

Emergency Preparedness Parent Packet

Hello fellow parents who want to ensure their family is prepared for an emergency! This packet contains a lot of information, but we promise it's GOOD information. In addition to receiving good information, you will be rewarded if you make it to the end of the packet. Let's begin!

It is our goal to make The Great Shakeout a fun family event. We want your kiddos to associate earthquake preparedness with fun. We also want to ensure your family spends at least one day a year reviewing what to do during and after an earthquake. Here's an overview of how to start a **Family Safety Tradition** this Great Shakeout:

1. Family Activities

1. "Drop, Cover, and Hold On" in different locations
2. Teach your young kiddos a parent's cell number to the tune of "Twinkle, Twinkle Little Star"
3. Have a family picnic in your outdoor family meeting spot

2. Update Emergency Kits

1. Swap food and water in family kit, if needed
2. Open your personal kits from last year! Kids keep clothes, shoes, activities, and snacks as presents, and replace with new items (clothes & shoes at least 1 size up)

3. Connect With Neighbors

1. Deliver starter emergency kits to at-risk neighbors in your neighborhood

Every Great Shakeout is a Great Opportunity to reinforce safe earthquake preparedness habits with your family!



Good SamariTots



Family Activities

“Drop, Cover, and Hold On”

Your children will practice this in their schools, but do they know what to do in their bed? In a store? At a park? Point is, there’s a decent chance they won’t be at school during the next earthquake. Prepare your family for earthquakes in different locations so their reaction during the real deal is safe and not done in fear. I could describe what to do in every scenario, but this site does a better job: www.earthquakecountry.org/step5/

Here’s the basic drill that will protect you in most situations (text and image taken from earthquakecountry.org):

DROP where you are, onto your hands and knees

COVER your neck with one arm and hand. Crawl to and underneath a sturdy table, if nearby. Otherwise, crawl next to an interior wall away from windows

HOLD ON to a table, etc with one hand, if nearby. Otherwise, cover your neck with both arms and hands



Make it fun for the kids! Let them know they'll have earthquake drills throughout the day, but don't tell them when or where. Yell "Earth-quake" and have everyone say each step as they do it, "Drop"..."Cover"..."Hold On," so it reinforces the procedure. Have a sense of humor? Do a drill when they're going potty, or right when they get into bed. After all, you never know when an earthquake will happen!

Cell Phone Number Song

Older kids probably already know your cell phone number, or maybe it's entered in *their* cell phone. Younger kids probably don't, and they're the ones who need to know it the most! In the event you are separated from your child during an emergency, they may need, and will definitely want, to get a hold of you. Make it easy. They know the tune to "Twinkle, Twinkle, Little Star." Replace all the words with the numbers in your cell phone, and bam...cell phone song! Here's an example:

555-867-5309
That's my mommy's cell phone
That's my mommy's cell phone
555-867-5309

It requires a little creative adaptation, but find a version that works for you and sing it with your kiddos. Then sing it again. And again. It might get on your nerves, but it works! With toddlers, we recommend just teaching one parent's cell phone number. If you wish to teach multiple numbers, use different songs.

Family Picnic in your Meeting Spot

After an earthquake or other emergency, your home may not be safe to enter. Choose a family meeting spot near but outside your home. A big tree, a patch of grass, or outside a neighbor's home are all good options (provided you don't have to cross a street or navigate dangerous terrain). Help your kiddos remember where it's located and associate it with positive memories by having a picnic in your meeting spot. Or play some games, have an ice cream cone, read some books...you get the point. Make it memorable so they remember your family meeting spot!

Update Emergency Kits

Swap Food and Water in Family Kit

The first step is to actually assemble a family emergency kit. The kit should be easy to carry and contain a three-day supply of food and water per family member. The website www.ready.gov recommends the following for a basic kit:

- One gallon of water per person per day
- Non-perishable food items
- Manual can opener
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert
- Flashlight
- Extra batteries
- First aid kit
- Whistle to signal for help
- Dust mask to help filter contaminated air
- Plastic sheeting and duct tape
- Hygiene wipes, garbage bags, and plastic ties for personal sanitation
- Wrench or pliers to turn off utilities
- Local map
- Cell phone with chargers and a backup battery
- Food, water and supplies for pets
- Vital medications

Or buy a pre-assembled kit and make your life a little easier. We like www.redcross.org/store/preparedness, but you can find a basic family kit in lots of places. When your kit is assembled/purchased, check the expiration dates of food, water, and vital medications during every Great Shakeout!



Personal Kits

While basic family kits provide most items needed for survival, they don't provide a lot for comfort or fun. Ideally, each family member should have a personal kit that is easy to find and grab if you have to vacate your home. Suggested items to include:

- **Water**
- **Favorite non-perishable snacks**
- **Light source** (glow sticks are a great option!)
- **Small first aid kit**
- **Vital medications** (if possible, include in both family and personal kits)
- **Personal hygiene items** (wipes, toothpaste and toothbrush, etc)
- **Clothes** (1 size up)...don't forget underwear!
- **Shoes** (at least 1 size up)
- **Fun activities** (markers, books, games, puzzles, small toys, etc)
- **Comfort item** (sleep buddy, pacifier, etc)
- **Some dollars and coins**
- **Emergency info card**

Every Great Shakeout morning, your kiddos will open their personal kits and keep everything that needs to be swapped out as presents! If you bought clothes and shoes at least a size up, they should fit (just to be sure, check their kit a few times a year... more on that later). You can also swap out their snacks, fun activities, comfort items, and water. In addition, ensure their emergency info cards are updated and vital medications are not expired. This doesn't have to be a big expense. Dollar and thrift stores are your best friends!



Connect With Neighbors

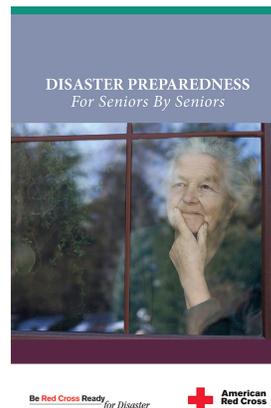
Deliver Emergency Kits to Neighbors

If you've gone through the steps in this packet thus far, your family should be adequately prepared for an earthquake. However, some of your neighbors are not. Those who are elderly or disabled may especially be at risk during an emergency. Let them know you care about their safety by delivering a starter emergency kit to their door. Exchange phone numbers and check in on them throughout the year so they have the comfort of knowing someone will look out for their safety in the event of an earthquake or other emergency. Some items to include:

- **Water** (6-8 bottles is ideal)
- **Non-perishable food items** (granola bars, chicken/tuna & cracker packs)
- **Band-aids or a small first aid kit**
- **Flashlight**
- **Whistle to signal for help**
- **Dust mask**
- **Gloves to protect them from shattered windows, etc**

Personalize it with:

- **A sweet note/drawing from your kiddos**
- **Emergency contact information card with YOUR cell phone number**
- **A local map**
- **Disaster Preparedness literature** (if your neighbor is elderly)



Beyond the Great Shakeout

Get FREE Emergency Training

Did you know your community offers FREE emergency response training? The Community Emergency Response Team (CERT) program trains volunteers in disaster preparedness for hazards that may impact their area. Visit www.ready.gov/community-emergency-response-team for detailed information about the program.

Stay tuned for shorter, parent-friendly (as in, childcare will be provided) emergency response training in South Pasadena!

Do An Earthquake Preparedness Refresher

Finally, ensuring your family practices earthquake preparedness drills/activities once a year is fantastic! But adding a refresher (that happens to correspond with Daylight Saving Time) is even better. We will send an email reminder, but please take out your cell phone and enter these in your calendar:

- **Thursday, 10/21/21 - Great Shakeout**
- **Sunday, 3/13/22 - Earthquake Preparedness Refresher**

Take an hour during the refresher to:

- **Do earthquake drills in different locations (“Drop, Cover, Hold on”)**
- **Check expiration dates of water, food, and medications in each kit**
- **Sing the cell phone song with your younger kiddos**
- **Visit your family meeting spot**
- **Check in with at-risk neighbors**
- **Ensure personal kit clothes and shoes aren’t getting too small**

So you’ve made it to the end of the packet. Congrats!
Email kelly@goodsamaritots.org to claim your reward.
Thank you for ensuring your family is prepared for the next earthquake!

Additional Resources

Good SamariTots - www.goodsamaritots.org

Find information about getting your children involved with community service projects and helping local organizations and families in need

Great Shakeout - www.shakeout.org

Find information about The Great California Shakeout, including how to plan and find a drill.

Earthquake Country Alliance - www.earthquakecountry.org

Find detailed information about preparing for and recovering from an earthquake

Ready.gov - www.ready.gov

Find information about disaster preparedness, including CERT training and emergency kit assembly, and excellent resources for kids.

American Red Cross - www.redcross.org

Find information about first aid training, and browse their shop for pre-assembled emergency preparedness kits

FEMA - www.fema.gov/earthquake

Find information about earthquake risk-reduction, including strengthening your home and securing its contents

Stealth Angel - www.stealthangelsurvival.com

Find pre-assembled emergency kits for your home, car, classroom, and office



FEMA



Earthquake
Country
Alliance
We're all in this together.



**American
Red Cross**