The 's
Family Disaster Plan

WePrepare

Family Plan Instructions

It is important to make sure your family has a plan in case of a disaster. This plan will serve as a guide for each of your family members, letting them know how you will get in contact with one another, where you will go and what you will do in an emergency. Keep a copy of this plan in your disaster supply kit or another safe place where you can access it in the event of a disaster.

To customize your family plan please download this file to your computer. (If you don't have the latest version of **Adobe Acrobat,** please click here for a free download). Fill out the information in the form about your family members, emergency contacts, family meeting place, etc.

When you complete the form you can:

- **Save your plan**
- **Print out your plan**
- **Send via e-mail to your out-of-state contact**

By completing your plan you also create a personalized book for your child. The information you entered into your family plan will automatically customize the book.

After you complete your plan we encourage you to fill out a quick survey.

Thank you for taking this important step to become disaster prepared.

CLICK TO BEGIN!

Disclaimer: Please note that the family plan is being downloaded to your computer. CaliforniaVolunteers is not collecting, storing, using or sharing any personal information.

We encourage you to read our privacy policy on our Web site.

http://www.csc.ca.gov/nosub/privacy.asp

The 's
Family Disaster Plan

WePrepare

Dial 911 in case of emergencies

Fill out your home address and keep it up to date.

Address

Apt #

City

State CA

Zip Code

County

Home Phone ( ) –

Fill out the following information for each family member and keep it up to date.

Adult Family Member #1 - Head of Household

Last Name

Date of Birth (MMDDYYYY)

First Name

Middle Name

E-mail Address

Cell Phone ( ) –

Important Medical Information: List any allergies, medications, medical conditions, etc.

Employer

Address

Suite #

City

State CA

Zip Code

Work E-mail Address

Work Phone ( ) –

Family Disaster Plan

WePrepare

Adult Family Member #2

(If no other adult in household, go to Child Family Member #1)

Last Name

Date of Birth (MMDDYYYY)

First Name

Middle Name

☐ *Address same as Head of Household*

Relationship to Head of Household

Address (if different from Head of Household)

Apt #

City

State

CA

Zip Code

County

Phone

( ) –

E-mail Address

Cell Phone

( ) –

Important Medical Information: List any allergies, medications, medical conditions, etc.

Employer

Address

Suite #

City

State

CA

Zip Code

Work E-mail Address

Work Phone

( ) –

Family Disaster Plan

WePrepare

Child Family Member #1

Last Name

Date of Birth (MMDDYYYY)

First Name

Middle Name

Relationship to Head of Household

☐ *Address same as Head of Household*

Address (if different from Head of Household)

Apt #

City

State

CA

Zip Code

County

Phone

( ) –

E-mail Address

Cell Phone

( ) –

Important Medical Information: List any allergies, medications, medical conditions, etc.

Name of School or Caregiver

Address

City

State

CA

Zip Code

Name of Teacher or Caregiver

School Phone

( ) –

Family Disaster Plan

WePrepare

Child Family Member #2

Last Name

Date of Birth (MMDDYYYY)

First Name

Middle Name

☐ *Address same as Head of Household*

Relationship to Head of Household

Address *(if different from Head of Household)*

Apt #

City

State CA

Zip Code

County

Phone ( ) –

E-mail Address

Cell Phone ( ) –

Important Medical Information: List any allergies, medications, medical conditions, etc.

Name of School or Caregiver

School Address *(if different from Child Family Member #1)*

City

State CA

Zip Code

Name of Teacher or Caregiver

School Phone ( ) –

Family Disaster Plan

WePrepare

Child Family Member #3

Last Name

Date of Birth (MMDDYYYY)

First Name

Middle Name

☐ *Address same as Head of Household*

Relationship to Head of Household

Address *(if different from Head of Household)*

Apt #

City

State

CA

Zip Code

County

Phone

( ) –

E-mail Address

Cell Phone

( ) –

Important Medical Information: List any allergies, medications, medical conditions, etc.

Name of School or Caregiver

School Address *(if different from Child Family Member #1)*

City

State

CA

Zip Code

Name of Teacher or Caregiver

School Phone

( ) –

Family Disaster Plan

WePrepare

Child Family Member #4

Last Name

Date of Birth (MMDDYYYY)

First Name

Middle Name

☐ *Address same as Head of Household*

Relationship to Head of Household

Address *(if different from Head of Household)*

Apt #

City

State CA

Zip Code

County

Phone ( ) –

E-mail Address

Cell Phone ( ) –

Important Medical Information: List any allergies, medications, medical conditions, etc.

Name of School or Caregiver

School Address *(if different from Child Family Member #1)*

City

State CA

Zip Code

Name of Teacher or Caregiver

School Phone ( ) –

If you have additional family members, click here.

WePrepare

Emergency Contacts

Local Emergency Contact – Last Name

First Name

Select best phone number to be reached at:

☐ Home Phone ( ) –

☐ Work Phone ( ) –

☐ Cell Phone ( ) –

Relationship

E-mail Address

Address

Apt #

City

State CA

Zip Code

Out-of-State Emergency Contact – Last Name

First Name

Select best phone number to be reached at:

☐ Home Phone ( ) –

☐ Work Phone ( ) –

☐ Cell Phone ( ) –

Relationship

E-mail Address

Address

Apt #

City

State CA

Zip Code

WePrepare

Designated Emergency / Disaster Meeting Locations

Local Meeting Place *(in case of an evacuation)* – Name / Description of Location

Street Address

Apt #

City

State CA

Zip Code

Phone ( ) –

Cell Phone ( ) –

E-mail Address

Other

Regional Meeting Place *(in case of an evacuation)* – Name / Description of Location

Street Address

Apt #

City

State CA

Zip Code

Phone ( ) –

Cell Phone ( ) –

E-mail Address

Other

Out-of-State Meeting Place *(in case of an evacuation)* – Name / Description of Location

Street Address

Apt #

City

State CA

Zip Code

Phone ( ) –

Cell Phone ( ) –

E-mail Address

Other

WePrepare

Additional Important Information

Doctor – Name

Phone

( ) –

Pediatrician or 2nd Doctor – Name

Phone

( ) –

Pharmacist – Name

Phone

( ) –

Veterinarian/Kennel – Name

Phone

( ) –

Medical Insurance – Provider

Policy #

Phone

( ) –

Family Member Covered

Homeowners/Rental Insurance – Provider

Policy #

Phone

( ) –

Policy Holder

Other *(including any additional important contact information)*

WePrepare

Identify Your Disaster Risks

Preparing your family for a disaster includes finding out what natural or man-made disasters pose a potential risk for you and your family. For example, do you or your family live, work or go to school in a flood plain, near a major earthquake fault or in a high fire danger area?

Here is contact information for your local Office of Emergency Services (OES) or American Red Cross, organizations that can help you identify these risks.

Click **here** to go to the OES Web site. Find your local OES office, copy and paste the information below:

Our Local OES Office

Click **here** to go to the Red Cross Web site (redcross.org). to determine your closest Red Cross facility.

Our Local Red Cross Office

Find Your Local Red Cross Office

WePrepare

Additional Important Information

If you have additional family members, fill out their information below:

WePrepare

Teaching Your Children Why and How WE Prepare!

Preparing your family for a disaster includes talking to your children about what to do, who to call and where to go in case of an emergency. Often, parents are concerned that discussing disasters will frighten children. In reality, talking about disasters and disaster preparedness helps reassure kids and helps alleviate any fears they might have. It can also help them feel more prepared. To help you talk to your children about disaster preparedness, we've developed a personalized children's book. It provides a fun and easy way to teach your children what they need to know to about why and how WE Prepare for a disaster. Additionally, the book reinforces the importance of helping others in your community prepare.

Included in the book are teachable moments designed to help guide your discussion with your children.

The free children's book can be personalized, downloaded and printed for your use. There are many ways to use this book. Here are a few suggestions:

- Read the book with your children as an introduction to disaster preparedness.
- Read the book with your child as way to highlight the importance of volunteering in your community or neighborhood.
- Have your children read the book with their babysitter, to ensure he/she knows what to do in case of a disaster.
- Have your children read the book with grandparents and/or other family members, to ensure they know what to do in case of a disaster.
- Share the story with other moms, letting them know how they can create their own personalized book.

Create your own personalized children's book to help teach your children why and how WE Prepare!

Enter your child's first name below and press PRINT. If you have more than one child, press CLEAR and enter your other child's first name and press PRINT. Note: The children's book pages are 19-44.

PRINT CLEAR

Get Ready! Letter to Out-of-State Contact

, CA

Dear

Recently, my family and I created a personalized disaster plan so that each of us knows exactly what to do when a disaster strikes. Living in California, it's not a question of if a disaster will strike, but when. So as part of our preparations, we have included you as our out-of-state emergency contact. During an emergency, it is often easier to place long distance calls than local calls, so if our family members are unable to reach each other, we will know to contact you.

For your reference, please review Family Disaster Plan

Thank you for being an important part of our efforts to help our family be disaster-prepared!

Sincerely,

Family

WePrepare

Get Ready! Letter to Caregiver

, CA

Dear

Recently, my family and I created a personalized disaster plan so that each of us knows exactly what to do when a disaster strikes. Living in California, it's not a question of if a disaster will strike, but when. So as part of our preparations, we have included your contact information in our family's disaster plan.

Also, since you play an intricate role in our family's day-to-day activities, we have prepared a wallet-size emergency contact card for you to reference in the event of an emergency. This card will be an important tool for you while you are in charge of the children, so you can know exactly what to do and whom to contact when a disaster strikes. Please keep this wallet-size emergency contact card with you at all times.

Thank you for being an important part of our efforts to help our family be disaster-prepared! And, because we know that WE Prepare by helping others, we would like to invite you to complete a disaster plan for your family, too. Visit www.CaliforniaVolunteers.org to learn more.

Sincerely,

Family

WePrepare

Thank you for completing your family disaster plan. *You have taken an important step toward protecting your family. Print your customized materials and be sure to keep copies in safe places.*

List of materials that will print:

- 8 ½" x 11" family disaster plan
- Wallet-sized emergency card
- Fill-in-the-blank letter for caregiver
- Fill-in-the-blank letter for out-of-state contact
- Certificate of completion from Maria Shriver
- Personalized children's book

PRINT **SEND VIA E-MAIL** **SAVE****

** ADOBE ACROBAT STANDARD OR PROFESSIONAL IS REQUIRED TO SAVE THIS DOCUMENT.

Click here to fill out our survey

Family Disaster Plan

Wallet-sized Emergency Cards

WePrepare

Family Disaster Plan

HEAD OF HOUSEHOLD: HOME PHONE: () -
CELL PHONE: () - WORK PHONE: () -

2ND ADULT AT HOME: HOME PHONE: () -
CELL PHONE: () - WORK PHONE: () -

EMERGENCY CONTACT: HOME PHONE: () -
CELL PHONE: () - WORK PHONE: () -

OUT-OF-STATE CONTACT: HOME PHONE: () -
CELL PHONE: () - WORK PHONE: () -

DIAL 911 FOR EMERGENCIES WePrepare

Family Disaster Plan

HEAD OF HOUSEHOLD: HOME PHONE: () -
CELL PHONE: () - WORK PHONE: () -

2ND ADULT AT HOME: HOME PHONE: () -
CELL PHONE: () - WORK PHONE: () -

EMERGENCY CONTACT: HOME PHONE: () -
CELL PHONE: () - WORK PHONE: () -

OUT-OF-STATE CONTACT: HOME PHONE: () -
CELL PHONE: () - WORK PHONE: () -

DIAL 911 FOR EMERGENCIES WePrepare

fold here

Family Disaster Plan

LOCAL MEETING PLACE:
, CA
PHONE: () -

REGIONAL MEETING PLACE:
, CA
PHONE: () -

OUT-OF-STATE MEETING PLACE:
, CA
PHONE: () -

DIAL 911 FOR EMERGENCIES WePrepare

Family Disaster Plan

LOCAL MEETING PLACE:
, CA
PHONE: () -

REGIONAL MEETING PLACE:
, CA
PHONE: () -

OUT-OF-STATE MEETING PLACE:
, CA
PHONE: () -

DIAL 911 FOR EMERGENCIES WePrepare

Family Disaster Plan

HEAD OF HOUSEHOLD: HOME PHONE: () -
CELL PHONE: () - WORK PHONE: () -

2ND ADULT AT HOME: HOME PHONE: () -
CELL PHONE: () - WORK PHONE: () -

EMERGENCY CONTACT: HOME PHONE: () -
CELL PHONE: () - WORK PHONE: () -

OUT-OF-STATE CONTACT: HOME PHONE: () -
CELL PHONE: () - WORK PHONE: () -

DIAL 911 FOR EMERGENCIES WePrepare

fold here

Family Disaster Plan

HEAD OF HOUSEHOLD: HOME PHONE: () -
CELL PHONE: () - WORK PHONE: () -

2ND ADULT AT HOME: HOME PHONE: () -
CELL PHONE: () - WORK PHONE: () -

EMERGENCY CONTACT: HOME PHONE: () -
CELL PHONE: () - WORK PHONE: () -

OUT-OF-STATE CONTACT: HOME PHONE: () -
CELL PHONE: () - WORK PHONE: () -

DIAL 911 FOR EMERGENCIES WePrepare

Family Disaster Plan

LOCAL MEETING PLACE:
, CA
PHONE: () -

REGIONAL MEETING PLACE:
, CA
PHONE: () -

OUT-OF-STATE MEETING PLACE:
, CA
PHONE: () -

DIAL 911 FOR EMERGENCIES WePrepare

Family Disaster Plan

LOCAL MEETING PLACE:
, CA
PHONE: () -

REGIONAL MEETING PLACE:
, CA
PHONE: () -

OUT-OF-STATE MEETING PLACE:
, CA
PHONE: () -

DIAL 911 FOR EMERGENCIES WePrepare

CaliforniaVolunteers

WePrepare

Certificate of Completion

WE Prepare Certificate of Completion

is awarded to:

The Family

For making disaster preparedness a priority and completing a family disaster plan. Together we can help California Get Ready!

Maria Shriver
Honorary Chair, CaliforniaVolunteers

Granted 04/24/2008

In California, WE Prepare by getting ready and bearing responsibility for our own safety and the safety of others!

and Carlos

Get Ready for Disaster

WePrepare

Letter from the First Lady:

We live in a beautiful state, but it is also a state where disasters are common. Wildfires, earthquakes, winter storms and even man-made disasters can happen without a warning. And as a mother of four children, I realize how important it is that WePrepare as a family.

I encourage every family to take a few minutes to read this book with your children so that when a disaster happens, your family will be ready. In California, it is necessary that WePrepare and I hope this book will be a helpful tool for you, your children and your family to do just that.

In the story, your child and a character named Carlos will practice getting ready for a disaster. You can customize the book with your child's name and your family's information just with a few clicks of a mouse and in a few minutes, have a complete family disaster plan.

My hope is that this book provides an opportunity to teach your children about disasters in a way that makes them feel empowered while they learn about important information should a disaster strike.

Our children have many questions and by reading books together, we can teach them important life lessons. I hope you will join us as WePrepare our children for disasters.

Maria Shriver
Honorary Chair, CaliforniaVolunteers

Why WE Prepare

"Do you want to ride bikes?" asked Carlos.

"I can't right now," said . "Today is the day we're going to practice our family disaster plan. We practice every six months."

"What's a disaster?" said Carlos.

"A disaster is an earthquake, fire or flood. A disaster is something that can be dangerous. But in my family WE Prepare. That way we'll be safe."

"I don't like talking about earthquakes," said Carlos. "Earthquakes scare me."

"I think earthquakes are scary too," said . "But I'm not as scared as I used to be because WE Prepare."

"Do you want to come in and practice with us?" said . "You'll feel better if you prepare too."

"Sure I'll come in," said Carlos. "I want to learn how to be prepared."

The goal of this book is to empower children by giving them a role in family disaster planning. We've included teachable moments to give you ideas on how to start the conversation about disaster preparedness with your child and get your family prepared.

The first aid image throughout the book indicates teachable moments. Use these opportunities to guide a discussion (page 21) with your child about disaster preparedness in an entertaining, non-threatening way.

What's a Disaster?

“Mom, Carlos is going to help us practice our family disaster plan,” said
.

“Hi Carlos,” said Mom. “How are you?”

“I’m kind of nervous because I’m scared of disasters,” said Carlos.

“Everyone is scared of disasters,” said Mom. “That’s why WE Prepare.”

“We can’t stop a disaster,” said Mom, “but we can prepare to stay safe when a disaster happens.”

WE Prepare

“Carlos, I bet you already know what to do in a disaster,” said Mom. “You learn this in school.”

“Imagine that the ground starts to shake,” said Mom. “It rattles. It rolls. The dishes start to slide off the table. What do you do?”

“Drop, cover and hold!” shouted Carlos.

“That’s right!” said Mom. “You know how to stay safe in an earthquake.”

“What about after the earthquake?” said Carlos. “Sometimes people are hurt. The house could fall down. Or it could catch on fire.”

“That’s why WE Prepare,” said . "So we stay safe during and after a disaster.”

“That’s right,” said Mom. “And WE Prepare so we can also help our friends and neighbors.”

“Isn’t that what police and firefighters do?” said Carlos. “I want to be a firefighter so I can help in a disaster.”

“Good for you, Carlos!” said Mom. “But in a disaster, we can help too if WE Prepare. You don’t have to be a firefighter to help.”

“Really?” said Carlos. “How can I help?”

“You can prepare to take care of your family, friends and neighbors,” said Mom. “That will let emergency workers serve people who need help most.”

“You can do what we do,” said . "You can prepare a disaster plan for your family. We’ll show you!”

Calling Fire, Police and Paramedics

“Let’s start with emergency numbers,” said Mom. “You might be away from home when a disaster happens. You need to know how to call the person who takes care of you.”

“I have a list of our emergency contact numbers,” said .
“I keep a copy in my backpack. We keep one copy by each phone.”

“Can you remember your emergency contact numbers?” asked Mom.

thought a moment and said, "Our home phone number is () -. My Mom's phone number at work is () -. My Mom's cell phone number is: () -."

"I also know how to call . Home: () -, Work: () -, and Cell: () -."

"When a disaster happens it can be hard to reach a person who lives in California," said . "That's why we asked to help too."

"If I can’t reach my Mom, I call , who lives in , CA."

's home phone: () -
's work phone: () -
's cell phone: () -

“That’s a good idea!” said Carlos. “I can ask my Aunt Maria to be our emergency contact. She lives far away.”

Your Family’s Out-of-State Contact

Carlos Imagines

"Hello, Aunt Maria? It's Carlos."

"Carlos!" cried Aunt Maria. "I'm so happy to hear your voice! Where are you?"

"I'm at 's house," said Carlos. "We had a big earthquake!"

"I know. Your mom just called me," said Aunt Maria. "She said to tell you she is safe. Are you okay?"

"Yes," said Carlos. "I'm a little scared, but I'm okay. Where is my mom?"

"She's on her way to 's house now," said Aunt Maria. "She'll be there in a few minutes."

"Good," said Carlos. "I'm ready to go home."

"I'll call your mom right now and tell her," said Aunt Maria. "She'll be glad to know you're safe. Thank you for calling, Carlos. I'm glad you knew what to do in an earthquake."

"Me too!" said Carlos.

Meeting Places

"What else do you do to prepare for disaster?" said Carlos.

"We have a family meeting place," said . "If a disaster happens and we have to leave the house, we meet at ."

"We also have a family meeting place outside our neighborhood," said .

"Why?" said Carlos.

"Sometimes disasters happen in our neighborhood," said Mom. "We may not be able to go home."

"Our family meeting place outside our neighborhood is ."

“We have a meeting place at our school,” said Carlos.

“That’s right,” said Mom. “If a disaster happens while you’re at school, your teachers and parents know where to find you.”

School Disaster Plan

Carlos Imagines

"Your grandma will worry if she doesn't know where we are," said Mom.

"We should go to our family meeting place," said Carlos. "She'll know she can find us there."

"Grandma!" cried Carlos. "You're here!"

"Of course, I am!" said Grandma. "The meeting place is part of our family disaster plan. I'm so glad you remembered."

"Me too!" said Carlos.

“What if you can’t get into your house after a disaster?” said Carlos. “Everything I need is at home.”

“That’s why WE Prepare with a disaster supply kit,” said . “We keep one at home and one in our car.”

“We get school supplies every year,” said Carlos. “We shop for pencils and notebooks and markers. What kind of supplies do you need for a disaster?”

“I’ll show you,” said . "We have a special bag just for our disaster supplies. And we have a checklist to make sure we have what we need.”

“I’ll read the checklist,” said Mom. " and Carlos, you make sure every item on the list is in the bag.”

“Okay,” said Carlos and .

Disaster Supply Kit

"Radio," said Mom.

"Here's the radio," said Carlos.

"The radio is very important," said Mom. "This is how we get news about a disaster if our electricity doesn't work."

"Flashlight," said Mom.

"Flashlight," said .

"Extra batteries," said Mom.

"Extra batteries," said . "Right here."

“Why do you have cans of tuna in this bag?” said Carlos.

“Sometimes in a disaster the power could go out,” said Mom. “Then we won’t be able to cook or keep food in the refrigerator.”

“I don’t like tuna,” said Carlos.

"We have other food in the bag," said . "We have peanut butter and canned fruit."

"You've got granola bars, too," said Carlos. "I like granola bars."

"It's important to have food you like," said .

"We can check emergency food off our list," said Mom.

“We have a dog,” said Carlos. “What will she eat in a disaster?”

“You should also keep food for your dog in the disaster supply kit,” said Mom. “And both pets and people need water.”

“We’ve got water right here,” said .

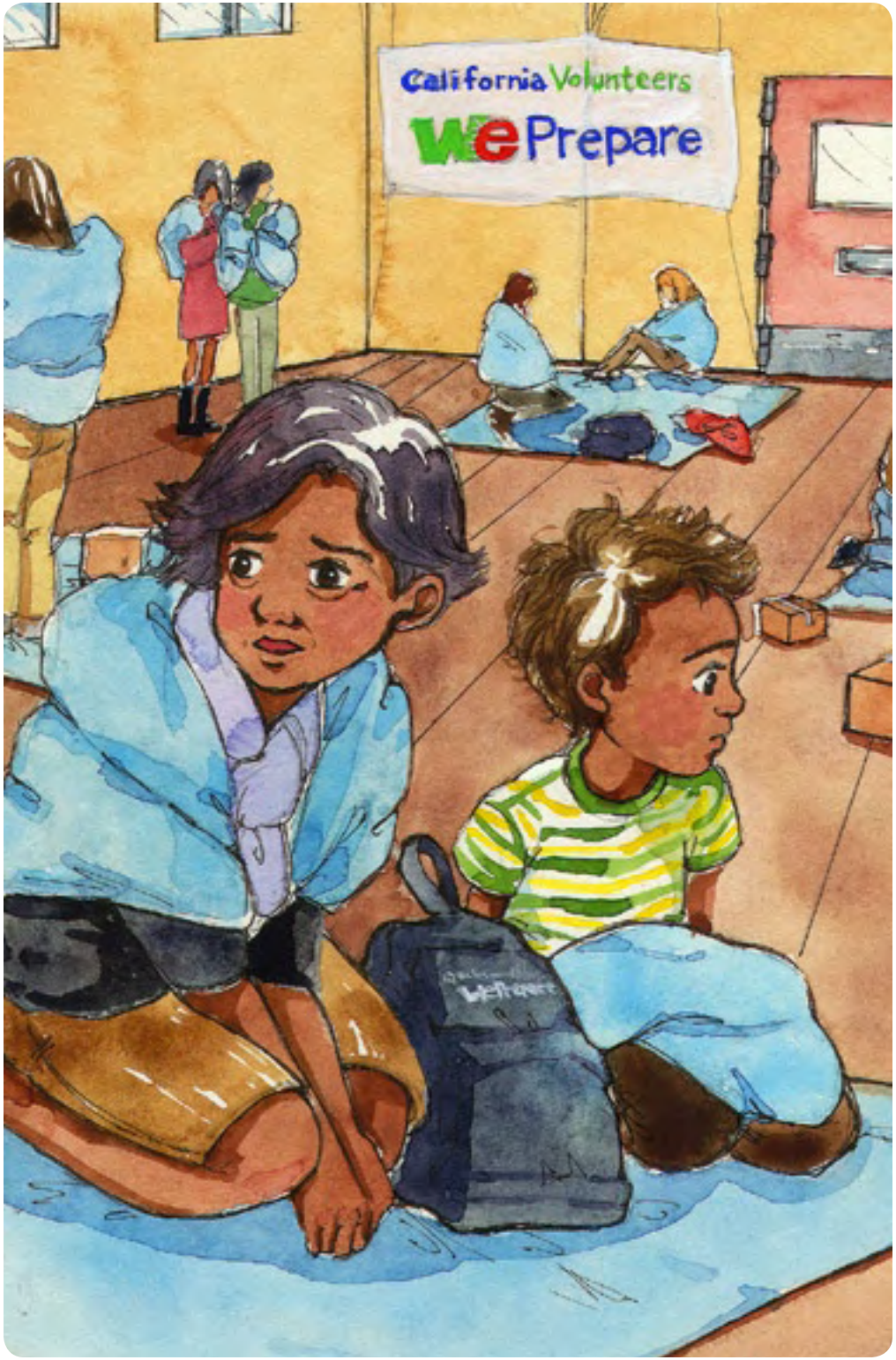
“First aid kit,” said Mom.

“What’s in a first aid kit?” said Carlos.

“We have lots of bandages,” said . "We also have a supply of the medicine we take every day.”

“My grandma takes medicine every day,” said Carlos. “She might get sick if she doesn’t have her medicine.”

Unique Needs and First Aid Kit



Carlos Imagines

"The flood came so quickly," said Grandma. "I wish I could have taken more things with me."

"Don't worry Grandma," said Carlos. "WE Prepare for disasters. We have a disaster supply kit. It has the important things we need in an emergency."

"Carlos!" said Grandma. "What a smart boy you are!"

Carlos Imagines

"We have extra eye glasses for you, Grandma," said Carlos. "And we have the medicine you take every day. That way you can stay safe and well."

"Thank you for taking care of me Carlos," said Grandma. "It's a good to know WE Prepare."

Why WE Prepare

"Our disaster supply kit is complete," said Mom.

"I want to make a disaster supply kit for my family too," said Carlos.

"You can have a copy of our checklist," said . "That will help you."

"Thanks!" said Carlos.

"And here's a list we use to keep track of our emergency phone numbers," said .

"Great!" said Carlos. "Will you come over to my house and help my family make a family disaster plan?"

"Sure!" said . "That would be fun! Then we'll all be prepared."

Help a Neighbor

"How do you feel about disasters now, Carlos?" said Mom.

"I don't like disasters," said Carlos. "But I don't feel so scared now. I know if WE Prepare, we will stay safe in a disaster. If WE Prepare, we can help our friends and neighbors stay safe too."

Teachable Moments

Why WE Prepare

What's a Disaster? (page 3)

Teachable moment

The children in the story talk about what a disaster is – an earthquake, fire or flood. A disaster is something that can be dangerous. But not all disasters happen in everyone's neighborhood.

Children need to understand the risk of disasters. Explain the different risks of earthquakes, wildfires and winter storms. Discuss the difference between a natural and man-made disaster. If you live in a flood plain or in a high-fire danger area, discuss this with your children. Share your personal experience with disaster.

Conversation starters

1. What have you heard about disasters?
2. What do you think will happen in a disaster?
3. Can you think of any disasters that might happen in our neighborhood?
4. What disasters have you learned about at school?
5. What would you do in case of an earthquake, flood or wildfire?

WE Prepare (page 4)

Teachable moment

In the story, Mom reminds us that although we can't stop a disaster, we can prepare to stay safe when a disaster happens.

Two important ways that WE Prepare are 1) to create a family disaster plan and 2) to practice it. You can create a plan for your family at http://www.CaliforniaVolunteers.org. Creating a plan through this site will generate a customized version of this electronic book, and Carlos Get Ready for Disaster, with your family's information. Doing so makes your child the star of this book, and will help reinforce critical information in a fun way.

Although parents may be concerned that discussing disasters could frighten their children, experts say that actively including children in disaster preparedness – planning and practicing – helps keep them safe if a disaster should happen. Talking about disasters also helps reassure children and alleviate their fears.

Only the parent can be the judge of how much information to share, but it's important to make sure your child knows how to respond in a disaster. Reinforce that preparing and practicing will help keep your child and your loved ones safe. In this story, preparing helps Carlos overcome some of his fears. Our hope is that this book will do the same for your child.

Conversation starters

1. Do you have any ideas about how we can prepare to stay safe in a disaster?
2. Have you heard any stories about how other people stayed safe in a disaster?
3. Let's practice how we leave the house.
4. Let's practice getting to our family meeting place.

Earthquake Response (page 5)

Teachable moment

Mom asks Carlos to imagine that the ground starts to shake and that the dishes slide off the table. What do you do? Carlos knows to Drop, Cover and Hold, and your child should too.

Teach your children how to respond when an earthquake happens using the Drop, Cover and Hold method.

DROP down on the floor.

Take COVER under a sturdy desk, table or other furniture. If that is not possible, seek cover against an interior wall and protect your head and neck with your arms. Avoid danger spots near windows, hanging objects, mirrors or tall furniture.

If you take cover under a sturdy piece of furniture, HOLD on to it and be prepared to move with it. Hold the position until the ground stops shaking and when it is safe to move.

For more information on how to respond to and prepare for earthquakes, visit the Governor's Office of Emergency Services (OES) and click on Earthquake Program.

Conversation starters

1. Do you know what to do in an earthquake?
2. Did you learn about Drop, Cover and Hold at school? What does Drop, Cover and Hold mean?
3. Where in [each room of the house] do you think would be a good place to take cover?
4. Let's practice Drop, Cover and Hold in [each room of the house].
5. We can't control when an earthquake will hit or how strong it will be, but we can take steps to prevent damage and harm. Let's look for ways we can secure our space. (For example: strap top-heavy furniture and appliances to walls, add latches to kitchen cabinets and secure TVs and other heavy objects that can topple and cause injuries.)

Calling Fire, Police and Paramedics (page 6)

Teachable moment

Carlos says he wants to be a firefighter so he can help in a disaster or emergency. Do your children know when to call 9-1-1?

It's important that children learn to dial 9-1-1 in an emergency because an adult will not always be available or able to do so. But children should also understand that they only dial 9-1-1 when they really need help. Use the following questions, developed for the Team SAFE-T school preparedness program, to help educate your child. You should also role-play a 9-1-1 call, so your child can practice giving the operator important information such as your street address, phone number and details about the accident.

Conversation starters

1. What is an emergency? Answers may include: fire, breaking an arm or leg, bad cut, bad fall or car accident.
2. If the person taking care of you fell off a ladder and couldn't get up, what would you do?
3. If you noticed smoke pouring out of your neighbor's upstairs windows, what would you do?
4. If your little brother or sister fell into the pool and could not swim, what would you do?
5. You and your mom are in the backyard cooking dinner on the grill and your mom burns her hand badly. What would you do?
6. You and your friend are riding bikes and suddenly your friend falls off. He/she says he/she is hurt badly. What would you do?
7. It's been raining and you and your friend go into his/her backyard to play. Your friend slips and falls. He/she isn't moving. What would you do?

Emergency Contact Numbers

Your Family's Out-of-State Contact (page 7)

Teachable moment

In the story, the children talk about having an out-of-state contact because when there is a disaster it can be hard to reach someone who lives in California. Who is your family's out-of-state contact?

This book and the family disaster plan from CaliforniaVolunteers http://www.CaliforniaVolunteers.org include both a place for you to include your family's out-of-state contact, as well as a letter you can send to your contact to let them know your family prepares for disasters, and that they have a role in helping your family stay safe and connected.

Consider involving your child in the preparation by letting them call the out-of-state relative and asking if they would be the family contact, or have them write a personal note on the letter thanking them for their help.

Conversation starters

1. Who do you think would be a good out-of-state contact for our family?
2. Who in our family lives far away?
3. Who in our family lives outside of California?
4. When would you call this person?

Meeting Places

School Disaster Plan (page 10)

Teachable moment

Carlos tells Mom that there is a special meeting place at school in case there is a disaster, but do you and your children know the details of your school's disaster plan?

Each school in California is required to have a school safety plan that includes procedures for disasters and emergencies. Make sure your child understands what to do if a disaster happens while they're at school, and that your family plan coordinates well with what they've learned in school.

Conversation starters

1. Do you know where your meeting place at school is?
2. Have you practiced fire or earthquake drills at school? What do you do?
3. Where do you go if there's a disaster?

Family Separation (page 11)

Teachable moment

Grandma, Mom and Carlos are reunited because they remembered where the family meeting place was outside the neighborhood. Decide on a meeting place for your family too, and be sure your child knows where it is.

It's important that children know that they may be separated from their family in a disaster. Teaching them what to do, such as calling the out-of-state contact, and where to go, such as the family meeting place, will prepare them to take appropriate actions in a disaster. It will also create confidence that taking these steps will keep them safe and lead them to be reunited with loved ones.

Children should also know that in such a situation they may have to work with other adults, such as teachers, counselors, emergency personnel and shelter volunteers until they can be reunited with their family.

Conversation starters

1. Can you think of a time when we might not be together in a disaster?
2. What are some of the places you might be besides home if a disaster happened?
3. If a disaster happened somewhere besides home [at camp/school/soccer practice] what would you do?

Disaster Supply Kit

Disaster Supply Kit (page 12)

Teachable moment

Just like the mom in the story, you can involve your children in preparing your family's disaster supply kit.

This is a great way to involve your child in disaster planning. This activity will not only help educate your child about what to do in a disaster, but it will also make him/her feel empowered and involved. Your child has an important role in keeping the family safe, and this is the perfect place for him/her to feel that way.

Use the disaster supply checklist included in this book as a starting point for your family. Include your child in brainstorming things that your family might need or want in addition to what's on the list. Have a scavenger hunt around the house with your child to collect all the items you need. Take your child to the store with you to buy other items you need. Purchases could be favorite foods for everyone in the family, or favorite toys or games to help calm and entertain younger siblings.

Conversation starters

1. Is there anything you/Grandma/we use everyday that would be hard to do without in a disaster?
2. Is there anything that you think would make you feel better if we had to leave home because of a disaster?
3. What else do we need to include in our disaster supply kit?

Unique Needs and First Aid Kit (page 16)

Teachable moment

Mom points out that a disaster supply kit should also include things that pets would need, but are there others in your family with special needs?

Another way your child can be a unique hero and help the family prepare is to brainstorm who in the family has unique needs, and be sure to include supplies for that person. This could be anything from baby food and diapers for an infant to medicines or medical equipment needed by a loved one.

If you identify someone in your life with unique needs, such as a neighbor, friend or relative who does not live with you, consider volunteering to help them prepare too.

Conversation starters

1. What will [name of pet] need if we have to leave the house during a disaster?
2. Who else in our family might need special supplies?
3. What do you think [name or relative with unique needs] will need in a disaster?

Teachable moment

The family in the story has a first aid kit, but this should be customized for each family just as Carlos imagines it would be for his.

A first aid kit should not only include everything recommended by experts, such as bandages and antiseptic wipes, but it should also include anything that might be unique to your family. For example, if you have an insulin-dependent diabetic in the family, be sure to include syringes and always have an emergency insulin pack ready to go. Have your child help put together a first aid kit, especially if he/she is the one with special needs. This will help your child feel confident that he/she and your loved ones will have everything they need in a disaster.

You can get a first aid kit checklist from Team SAFE-T or from the Red Cross.

Conversation starters

1. Can you think of anything anyone in our family might need in a first aid kit?
2. Are there any first aid supplies or medicines we use regularly that should be in our first aid kit?

Let's Help Each Other Prepare

Help a Neighbor (page 19)

Teachable moment

The family in the story is ready to help Carlos's family. Is there a neighbor, friend or family member who could use help from your family to get prepared?

In California, not only do WE Prepare, WE Serve. Helping someone else prepare is a great way to teach volunteerism and help ensure that another member of your community is ready for a disaster. This gives your child another chance to be a hero, and gives him/her confidence that people that your child cares about can be safe too.

You can start by telling neighbors or loved ones about http://www.CaliforniaVolunteers.org, offer to prepare a disaster supply kit for them, or assist them in creating their own family plan based on your experience, just as and Mom did for Carlos.

Conversation starters

1. Who else do you think should be prepared for a disaster?
2. Is there anyone in the neighborhood/friends/family that could use our help preparing for disaster?
3. Would you like to help [name of neighbor/friend/family member] get prepared?

Additional Resources

Interested in learning more about disaster preparedness? Looking for additional activities to help your family prepare? Check out the following Web sites.

10 Ways WE Prepare for Disasters

California First Lady Maria Shriver provides a list of the top 10 things we should all do to prepare [http://www.csc.ca.gov/familyplan/pdf/10ways.pdf]. You can also learn more about disaster preparedness and volunteering to help others on the CaliforniaVolunteers Web site [http://www.CaliforniaVolunteers.org].

Resources for Kids and Families

American Academy of Pediatrics has a Family Readiness Kit [http://www.aap.org/family/frk/frkit.htm].

FEMA for Kids [http://www.fema.gov/kids/] has games and learning activities, including a FEMA for Kids electronic coloring book [http://www.fema.gov/kids/games/colorbk/].

Red Cross Activity Books are available in both English and Spanish [http://www.redcross.org/pubs/dspubs/childmatls.html].

Ready Kids [http://www.ready.gov/kids/parents/index.html] is a program of the Department of Homeland Security featuring a comic strip and activities featuring a friendly family of mountain lions.

Team SAFE-T, which is dedicated to integrating safety and preparedness in schools, also has a family section [http://www.teamsafe-t.org/index.cfm]. This site is also available in Spanish.

Earthquake Response and Preparedness

For more information on how to respond to and prepare for earthquakes, including information on how to secure your space in your home to reduce potential danger, visit the Governor's Office of Emergency Services (OES) Web site [http://www.oes.ca.gov/Operational/OESHome.nsf/1?OpenForm] and click on Earthquake Program.

Disaster Relief and Assistance

The following organizations provide disaster relief and assistance:

California Office of Emergency Services (OES) [http://www.oes.ca.gov] and click on Disaster Assistance.

Red Cross [http://www.redcross.org] and enter your zip code to find your local Red Cross chapter.

Federal Emergency Management Agency (FEMA) [http://www.fema.gov/].

CaliforniaVolunteers Disaster Preparedness Survey Questions

Thank you for filling out the Family Disaster Plan! Please fill out this survey so that we may help you better in the future.

WePrepare

How did you find out about this Web site?

- ○ Friend/family member/neighbor
- ○ Online/Blogger
- ○ Print article
- ○ Radio
- ○ Television
- ○ Other _____

What motivated you to fill out the family disaster plan?

- ○ Friend/family member/neighbor encouraged me to
- ○ I recently experienced a disaster
- ○ I want to be prepared and protect my family
- ○ Other _____

Were the tools easy to use?

- ○ Yes
- ○ No

What tools were most effective?

- ○ Assessment tool
- ○ Family disaster plan
- ○ Children's story book
- ○ Checklists
- ○ Downloadable tips

Do you feel more prepared for a disaster?

- ○ Yes
- ○ No

Have you shared this information with a friend or family member?

- ○ Yes
- ○ No

What additional information would you like to have?

SUBMIT

By clicking Submit, this file will be sent via E-Mail. If you would like to save this and sent it later, you can send this pdf to pressoffice@CaliforniaVolunteers.ca.gov