

Preparing Your Family For Emergencies and Disasters

Emergencies and disasters can be scary, but being prepared is one way to help everyone feel safer. You and your children can prepare together!

How to prepare your children

Talk to your children about emergencies that might happen - and what they should do. Give basic information to help them understand what to expect but don't share frightening details. Reassure your child that you and many others will work to keep them safe in every situation. You can talk about who the emergency workers are in your community — police officers, firefighters, paramedics, doctors, nurses, and so on — and what things they do to help people in trouble. You can explain what events might happen and simple things your child and your family can do to be prepared.

Help your child learn their full name - first and last name and those of their family members. Knowing full names can help a child get reconnected to their family if they are separated in an emergency.

Talk about when and how to use 911. Explain that we only dial 911 if a police officer, firefighter, or ambulance is needed because someone's life is in danger.

Ask about the emergency plans at your children's daycare or school. Find out their emergency plans so you can talk about them with your child at home.



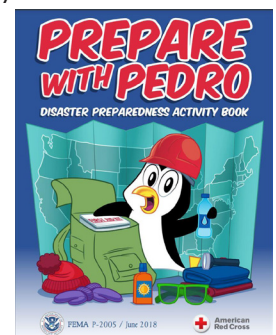
Read books, play games and watch videos about being prepared.

The **Let's Get Ready! App** from Sesame Workshop. Featuring activities, videos, tools, and more, Let's Get Ready helps parents and caregivers with children ages 2-5 be prepared in case of an emergency. Available in the [App Store](#) and on [Google Play](#)



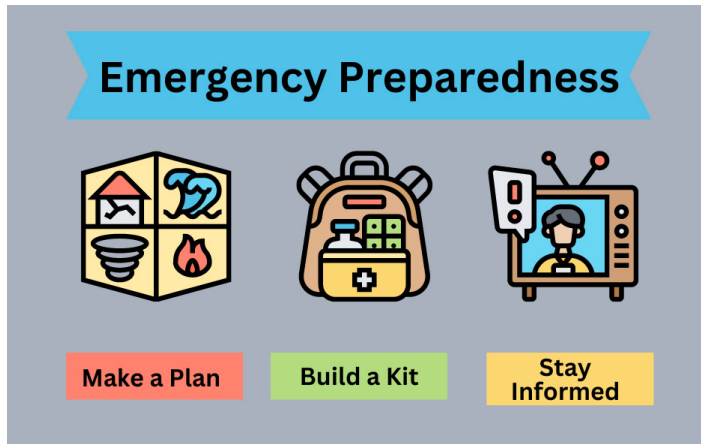
Visit [Ready.gov/kids](https://www.ready.gov/kids) online to test your know-how in a wide range of emergencies and teach you how to build the emergency kit.

Prepare with Pedro from the Red Cross is a program with free videos, storybooks, and activity books to help kids learn how to stay safe during emergencies available on their [website](#)



How to prepare your family

Here are some simple ways to help your family be better prepared for any disaster or emergency.



Know what kind of disasters and emergencies are most common where you live. Our area has extreme weather, floods, wildfires, earthquakes, tsunamis, and even tornadoes. Learn more from the [Oregon Department of Emergency Management](#).

Build an emergency kit (see page 3)



Create your emergency communications plan. Decide on a person (preferably someone who lives in a different area) that everyone can contact if separated. Write down important contact and medical information about your family, and share it with your contact person and save it to your phone.

Learn skills you might need in an emergency such as CPR, First Aid, and how to keep your family safely warm and fed [without power](#).

Make an evacuation plan. Talk with family about where you will go if told to evacuate. If you have pets, make sure the place you are going will accept them. For evacuation information, [follow your county sheriff's office and local emergency management office](#).

Sign Up for Emergency Notifications in your area to get lifesaving alerts and instructions during emergencies to help your family stay safe.



Sign up for your local emergency alert system at [www.ORAlert.gov](#)



Get Access to:

- Weather Alerts
- Disaster Resources
- Preparedness Tips



[The FEMA App](#) allows you to receive real-time weather alerts, send notifications to loved ones, locate emergency shelters in your area, preparedness tips, disaster resources, and more.

Contact 2-1-1 for available community resources [www.211info.org](#).



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

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

- [Pollywog Facebook](#)
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