



EMERGENCY PREPAREDNESS ACTIVITY BOOK



WWW.STPAUL.GOV/DEPARTMENTS/EMERGENCY-MANAGEMENT

WWW.READY.GOV/KIDS

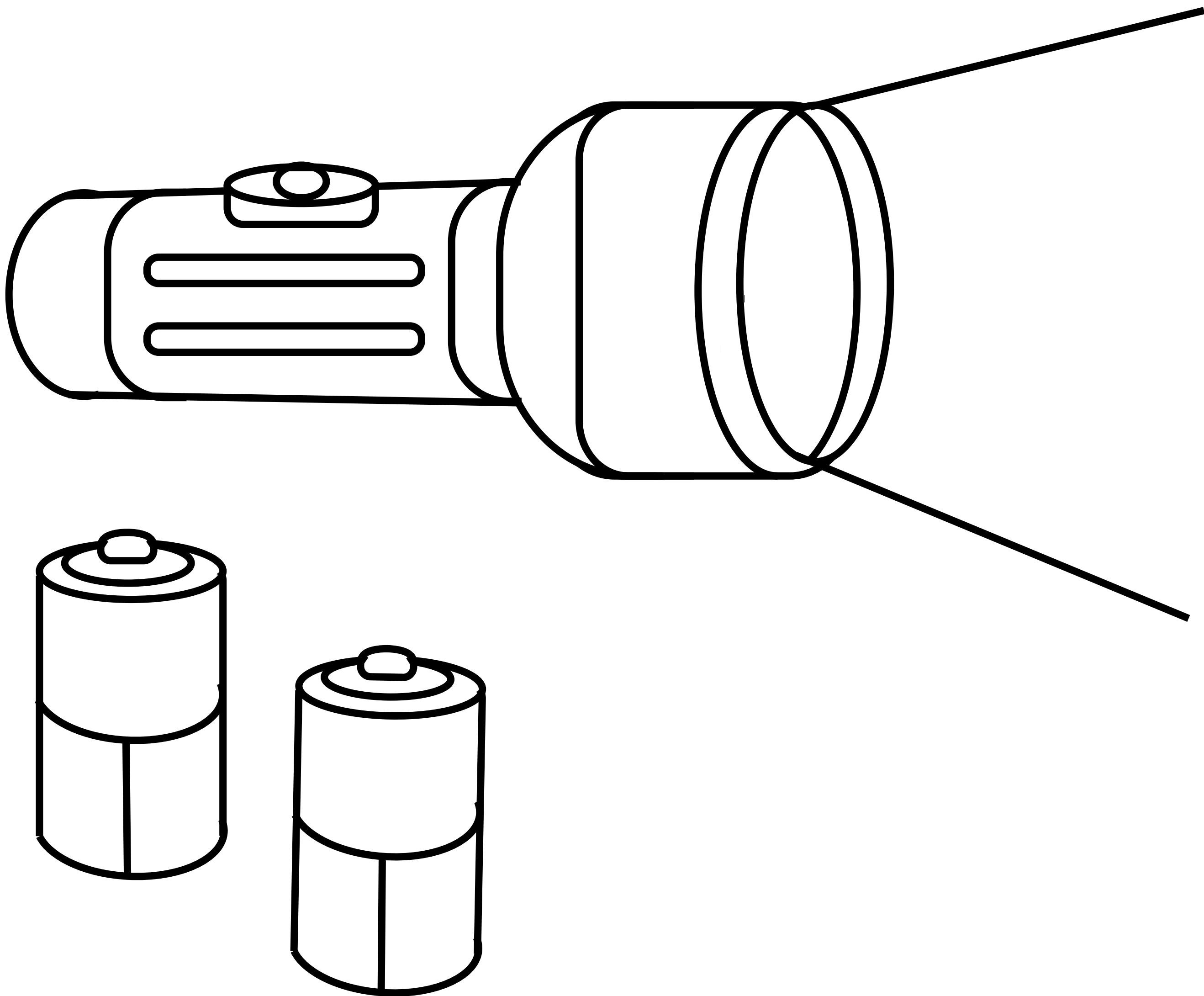
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@READYSTPAUL



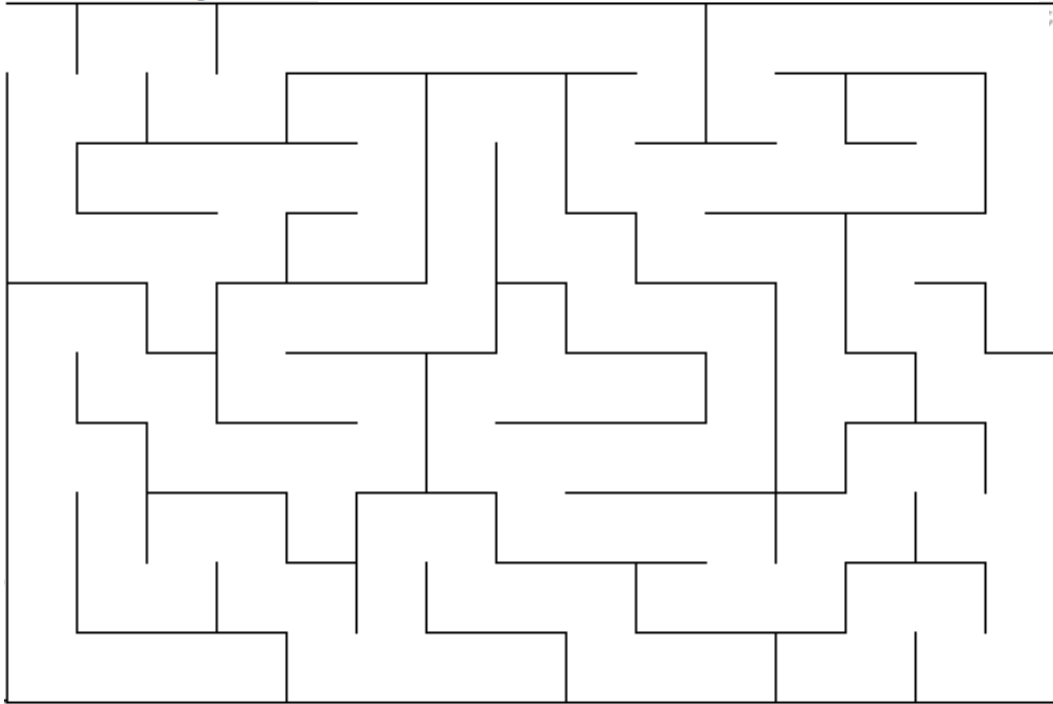
FLASHLIGHT WITH SPARE BATTERIES

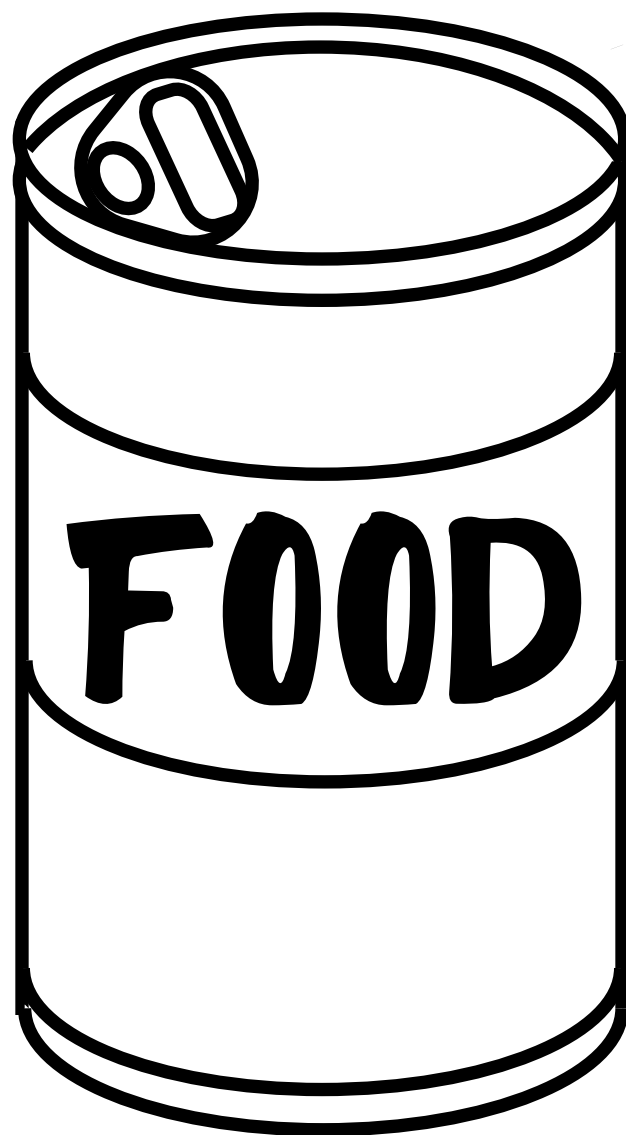
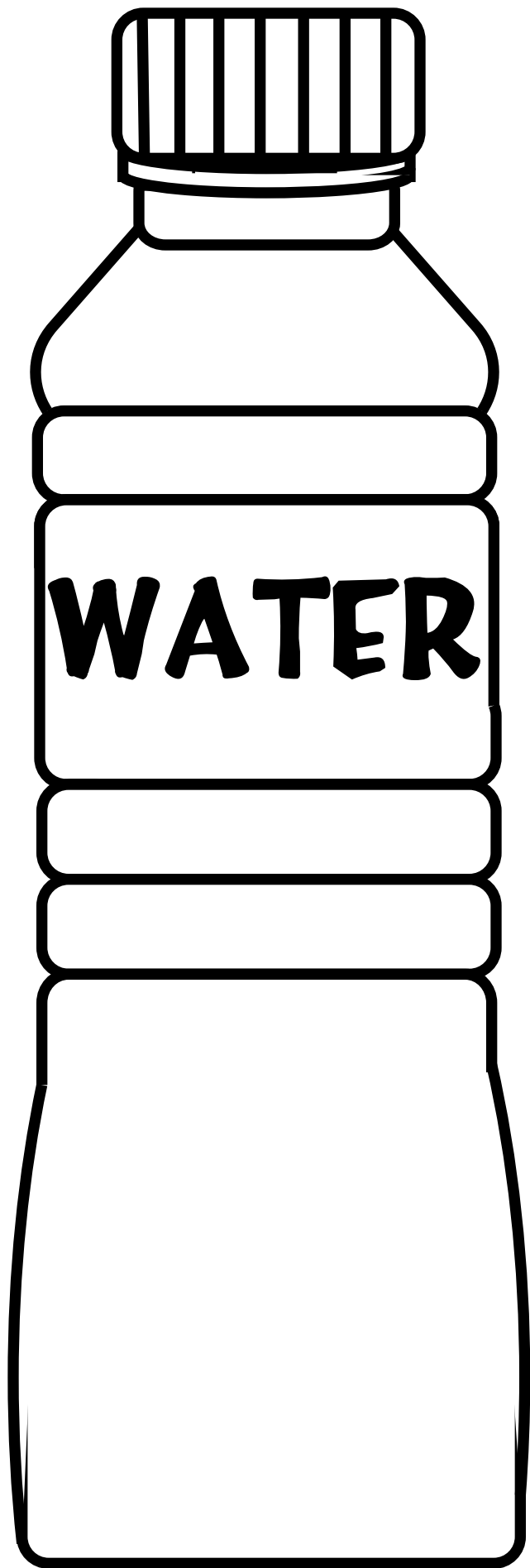






The road is flooded! Find an alternate route so you stay safe from rising water



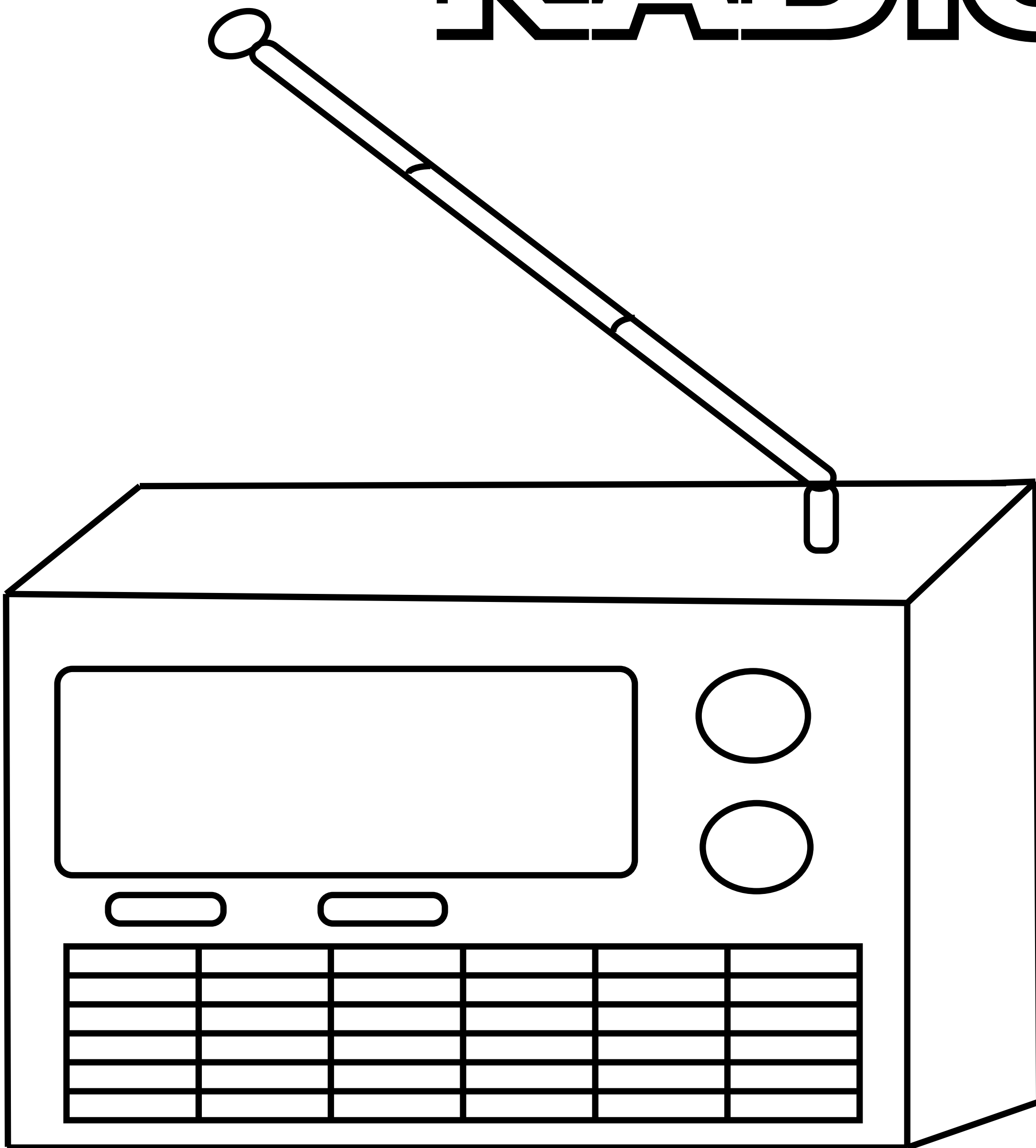


What's in a Preparedness Kit

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

FLASHLIGHT
FIRSTAIDKIT
WATER
FOOD
MULTITOOLO
RADIO
MONEY
TOILETPAPER
CHARGER
BLANKET
MAP
WHISTLE
GLOVES
TAPE
BATTERIES

RADIO





Additional Items to Consider Adding to an Emergency Supply Kit:

- ☐ Prescription medications and glasses
- ☐ Infant formula and diapers
- ☐ Pet food and extra water for your pet
- ☐ Important family documents such as copies of insurance policies, identification and bank account records in a waterproof, portable container
- ☐ Cash or traveler's checks and change
- ☐ Emergency reference material such as a first aid book or information from www.ready.gov
- ☐ Sleeping bag or warm blanket for each person. Consider additional bedding if you live in a cold-weather climate.
- ☐ Complete change of clothing including a long sleeved shirt, long pants and sturdy shoes. Consider additional clothing if you live in a cold-weather climate.
- ☐ Household chlorine bleach and medicine dropper – When diluted nine parts water to one part bleach, bleach can be used as a disinfectant. Or in an emergency, you can use it to treat water by using 16 drops of regular household liquid bleach per gallon of water. Do not use scented, color safe or bleaches with added cleaners.
- ☐ Fire Extinguisher
- ☐ Matches in a waterproof container
- ☐ Feminine supplies and personal hygiene items
- ☐ Mess kits, paper cups, plates and plastic utensils, paper towels
- ☐ Paper and pencil
- ☐ Books, games, puzzles or other activities for children

Ready

Prepare. Plan. Stay Informed.®



Emergency Supply List



FEMA

www.ready.gov



Recommended Items to Include in a Basic Emergency Supply Kit:

- ☐ Water, one gallon of water per person per day for at least three days, for drinking and sanitation
- ☐ Food, at least a three-day supply of non-perishable food
- ☐ Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both
- ☐ Flashlight and extra batteries
- ☐ First aid kit
- ☐ Whistle to signal for help
- ☐ Dust mask, to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place
- ☐ Moist towelettes, garbage bags and plastic ties for personal sanitation
- ☐ Wrench or pliers to turn off utilities
- ☐ Can opener for food (if kit contains canned food)
- ☐ Local maps

Through its **Ready Campaign**, the Federal Emergency Management Agency educates and empowers Americans to take some simple steps to prepare for and respond to potential emergencies, including natural disasters and terrorist attacks. **Ready** asks individuals to do three key things: get an emergency supply kit, make a family emergency plan, and be informed about the different types of emergencies that could occur and their appropriate responses.

All Americans should have some basic supplies on hand in order to survive for at least three days if an emergency occurs. Following is a listing of some basic items that every emergency supply kit should include. However, it is important that individuals review this list and consider where they live and the unique needs of their family in order to create an emergency supply kit that will meet these needs. Individuals should also consider having at least two emergency supply kits, one full kit at home and smaller portable kits in their workplace, vehicle or other places they spend time.

Ready



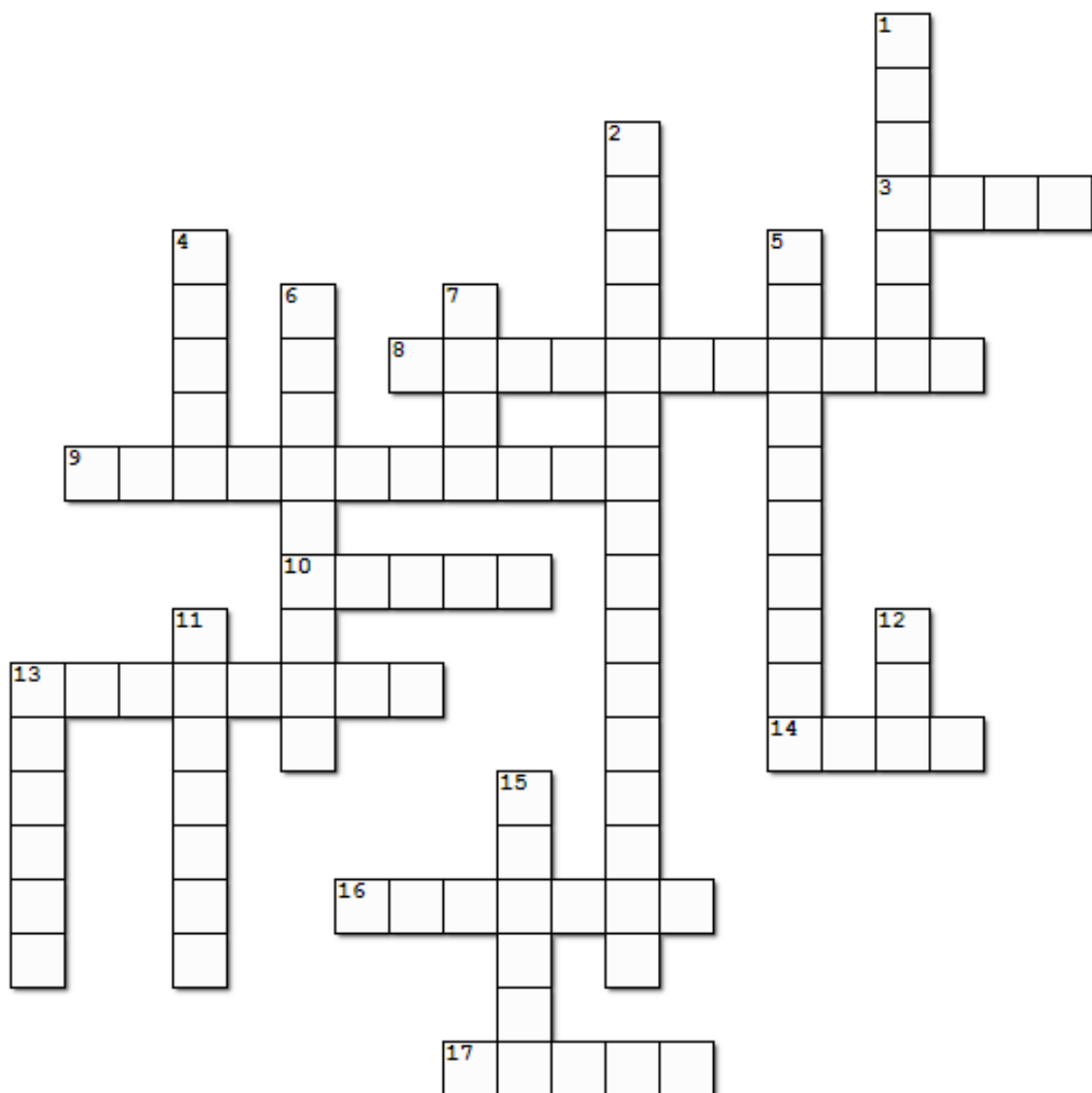
FEMA

Federal Emergency Management Agency
Washington, DC 20472

Winter Weather Preparedness Word Scramble

Unscramble the words below to see what should be in a car's winter weather preparedness kit

1. **ARIDO** _____
Plays music or gives information
2. **EBREITSA** _____
What you put in something to give it power
3. **TOOSB** _____
Put these on your feet, for snow or when you go hiking
4. **DANS** _____
Found at the beach, this or Cat Litter can be put on ice and snow to help you not slip
5. **CEI SCRAEPR** _____
This is used to clear ice from car windows
6. **LILTSFHGAH** _____
Uses batteries and helps you see in the dark
7. **TEBNKLA** _____
Wrap yourself in this to stay warm
8. **WTEAR** _____
Drink this clear liquid, in cups or bottles.
9. **PMERUJ SLBCAE** _____
Use these to help a car start if it has a dead battery by connecting two car batteries
10. **ODOF** _____
You eat this
11. **HELSVO** _____
Use this to clear snow from the ground
12. **LVEOSG** _____
Put on your hands to stay warm in the winter



Across

3. Found at the beach, can also be put on snow and ice to help you not slip
 8. Comes on a roll, and you use it when you go to the bathroom
 9. Contains band-aids, pain medicine, and other medical items
 10. Battery powered device to hear information or music
 13. An old pair of this rubber footwear will keep your toes and foot covered and safe as you walk over debris and broken glass.
 14. This is sticky on one side, can be Scotch, Duct, Masking or other type, used to fix or join things together
 16. Wrap yourself in this to stay warm
 17. Dollar bills and coins

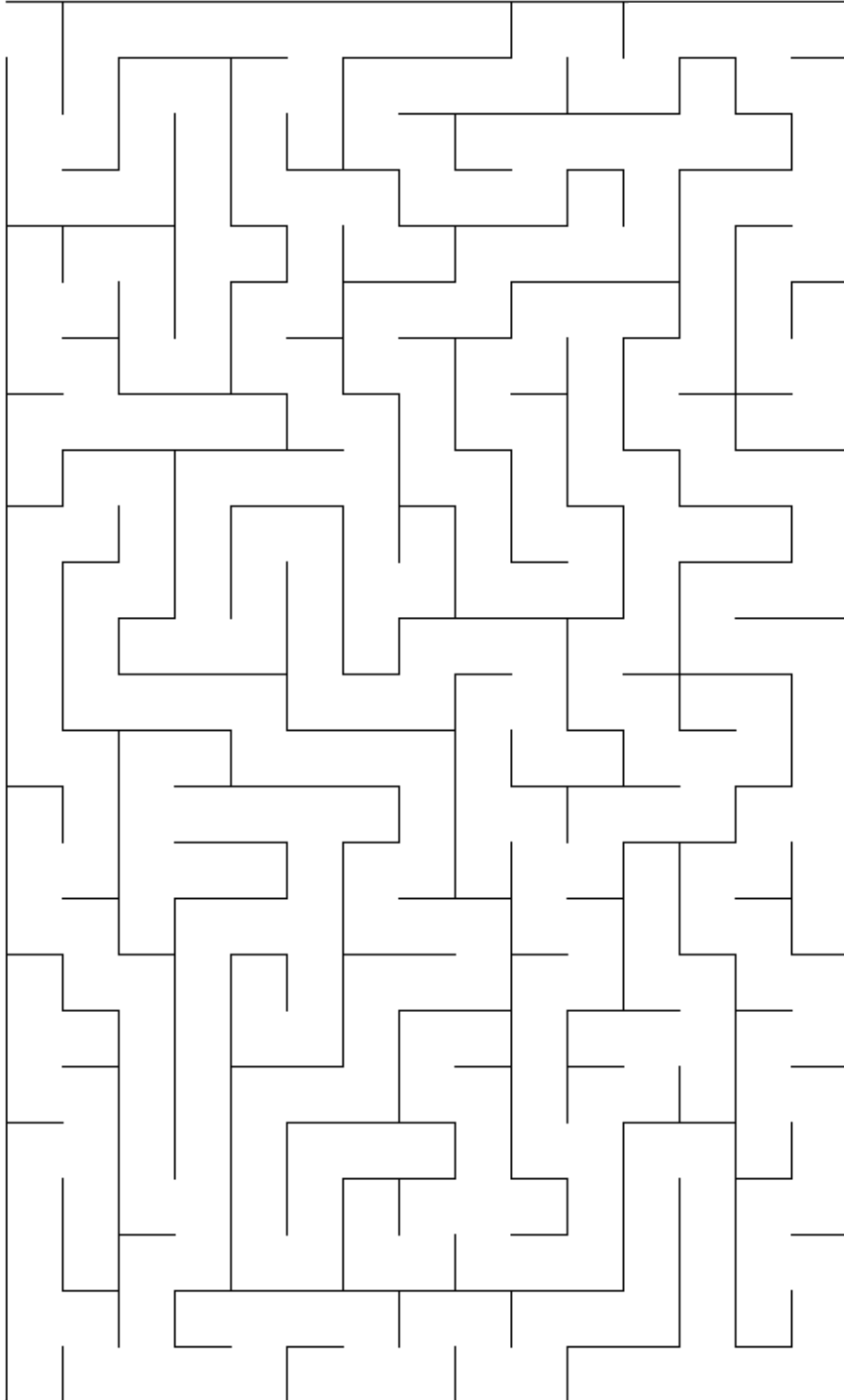
Down

1. Something you blow to make a loud sound and signal for help or get attention from people. Referees also use this in sports.
 2. Use this to spray on a fire to put it out.
 4. Clear liquid you need to drink and have a 3 day supply on hand for emergencies
 5. Battery powered and it helps you see at night
 6. These come in different sizes, like AA, AAA, C, D, 9V, and power devices. When they run out, you replace them.
 7. What you eat; have canned or non-perishable items
 11. Tiny sticks you can use to start fire, and they come in a box or a pack.
 12. Printed graphic that has streets, helping you know where to travel and how to get places
 13. What you use to clear snow
 15. Not a raincoat, but something you put on over your head to keep you dry when it's raining.

Shovel Whistle Food Flashlight Sneakers Blanket Poncho Money ToiletPaper Sand Water Matches FireExtinguisher FirstAidKit Radio Batteries Tape Map



The road is flooded! Find an alternate route so you stay safe from rising water



IS YOUR CAR WINTER PREPARED?

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

JUMPERCABLES

SAND

FLASHLIGHT

BATTERIES

FIRSTAID

WHISTLE

BLANKET

SHOVEL

GLOVES

RADIO

WATER

BOOTS

COAT

FOOD



City of Saint Paul

Emergency Management
Public Safety, Public Trust

DRAW YOUR OWN PREPAREDNESS KIT



Are You READY!

Electricity lights up our world!

Think of all the ways we rely on electricity: keeping food fresh, cooking meals, and getting information through the internet or TV. It keeps us warm in the winter, cool in the summer, and connected with each other year round. Oftentimes, we use electricity to play and have fun! Are you and your family ready if disaster strikes and your home is without power?



How would we see at night without power?

Help your family build an emergency kit! Collect these items and keep them together in a safe place that you can find easily. Make sure you have enough supplies to last for at least **three days**.

Emergency Supplies List

- | | |
|--|---|
| <input type="checkbox"/> 3-day supply of non-perishable food (dried fruit, canned tuna fish, peanut butter, etc.) | <input type="checkbox"/> Water – at least a gallon per person, per day |
| <input type="checkbox"/> Can opener | <input type="checkbox"/> Battery-powered or hand-cranked radio with extra batteries |
| <input type="checkbox"/> First aid kit | <input type="checkbox"/> Flashlights with extra batteries |
| <input type="checkbox"/> Sleeping bag or warm blanket for everyone in your family | <input type="checkbox"/> Cell phone with charger, extra battery and solar charger |
| <input type="checkbox"/> Change of clothes to last 3 days, including sturdy shoes; consider the weather where you live | <input type="checkbox"/> Whistle to signal for help |
| <input type="checkbox"/> Matches in a waterproof container (let a grown up handle these) | <input type="checkbox"/> Local maps |
| <input type="checkbox"/> Toothbrush, toothpaste, soap | <input type="checkbox"/> Pet supplies |
| <input type="checkbox"/> Paper plates, plastic cups and utensils, paper towels | <input type="checkbox"/> Baby supplies |
| | <input type="checkbox"/> Books, games or puzzles |
| | <input type="checkbox"/> A favorite stuffed animal or blanket |

Remember, traffic lights will not work!

**Go on a quest with your family!
Create a scavenger hunt!
Make planning fun!**



<http://www.ready.gov/kids>



@READYSTPAUL

WWW.READY.GOV/KIDS/BUILD-A-KIT