and cover your head and neck.

Now it's our turn. Practice with me! **Drop**, **Cover**, and **Hold On**.

EXTREME HEAT

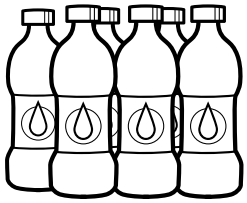


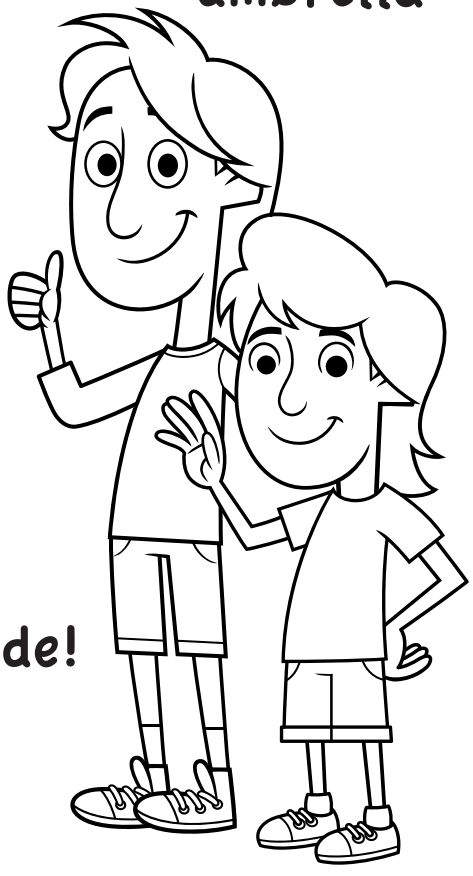
EXTREME HEAT is when it is hotter outside than normal. When it is really hot for several days or weeks, it is called a heat wave.

Can you find these words to help Elan and Yuma stay cool?

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

water
inside
sunscreen
sunglasses
hat
cool
fan
shade
umbrella

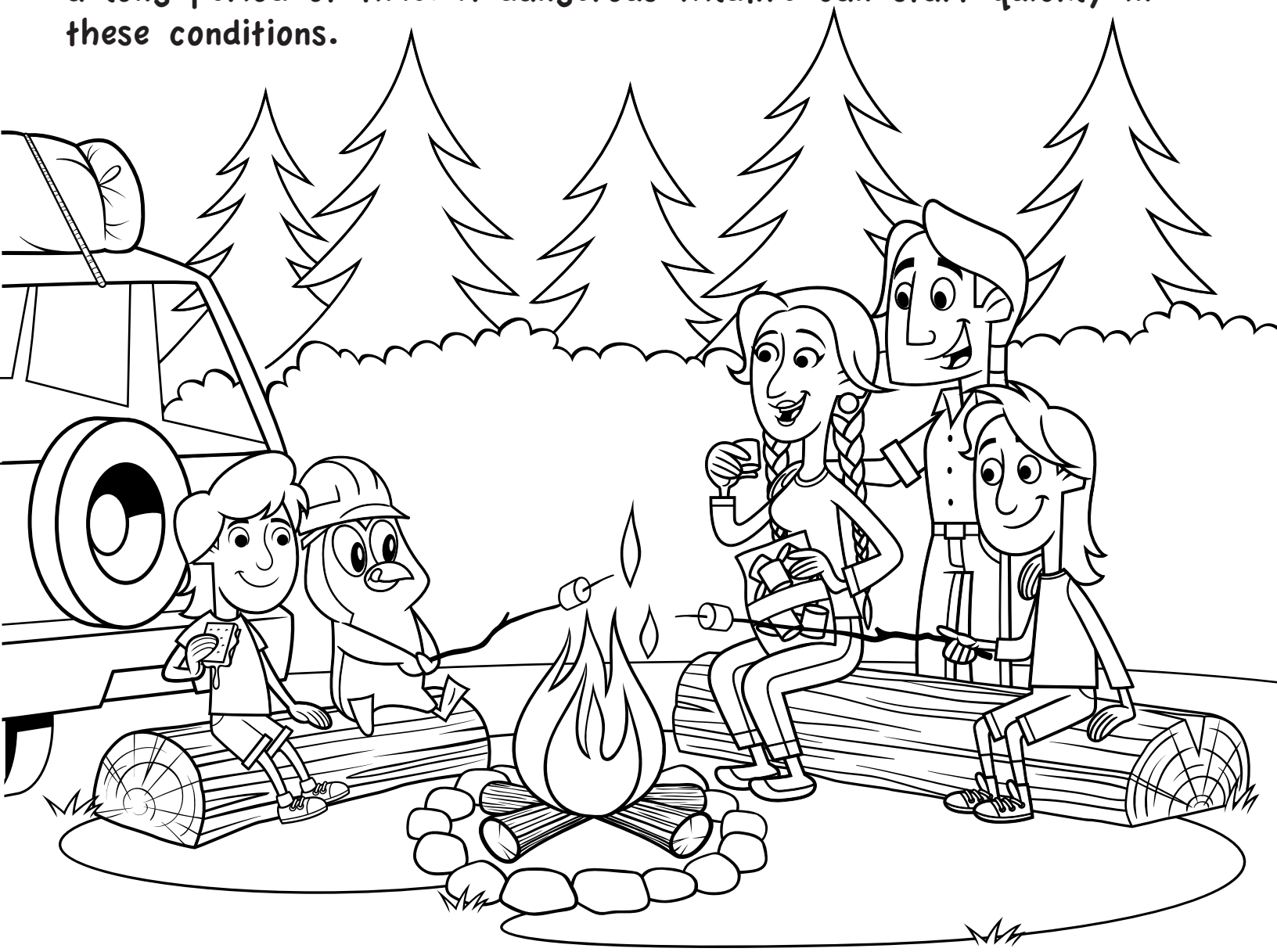




Keep **COOL**
when it's hot outside!

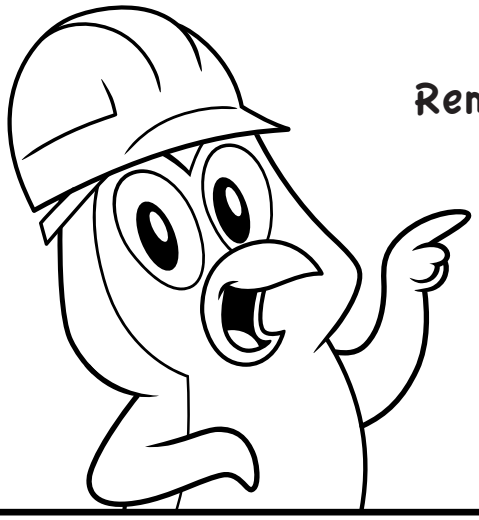
WILDFIRE

A WILDFIRE is a fire that burns through forests and other wildlands. In some places, the weather may be really dry for a long period of time. A dangerous wildfire can start quickly in these conditions.



Did you know? Most wildfires are caused by humans. Always be careful when camping or cooking outside.

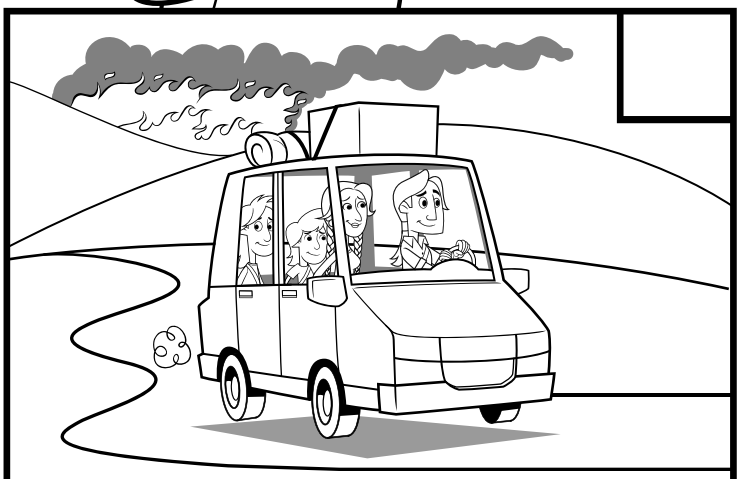
Sometimes wildfires come close to houses. When this happens, you may be asked to leave your home and travel to a safe place.



Remember, this is called **EVACUATING**.

Elan and Yuma's family needs to evacuate!

Color each picture and number them in the right order to help in their evacuation.



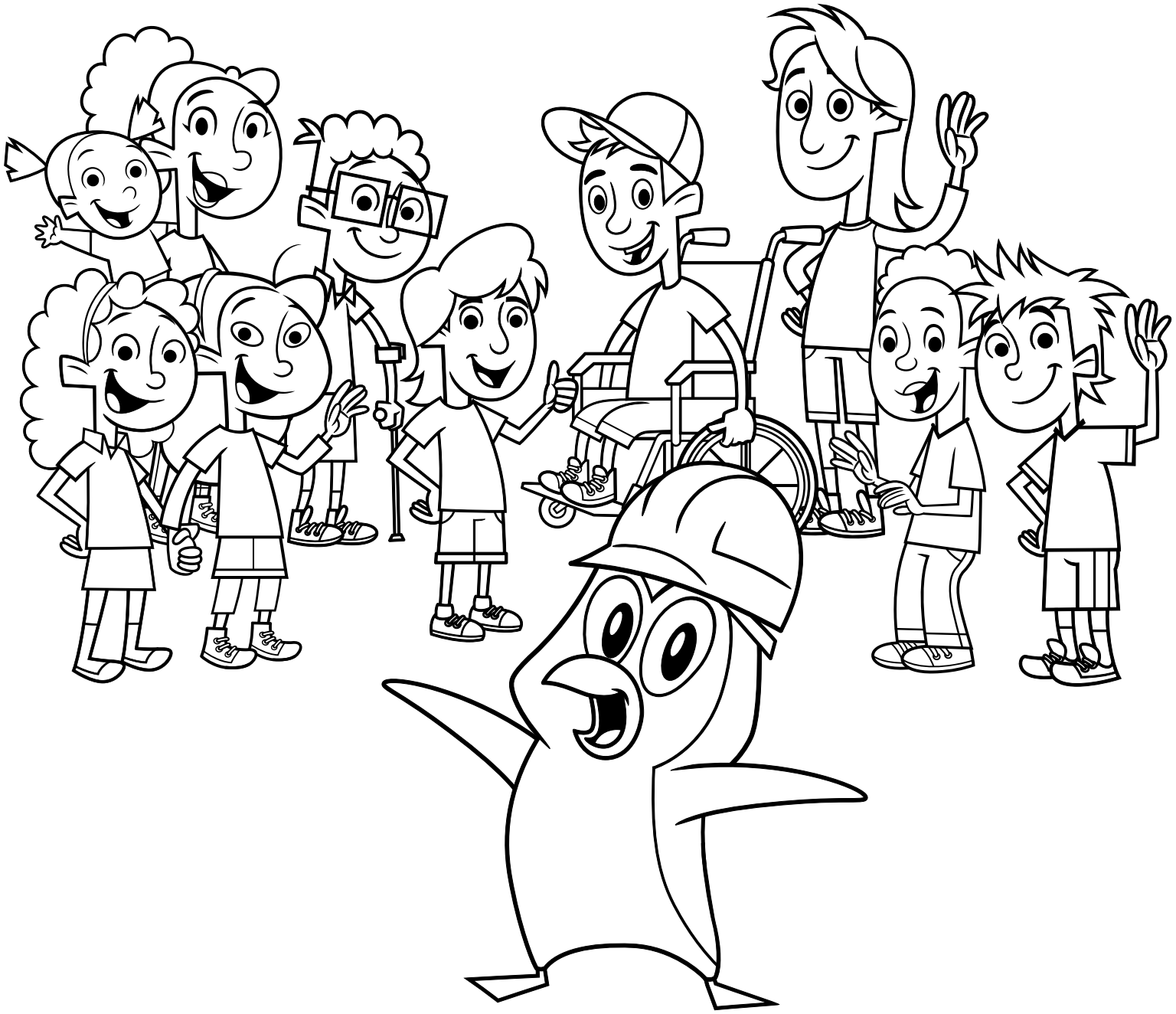
EVACUATING

WARNING

PREPARING

PACKING

Answer Key: (1.PREPARING, 2.WARNING, 3.PACKING, 4.EVACUATING)



THANKS for coming along as I learned from my friends around the country!

Remember:

-Make a plan and practice with your family

-Build an emergency supply kit

-Find safe places to take shelter

Certificate of Completion

awarded to

_____

for learning lots of ways to be prepared for emergencies and disasters.

FEMA

American Red Cross

For more information on how to prepare yourself and your family for disasters, please visit:

www.ready.gov www.redcross.org

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