

Let's Get Ready!

Planning Together for Emergencies™



Make an **Emergency Plan** With Your Family

Help Your Child **Learn and Practice** Personal Information

Create a **Family Emergency Kit**

Let's Get Ready

Together!



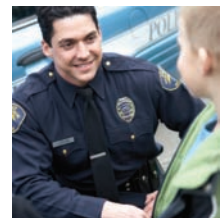
You and your family help one another every day by getting ready for work and school. You also do things to keep one another safe, such as buckling up in the car. Preparing for emergencies is another great way to get ready and keep your family safe.

Young children can help! Through simple activities and games, you can discover how to get ready for emergencies together. Everyday moments you share, such as passing by a police officer, are great opportunities to talk about the special people, places, and things that will help keep your family safe in case an emergency ever happens.

Sesame Workshop has created *Let's Get Ready! Planning Together for Emergencies* with tips, activities, and other easy ways to help the whole family prepare for any type of emergency – together! Here's what you'll find in this special publication:

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“A crossing guard holds up a stop sign to traffic so we can safely cross the street.”

Talk About It: What's an Emergency?

With simple words and familiar examples you can answer this question! Your child will discover that preparing for emergencies is important. And she'll feel secure in learning about all the things that already help us stay safe.

EXIT Talk with your child about emergency EXITs. The next time you are in a public building, such as a school, point out the EXIT signs. Say, “If something happens and we need to get outside in an emergency, we can use the special door with the big red EXIT sign. It will help us get outside quickly and safely.” Occasionally try making a game of looking for EXIT signs. Soon your child will be aware of them on her own.



Q+A

ABOUT EMERGENCIES

As a parent or caregiver, you know that some of your child’s questions are trickier than others! Here are some ways to respond to questions about emergencies:

What is an emergency?

An emergency is when something happens that we do not expect and we have to act quickly to keep ourselves safe.

Is an emergency going to happen to us? Maybe not, but it is a good idea to get ready for one, just in case.

What will happen if you aren’t there? The grown-ups you’re with – your teacher, babysitter, grandparents – will help you reach me and will help to keep you safe.

Have you ever been in an emergency? If you’ve been in an emergency, you might say something like, “Yes. I felt a little scared, but there were lots of people who helped me stay safe.”




All around us, there are people who help keep us safe. Our communities are full of special people who are ready to help us if we need it. For instance, a crossing guard holds up a stop sign to traffic so we can safely cross the street.


Every day, your family does things to stay safe, too.

Talk about how you hold hands and look both ways before crossing the street and how your family always wears seat belts in the car. Your child also does things to protect himself, such as wearing a helmet when he rides a bike. You can say, “Just like we get ready for these things, we can get ready for emergencies: For example, we have a flashlight *just in case* the lights go out.”

Everyday Emergency Signs and Signals

From time to time, talk with your child about things she might see or hear during an emergency. That way, if an emergency happens, she’ll be familiar with the signs and signals around her. Together, use your eyes and ears to notice some of these things:

 **Sirens and Lights** If you hear a siren or see its flashing lights, you might say, “When we hear the siren or see the flashing lights of an ambulance, a fire truck, or a police car, that’s a sign that there’s an emergency and someone is coming to help.”

 **Emergency Alarms** Explain to your child that in an emergency, buildings can make loud sounds, too! If your child has ever experienced a fire drill and heard a fire alarm, you can use it as an example and say something like, “Alarms help people know when they should leave a building and go to a safe place.”

“Aunt Sandi! She’s one of the people who will help us if there’s an emergency.”

It's a Plan!

Creating a Family's Emergency Plan in Four Simple Steps

A family emergency plan will help everyone know what to do if an emergency ever does happen. Below are four simple steps you can take to create your plan. You don't need to do them all at once. Take your time – there will be plenty of moments in your family's daily routines to talk about and develop your plan.



Creating Your Family Emergency Plan

Use pages 6-7 to fill in the details.



1. Choose two emergency contacts.

These people will help reunite your family if you're separated. An **out-of-town emergency contact** may not be affected by the emergency and can help make sure you're all OK. A **local emergency contact** can help you with tasks such as picking up your child from child care.

Help your child remember your contacts' names.

Every once in a while if you see one of your contacts, talk to that person by phone or e-mail, or spot him or her in a photograph, you might say something to your child like, "It's Aunt Sandi! Did you know her whole name is Sandra Gold? She's one of the people who will help us if there's an emergency."



2. Select an emergency meeting place.

This is the safe place where your family will meet if you can't get home during an emergency. Pick a child-friendly place that's open late, such as a grocery store. If your child is with a caregiver during an emergency, it is safest for him to stay with that person until you can get to him. Talk to your child's caregivers: Is there an evacuation place where they'll meet up with parents?

Remind your child of your meeting place.

From time to time, you might say, "Look, there's the store we'll take you to if there's an emergency. We'll all meet there."



3. Reach out to your community. Friends, neighbors, and emergency workers are your neighborhood helpers. Show your child that these trusted adults are people he can go to for help in an emergency. Take a trip together to fire and police stations to talk about the many important ways these people help. Or on a doctor's visit, talk to nurses and doctors about how they take care of people who are sick or hurt.



4. Learn about the facts. Contact your local fire station, emergency management office, or public safety office to learn how to prepare for specific risks in your area. For instance, if you live in an area where tornadoes are more likely to happen, you might be told to use your basement as your meeting place. Investigate local emergency plans, such as your area's evacuation route, in case there is a major emergency and you need to leave the area completely.



Info to Know

Share copies of your emergency plan with your child's caregivers and teachers, your family emergency contacts, relatives, trusted neighbors, and friends, so they know how to get in touch with you in an emergency. You might ask your child to join you as you share your family plan with a relative or neighbor. Hearing you talk about the plan in a calm way will help reassure your child that if an emergency happens, your family will be ready. This is a simple way to show your child how well prepared you all are!



Our Family's Health and Contact Information



The _____ Family's Emergency Plan

YOUR FAMILY'S LAST NAME

Photocopy this page or download it at sesamestreet.org/ready.

Use this page to write down important contact information for your family members and keep track of the important people and places involved in your emergency plan.

Make copies of your family's emergency plan and share it with the important grown-ups in your child's life, such as your family members, your emergency contacts, her teacher, a key caregiver, or a special neighbor.



This information will help emergency workers care for your family in the event of an emergency.

1. _____
FAMILY MEMBER'S WHOLE NAME

 RELATIONSHIP (MOTHER, FATHER, SON, DAUGHTER, ETC.)

 ADDRESS

 DAYTIME PHONE CELL PHONE

 E-MAIL

 DATE OF BIRTH

 MEDICATIONS

 ALLERGIES/IMPORTANT HEALTH INFORMATION

2. _____
FAMILY MEMBER'S WHOLE NAME

 RELATIONSHIP (MOTHER, FATHER, SON, DAUGHTER, ETC.)

 ADDRESS

 DAYTIME PHONE CELL PHONE

 E-MAIL

 DATE OF BIRTH

 MEDICATIONS

 ALLERGIES/IMPORTANT HEALTH INFORMATION

3. _____
FAMILY MEMBER'S WHOLE NAME

 RELATIONSHIP (MOTHER, FATHER, SON, DAUGHTER, ETC.)

 ADDRESS

 DAYTIME PHONE CELL PHONE

 E-MAIL

 DATE OF BIRTH

 MEDICATIONS

 ALLERGIES/IMPORTANT HEALTH INFORMATION

4. _____
FAMILY MEMBER'S WHOLE NAME

 RELATIONSHIP (MOTHER, FATHER, SON, DAUGHTER, ETC.)

 ADDRESS

 DAYTIME PHONE CELL PHONE

 E-MAIL

 DATE OF BIRTH

 MEDICATIONS

 ALLERGIES/IMPORTANT HEALTH INFORMATION



Emergency Contacts

Call the out-of-town contact to help keep track of and connect your family members. Call the local contact if you need help with a task in your area.

1. Out-of-Town Emergency Contact

WHOLE NAME

ADDRESS

E-MAIL

HOME PHONE

CELL PHONE

WORK PHONE

2. Local Emergency Contact

WHOLE NAME

ADDRESS

E-MAIL

HOME PHONE

CELL PHONE

WORK PHONE



Emergency Meeting Place

Meet here if you can't get home. Young children should not go to this place alone; they should stay with a caregiver and wait for their parent/guardian to arrive.

NAME OF LOCATION

TYPE OF ESTABLISHMENT (GROCERY STORE, BOOKSTORE, ETC.)

ADDRESS

PHONE NUMBER



Schools and Workplaces

1.

CHILD'S WHOLE NAME

SCHOOL/CHILD-CARE PROGRAM

SCHOOL/CHILD-CARE PROGRAM ADDRESS

TEACHER'S/CHILD-CARE PROVIDER'S WHOLE NAME

PHONE

EVACUATION LOCATION (IN THE EVENT OF AN EMERGENCY, THE CHILD WILL GO HERE WITH THE TEACHER/CHILD-CARE PROVIDER WHILE WAITING FOR A PARENT/GUARDIAN TO ARRIVE.)

2.

CHILD'S WHOLE NAME

SCHOOL/CHILD-CARE PROGRAM

SCHOOL/CHILD-CARE PROGRAM ADDRESS

TEACHER'S/CHILD-CARE PROVIDER'S WHOLE NAME

PHONE

EVACUATION LOCATION (IN THE EVENT OF AN EMERGENCY, THE CHILD WILL GO HERE WITH THE TEACHER/CHILD-CARE PROVIDER WHILE WAITING FOR A PARENT/GUARDIAN TO ARRIVE.)

3.

PARENT'S/GUARDIAN'S WHOLE NAME

WORKPLACE (OR OTHER DAYTIME LOCATION)

ADDRESS

PHONE

EVACUATION LOCATION

4.

PARENT'S/GUARDIAN'S WHOLE NAME

WORKPLACE (OR OTHER DAYTIME LOCATION)

ADDRESS

PHONE

EVACUATION LOCATION



Trusted Adults If parents/guardians cannot be located, please contact the following people on behalf of the child.

1.

WHOLE NAME

RELATIONSHIP TO CHILD (AUNT, FRIEND, NEIGHBOR, ETC.)

ADDRESS

E-MAIL

HOME PHONE

CELL PHONE

WORK PHONE

2.

WHOLE NAME

RELATIONSHIP TO CHILD (AUNT, FRIEND, NEIGHBOR, ETC.)

ADDRESS

E-MAIL

HOME PHONE

CELL PHONE

WORK PHONE



Doctor/Insurance Information

PRIMARY CARE PHYSICIAN

PRIMARY CARE PHYSICIAN'S PHONE NUMBER

FAMILY HEALTH INSURANCE PROVIDER

HEALTH INSURANCE PROVIDER'S PHONE NUMBER

POLICY NUMBER





“Together draw pictures of your house or apartment number and street sign.”



Let's Get Personal

Learning and Practicing Personal Information

Over time, help your child learn important personal information. Help your child learn her whole name, the whole names of those she lives with (including different last names), her address, and your phone number. If she is not with you, she can share it with trusted adults in an emergency.

Sing a song to help your child remember her whole name and the names of the people in her family!

My first name is _____; I'll sing it loud.
(FIRST NAME)

My last name is _____; it makes me proud.
(LAST NAME)

I'm _____; now I bet
(FIRST NAME) (LAST NAME)

That's a name you'll never forget!

Use pictures to help your child remember her address.

Together, take photographs or draw pictures of your house or apartment number and street sign. Now your child has a visual reminder of where she lives!

Let your child practice phoning you. First with your cell phone turned off or a toy phone and later with a working phone, help your child enter your number.



Info to Know Talk to your child about the ways he can use a phone to get help. Practicing on both a home and cell phone, teach him how to use speed-dial to call you or your family emergency contact. Explain that 9-1-1 is a special number your child can call when help is needed during an emergency and there is no other person to help. Write "9-1-1" on a piece of paper and help him say the numbers out loud. Pretend by asking questions such as "9-1-1, what's your emergency?" and "What's your address?"

Our Family's Emergency Kit



Create a family emergency kit.










Use this checklist to think about what you might need in case of an emergency. As you add items to your kit, check them off the list. Then keep the kit in your home and let everyone in your family know where it is.


Remember to review your kit's contents regularly (for instance, whenever you check your smoke alarms) to make sure items such as your personal ID and medications are up-to-date.

Let's Get Packing!

Help your child get familiar with your family emergency kit and its child-friendly contents. Try a **family scavenger hunt!** Make a list of items such as a flashlight, whistle, and toy. Then "hunt" together for these items. Let your child be the one to put them in your kit. You might also **decorate your kit together.**

Recommended Items:

-  2 copies of your family emergency plan (pages 6-7)
-  Personal identification for each family member
- \$20 minimum cash
- Extra copies of family health records, list of prescriptions, and insurance papers
-  First-aid kit and manual
-  Prescription and nonprescription medicines for at least 3 days, and an extra pair of eyeglasses or contact lenses
-  3 gallons of water per person
-  3-day supply of ready-to-eat nonperishable foods and a manual can opener
-  Battery-powered or hand-cranked radio
-  Flashlight and extra batteries
- Tools (wrench or pliers) to turn off utilities
- Personal hygiene items
-  1 comfort item per child (a teddy bear or other toy)

A teddy bear or a soft blanket may go a long way to comfort your child in an emergency. Ask her what she'd like to include in the kit, such as a doll she uses less often.
-  Pet supplies (food, water, pet carrier, collar, or leash)

Additional Items to Consider:

-  Whistle to signal for help
- Spare set of car and house keys
- Local maps
-  Paper cups and plates, and plastic utensils
- Blankets or sleeping bags
- Moist towelettes and/or handwashing gel
- Plastic trash bags
-  Change of clothing, rain gear, and sturdy shoes for each family member
- Sunscreen and insect repellent
-  Additional items for children (paper, crayons, books, and travel-size games)
- Special items for infants (small toys, nonperishable snacks) and/or the elderly





Together, We Can Be Ready!

Well done! You've followed the simple steps and worked together to create your Family Emergency Plan. Now that you have a plan, try these fun activities to help everyone practice and remember its key parts:

Help your child practice family names. Every so often, sing the song on page 8 and play a “What’s My Name?” game to help her remember that family members have both first and last names.

Play games to refresh everyone’s memory about the emergency plan. Pretend to be an emergency contact and challenge the family to guess who you are. Or whisper your emergency meeting spot and have your child draw it for others to guess.


Use everyday moments to talk about the emergency kit. On a grocery-shopping trip you might see an item you have in your kit. Say something like, “Look – bottles of water. We have those at home in our family emergency kit.”

Preparing together helps everyone to feel safe and secure. After all, you’ve got a plan! As you and your child get ready together, you’ll be encouraging him, and everyone in your family, to feel empowered and confident. You’ve created a strong, caring, and prepared team. This will help all of you respond to any emergency.

 **Go Online** For more information about getting ready for emergencies, visit these helpful Web sites:

- aap.org
- aspca.org
- ready.gov
- redcross.org
- savethechildren.org/useemergency

 **To view the “Let’s Get Ready” video,** and access more downloadable material, please visit sesamestreet.org/ready. We invite you to share this information with friends and family.

 **Your opinion counts!** We really want to know what you think of the “Let’s Get Ready” materials. Please fill out our survey by visiting sesamestreet.org/ready.



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sesameworkshop is the nonprofit educational organization that changed television forever with the legendary **Sesame Street**. As the single largest informal educator of young children, local **Sesame Street** programs produced in countries as diverse as South Africa, Bangladesh, and India are making a difference in over 120 nations. Using proprietary research to create engaging and enriching content, Sesame Workshop produces programs such as **Dragon Tales** and **Pinky Dinky Doo**. In addition, multimedia needs-driven initiatives provide families tools for addressing such issues as children's health, military deployment, and emergency preparedness. As a nonprofit, Sesame Workshop uses product proceeds and philanthropic donations to support its educational research and creative content for children around the world. Learn more at sesameworkshop.org.

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