

Emergency Preparedness For Family Safety

At-Home Safety Tips For Fires, Tornadoes, and Intrusions



An estimated
50% of families
do not have the
necessary
supplies in case
of emergency.

Do you have a safety kit?

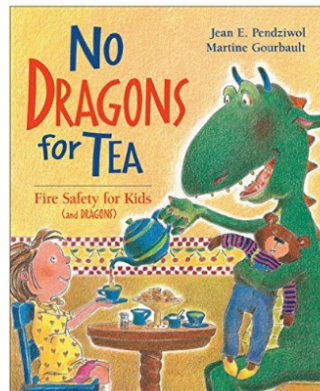
The following supplies are recommended minimum for all families:

- Three days of food and water supply for each person
- Radio and flashlight with hand cranks or extra batteries
- Whistle to call for help
- First aid kit
- Cell phone with inverter or solar charger
- Dust mask and duct tape
- Wrench or pliers to turn off utilities
- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Local maps

Fire Safety

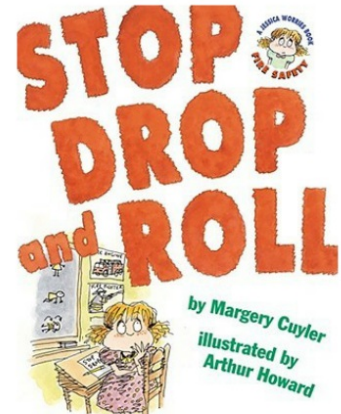
- Researchers recommend having smoke alarms in all rooms, halls, storage areas, and basements.
- It is especially important to have smoke alarms inside and outside of each bedroom.
- The average family has just two minutes to escape a home, so having an escape plan is essential.

Children's Books About Fire Safety



No Dragons for Tea: Fire Safety for Kids (and Dragons)

written by Margery Cuyler
and illustrated by Arthur Howard



Stop Drop and Roll

written by Jean E. Pendziwol and illustrated by Martine Gourbault

Additional Resources About Safety Kits and Fire Safety

- Adelphi University Center for Health Innovation: <http://chi.adelphi.edu/news-events/the-adelphi-university-center-for-health-innovation-poll/emergency-preparedness/>
- Fire Safety For Life: <http://www.firesafetyforlife.com/>
- American Red Cross: <http://www.redcross.org/news/article/A-Home-Fire-Escape-Plan-Can-Save-Your-Life>
<http://www.redcross.org/get-help/prepare-for-emergencies/be-red-cross-ready/get-a-kit>
- BRK Electronics: http://www.brkelectronics.com/faqs/diy/recommended_locations_for_smoke_alarms
- United States Fire Administration: <https://www.usfa.fema.gov/prevention/outreach/escape.html>

Tornado Safety

- The safest place to be is an underground shelter, basement, or a small, windowless interior room or hallway on the lowest level of a sturdy building.
- If you are caught outdoors, immediately drive to the closest sturdy shelter.
- If you see flying debris while you are driving, pull over and park, and put your head below the windows. Cover it with your hands and a blanket.
- If possible, lie down outside in a ditch that is lower than the roadway.
- It may be safer to stay inside of the car if your car has side airbags or a roll cage.
- Keep helmets in your safe room.

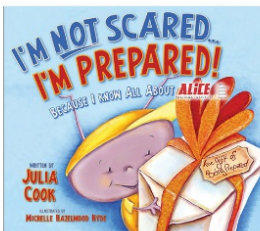
Intrusion Safety

- Do not allow children who are home alone to answer the door.
- No matter your plan, talking to the intruder will give away your location.
- Dial 911 as soon as possible.

Safety Activities to Do with Your Children

- Create a fire escape route drawing of your house.
- Put a piece of paper colored like a fire on your child's back and have them stop, drop, and roll for practice.
- Draw a tornado together and talk about how tornadoes are formed.
- Show children how to cover their heads during a tornado.
- Create tornadoes in a bottle by duct taping two two-liter bottles together.
- Discuss and reenact emergency plans with your children at least once a month. Children learn best by doing.

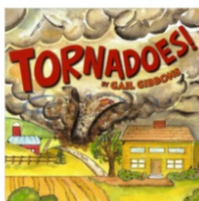
Children's Books About Tornado and Intrusion Safety



I'm Not Scared... I'm Prepared!
written by Julia Cook and
illustrated by Michelle
Hazelwood Hyde



*Tornado! : The Story Behind
These Twisting, Turning,
Spinning, and Spiraling Storms*
(National Geographic Kids)
by Judy Fradin and Dennis
Fradin



Tornadoes!
by Gail Gibbons



Additional
Sources
and
Resources:

http://www.citizendefensetraining.com/safe_at_home.htm
<http://www.stevespanglerscience.com/blog/2012/07/23/tornadoes-in-a-bottle-discovery-wonder-and-science-for-all-ages/>
http://www.educationworld.com/a_lesson/lesson/lesson026.shtml
<http://www.redcross.org/get-help/prepare-for-emergencies/types-of-emergencies/tornado>
<http://www.spc.noaa.gov/faq/tornado/safety.html>

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