

Certificate of Completion

This is to certify that

(Print Name)

Is an Official PrepE Pal



PrepE's Guide to Emergency Preparedness For Kids



Prepared By the City of Vaughan
Emergency Planning Department



Hello, my name is PrepE the Penguin and I am the Emergency Preparedness mascot for the City of Vaughan. I am here to help you learn about how to be prepared for all of the emergencies that can affect you. It is important to:

- ◇ **Take Action**
- ◇ **Tune In**
- ◇ **Know What Can Happen**

I will help guide you with facts and tips so you know what to do when a disaster happens in the City of Vaughan.

Congratulations!

You have now learned how to be ready for disasters. You know:

- ◇ The types of disasters that could happen.
- ◇ Where to meet.
- ◇ How to make an emergency kit.
- ◇ Who will help you.
- ◇ The dangers of disasters and how to stay safe.
- ◇ How to call for help.

You are now an
Official PrepE Pal!



PrepE's Quiz Answers

1. What type of disaster cannot happen in your community?

E) Volcano Eruption. A Volcano Eruption cannot happen because there are no volcanoes in Vaughan

2. Where will you go if there is a tornado?

A) Basement. Your basement is the safest place to go during a tornado. In your basement you should take cover under something sturdy and use your arms to protect yourself from flying or falling objects.

3. What do you do if you are outside playing and start to feel cold?

B) Go inside to warm up. If you are playing outside and start to feel cold, you should go inside right away to warm up.

4. Is it ok to walk in flood waters?

B) No, Flood waters can be travelling very quickly and can also be carrying dangerous objects that can cut or scrape you. It is not safe to walk in floodwaters.

5. If the earth starts to shake, what will you do?

C) Drop, Cover and Hold On. During an earthquake you should take cover under a study desk, or table to protect yourself from falling objects.

6. Can a Teacher help you during a disaster?

A) Yes. Policemen, Firefighters, Paramedics, Teachers, Parents and Utility workers can all help you during a disaster.

7) What does not belong in a family emergency kit?

C) Candy. It is important to only pack items in your emergency kit that will help you survive a disaster

8) What does a tornado sound like?

A) Train or Jet. The winds from a tornado are so fast that they can sound like a train or whistle.

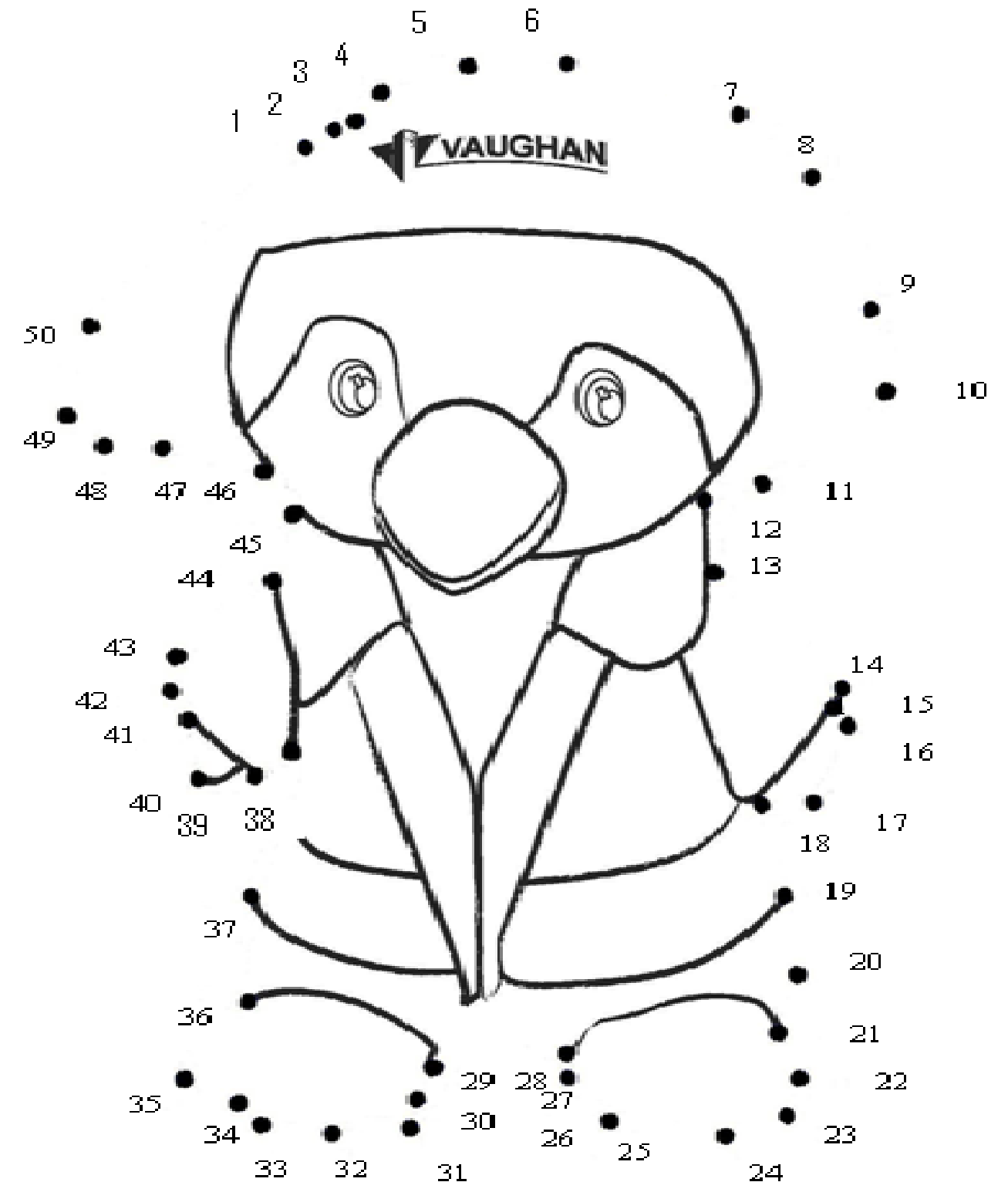
9) What should you do with your pet during an emergency?

C) Bring your pet with you. In an emergency it is important to protect all members of your family, including your pets. Take your pet with you if you are forced to leave your home during an emergency.

10) How many days should an emergency kit last for?

D) 3 days. An emergency kit should have enough supplies to last up to 3 days or 72 hours

Lets Get Started by Connecting the Dots and Colouring Me!



Know the Risks!

To become an official PrepE Pal, you must know:

- ◇ Warning signs that a disaster is coming.
- ◇ The types of emergencies that can happen and what to do.
- ◇ Who to call if you need help.
- ◇ How and when to call 9-1-1.

It is important to know the risks!



PrepE's Quiz

This is your final step in becoming an Official PrepE Pal! Answer the following 10 questions to prove that you are prepared for a disaster.

1. What type of disaster cannot happen in your community?

- A) Tornado
- B) Earthquakes
- C) Winter Storms
- D) Flooding
- E) Volcano Eruption

2. Where will you go if there is a tornado?

- A) Basement
- B) Outside
- C) Upstairs
- D) Near a window

3. What do you do if you are outside playing and start to feel cold?

- A) Keep playing until it goes away
- B) Go inside to warm up

4. Is it ok to walk in flood waters?

- A) Yes
- B) No

5. If the earth starts to shake, what will you do?

- A) Stop, Drop and Roll
- B) Get Low and Go
- C) Drop, Cover and Hold On

6. Can a Teacher help you during a disaster?

- A) Yes
- B) No

7) What does not belong in a family emergency kit?

- A) Flashlight
- B) Blanket
- C) Apples
- D) Water
- E) Whistle

8) What does a tornado sound like?

- A) Train or Jet
- B) Boat
- C) Car
- D) Bird

9) What should you do with your pet during an emergency?

- A) Let them run loose outside
- B) Lock them in a room
- C) Bring them with you

10) How many days should an emergency kit last for?

- A) 2 days
- B) 1 day
- C) 7 days
- D) 3 days

Calling 9.1.1.

◇ Be sure to know your phone number and address.

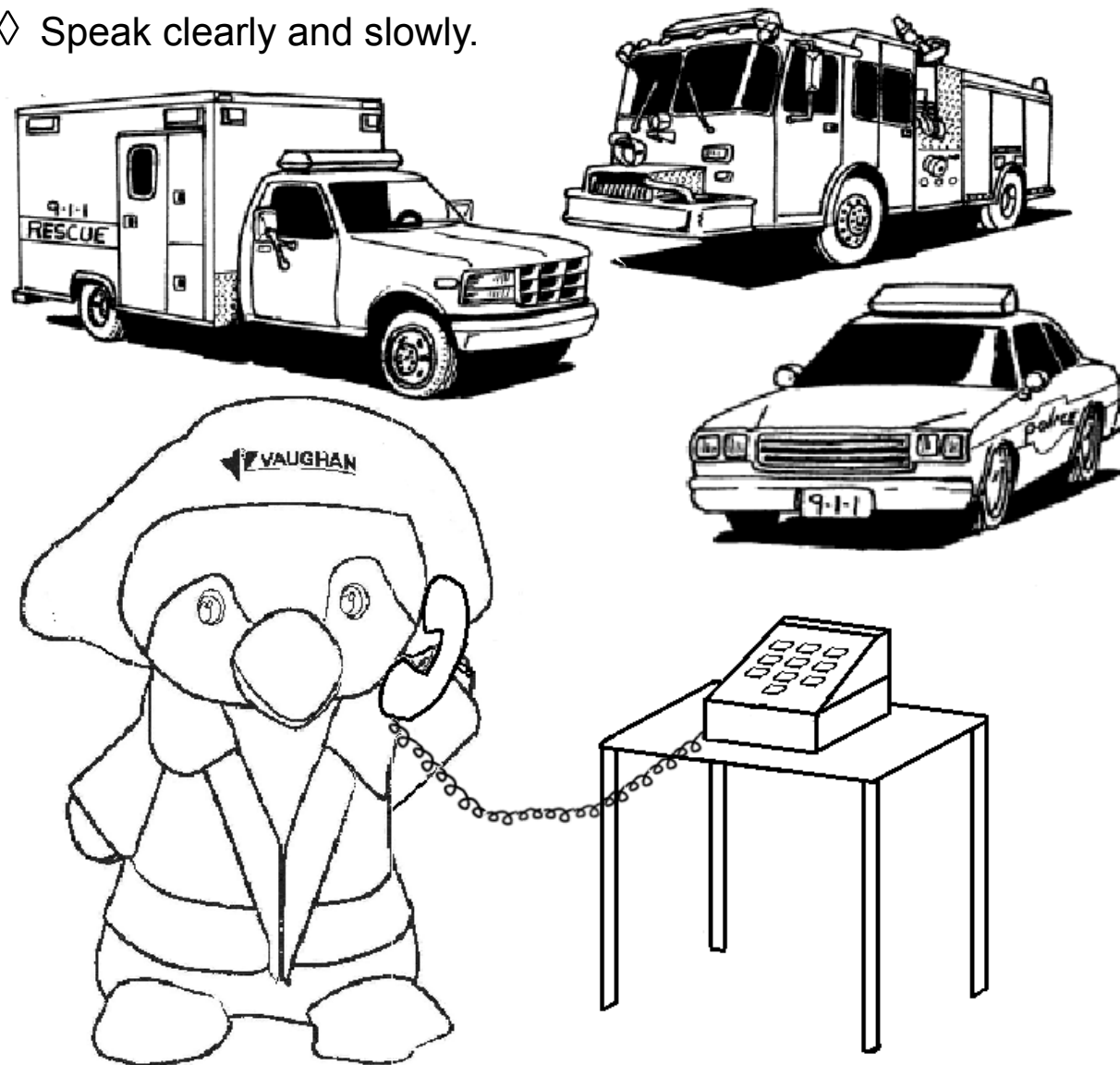
Your Phone Number: _____ Your Address: _____

◇ Know the difference between fire, ambulance and police.

◇ When in doubt, call 9.1.1.

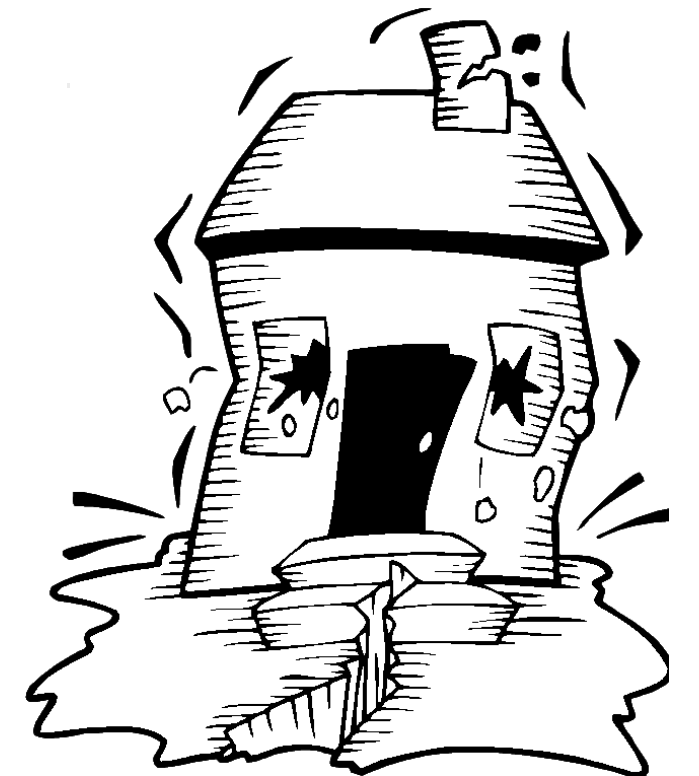
◇ Don't hang up until the operator tells you to.

◇ Speak clearly and slowly.



Do you know what types of disasters these are?

Colour the tornado red, flooding blue, severe winter storms yellow and the earthquake orange.



Make an Emergency Plan

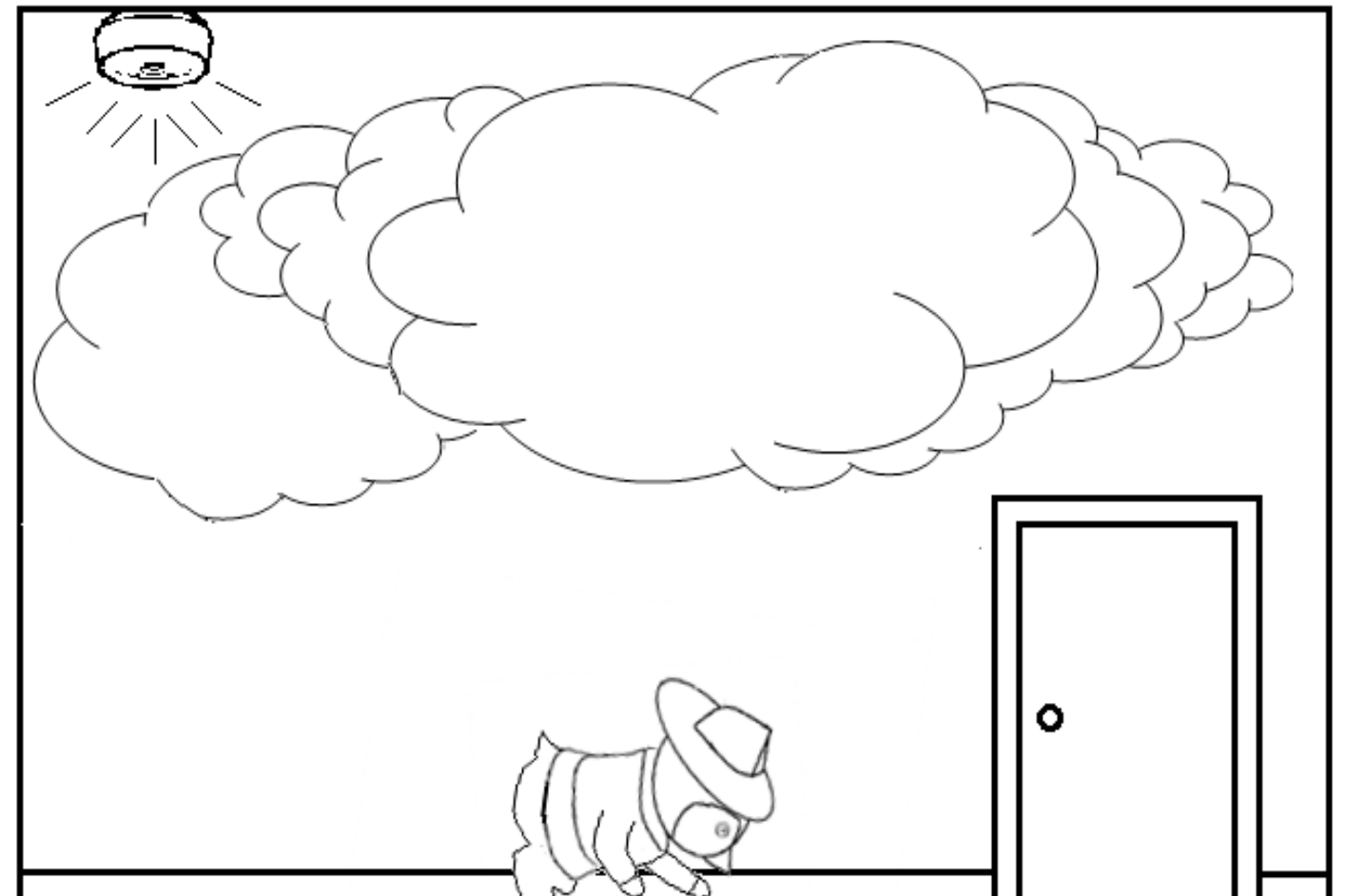


We are going to make our emergency plan together in this book. Make sure the whole family is part of your plan.

When The Smoke Alarm Goes Off...

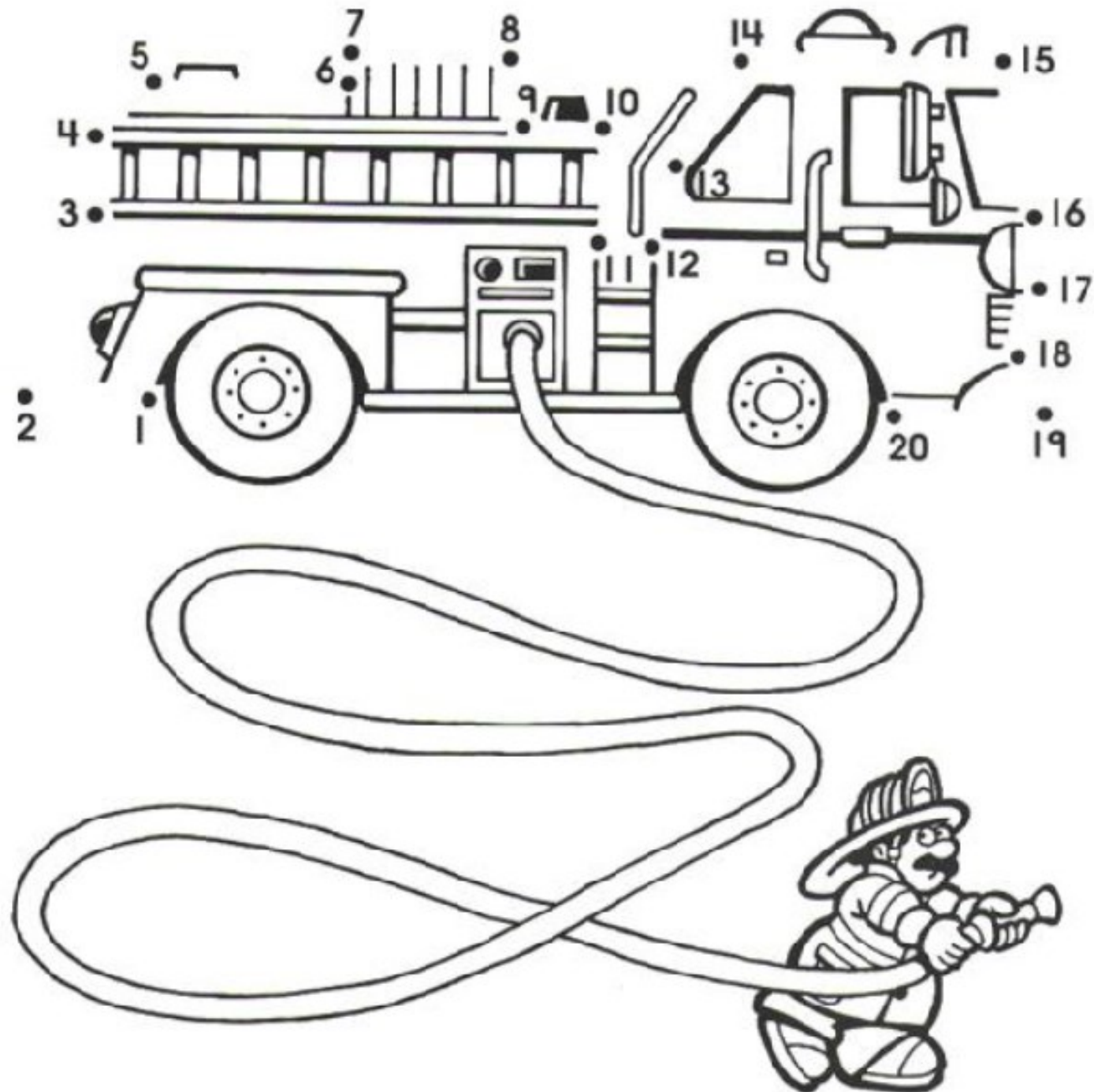
Get Low and Go!

- ◇ Crawl on your hands and knees.
- ◇ Keep your head as low to the ground as possible
- ◇ Touch a door to feel if it is warm before opening it. Doors that are warm may have fire behind them.
- ◇ If the door is warm find a different way to escape.



Fire Safety

Connect the dots to see a truck that helps in an emergency



Family Emergency Kit

Your family should have an emergency kit in the event that you are without electricity, heat or water for several days, or you need to leave your home. An emergency kit has all of the items for you and your family to survive at least three days or 72 hours. Lets learn what goes in your family emergency kit.



Building your Family Emergency Kit

Your family emergency kit should have all of these items. Colour in each item once you have packed them in your emergency kit.



Water (4 liters/per person / per day for three days)



Flashlight and extra batteries



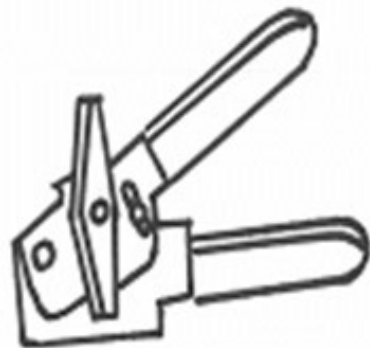
Prescription/non-prescription medications



Food (three day supply of non perishable food such as canned food, crackers and energy bars)



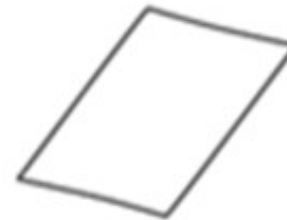
First Aid Kit



Manual can opener

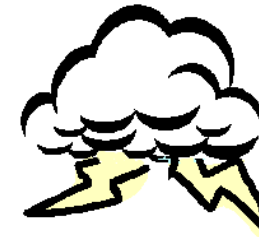


Duct tape and plastic sheeting to shelter in place

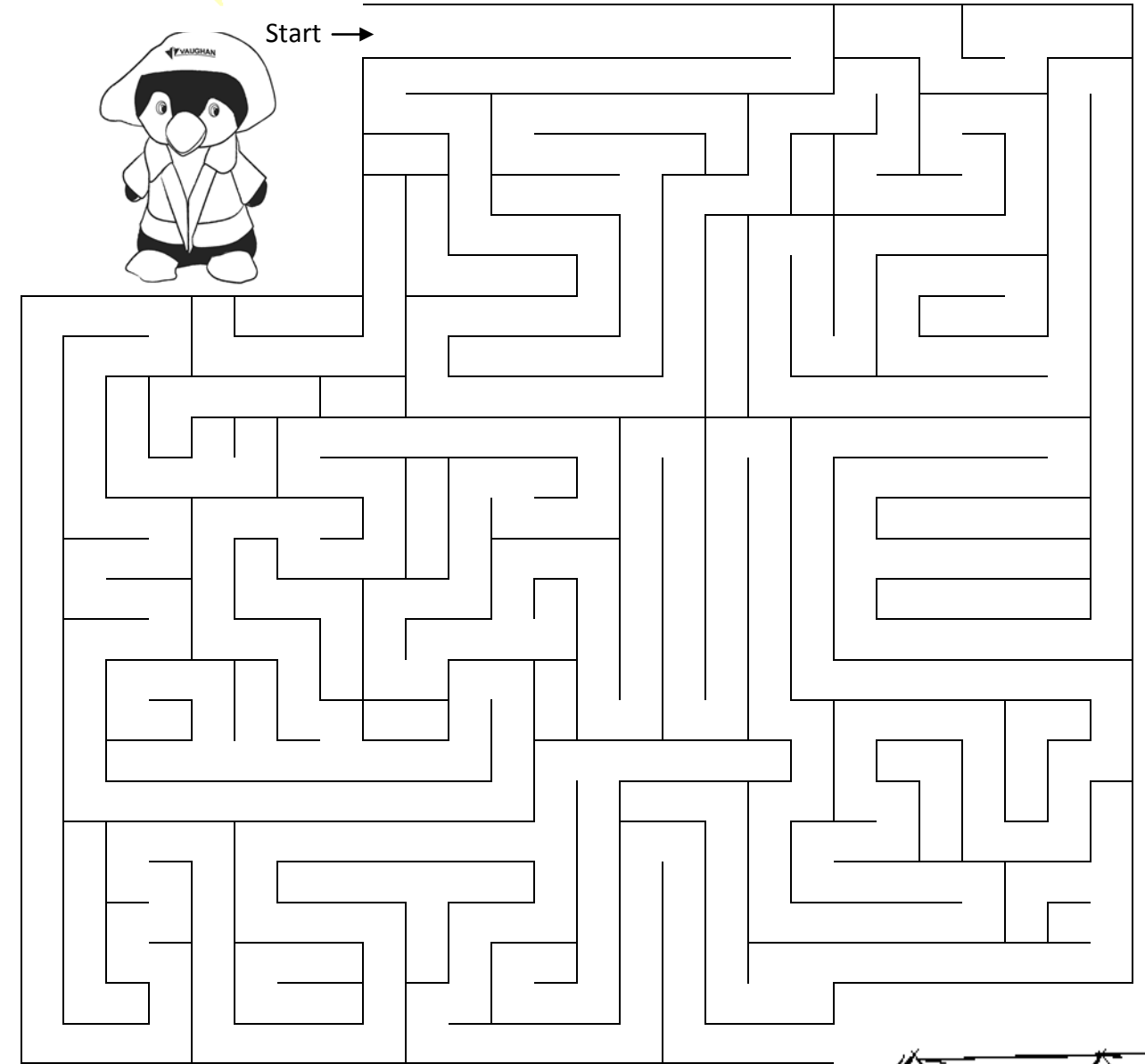


Warm blankets

Quick a thunderstorm is coming! Help PrepE take cover indoors.



Start →



When a Thunderstorm is Coming...

When Thunder Roars, Go Indoors!

- ◇ Wherever there is thunder there is lightning.
- ◇ Take shelter indoors right away.
- ◇ If you are not able to go indoors, lie flat on the ground in an open area.
- ◇ Stay away from water and tall objects like trees.
- ◇ Avoid using water or electricity in your house during a thunderstorm.
- ◇ Wait 30 minutes after the last roar of thunder before going back outside.

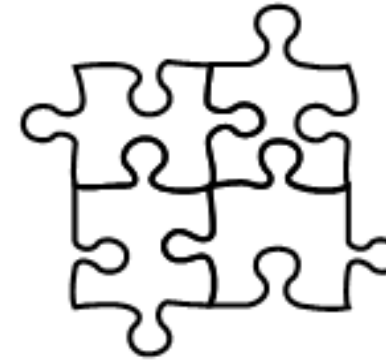
Its Better to Be Safe Than Soaked!



Garbage bags, toilet tissue and plastic ties



Change of clothing and comfortable shoes



Toys and games



Whistle to signal for help



Duffel bag or backpack



Spare car keys and extra cash



Battery powered or crank radio and extra batteries

Don't Forget About Your Pets!

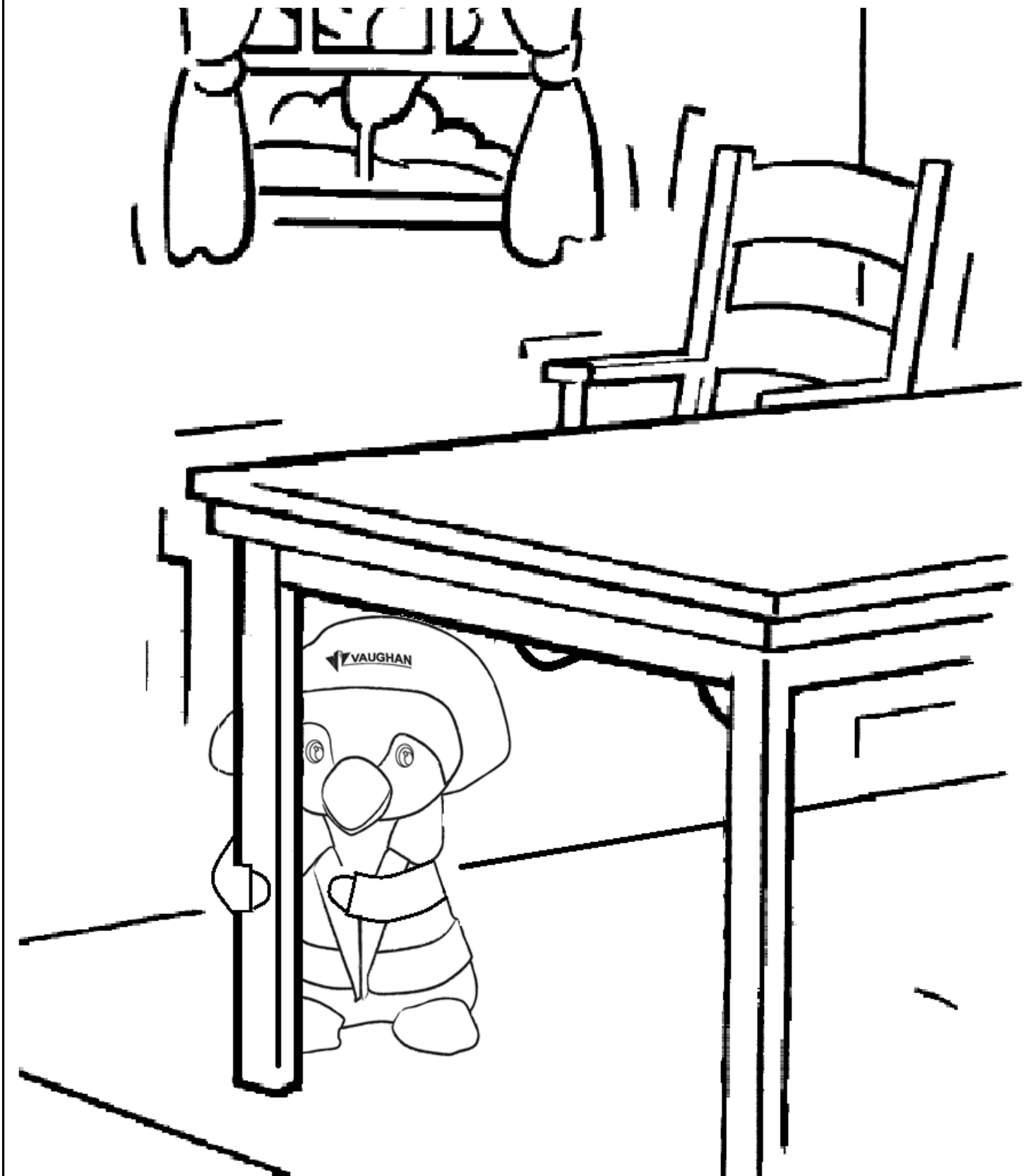
Pet Emergency Kit Checklist

- Minimum three day supply of food and water
- Small bowls for food and water
- Can opener for canned food
- Leash, harness or muzzle
- Name tag and photos
- Medical records or medicine (if needed)
- Name and phone number of vet
- Blanket and favourite toy
- Plastic bag, litter and litter scooper
- Carrier or cage



Take your pets with you if you have to leave your house because of a disaster. In case your pet is left behind, fill out the form on the next page and give it to Animal Services at the emergency shelter.

If you are indoors during an earthquake,
Drop, Cover and Hold on!



During An Earthquake...

When the earth starts to shake,
Drop, Cover and Hold on!

If you are indoors:

- ◇ Take cover under a sturdy table or desk, hold on to one of the legs and cover your eyes.
- ◇ If there are no tables nearby, sit down against a wall.
- ◇ Pick a safe place where objects such as pictures will not fall on you.
- ◇ Stay away from windows, bookcases and tall, heavy furniture.

If you are outside:

- ◇ Stay outside.
- ◇ Move away from buildings, trees, street lights and power lines.
- ◇ Crouch down and cover your head.

Stay in your safety spot until the shaking stops.

Watch out for smaller earthquakes called aftershocks.



PET RECORD

If your pet is left behind during an emergency, complete this form and give it to Animal Services staff at the Emergency Shelter or call 905-832-8505

Fill in the information about your pet and provide a photo or description.

Type of Pet: _____	Photo/Description
Pet's Name: _____	
Temperment of Animal: Friendly Timid Aggressive Vicious	
Contact Name: _____	
Address: _____ _____	
Phone Number: _____	

Location of Animal in Home

Feeding/Special Instructions

To Be Completed By an Emergency Worker Only

Dates Animal Checked:

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Animal Remains in Home Animal Removed to Shelter

Owner notified by: _____ Name/Address of Shelter _____

Date: _____ _____

Meeting Place

Now that you have your emergency kits, its time to plan a meeting place!

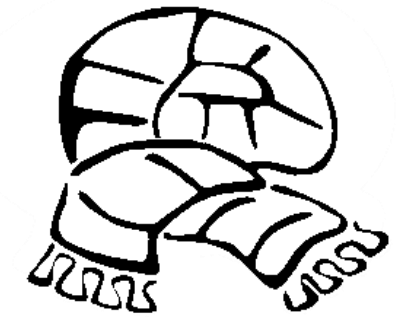
A meeting place is a safe area where you and your family can meet in case you have to leave your home during an emergency.



Circle the items that you should wear during a Winter Storm.



Mittens/Gloves



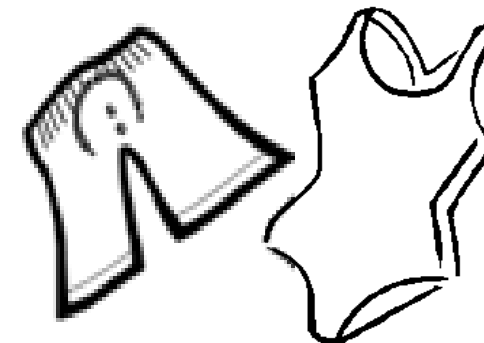
Scarf



Boots



Goggles/Snorkel



Bathing Suit

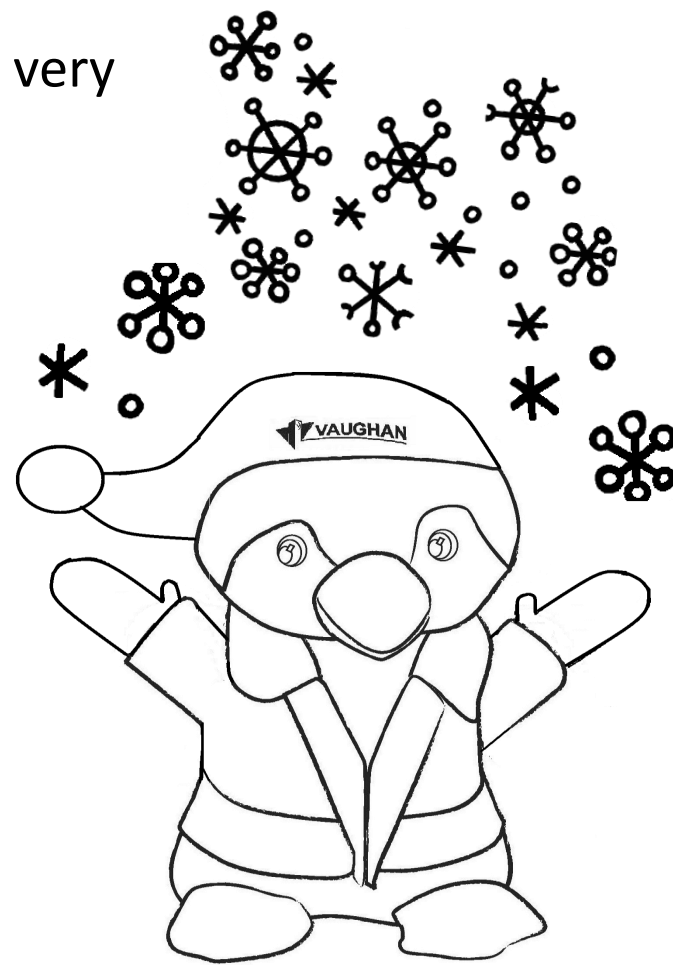


Hat

During Winter Storms...

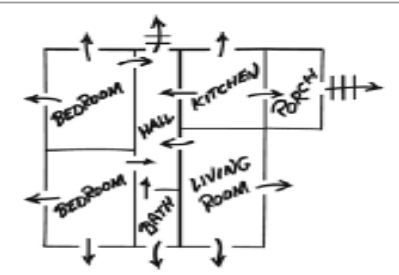
The best way to stay safe in a snow-storm is to stay inside!

- ◇ Dress in many layers if you go outside to play after a snow-storm.
- ◇ Wear hats and mittens and come inside often for warm-up breaks.
- ◇ If you start to shiver or get very tired go inside.
- ◇ If your nose, fingers, toes or ear lobes start to feel numb go inside right away and tell an adult.

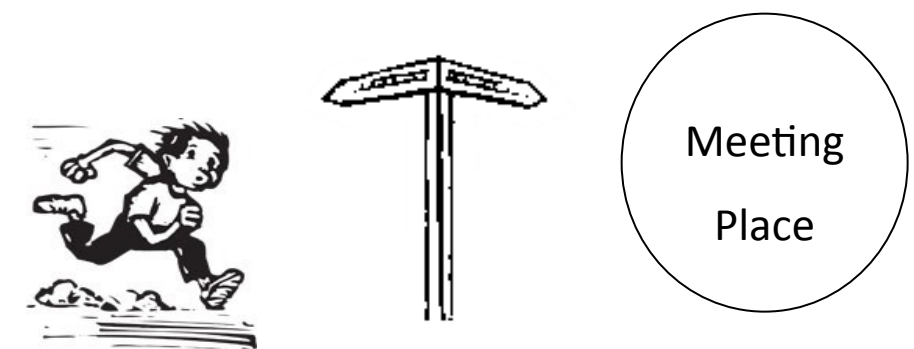


Your Meeting Place

Draw a floor plan of your home, showing two ways to get out of each room, if possible.



A large grid for drawing a floor plan.



Your **Meeting Place** could be a **street sign**, **mailbox** or **bus stop**

MY FAMILY COMMUNICATIONS PLAN



My Name: _____



My Address: _____



My Telephone Number: _____



My Family

Family work and cell numbers:



Work Number: _____



Cell Number: _____



Who to call in case of Emergency

Emergency Number:

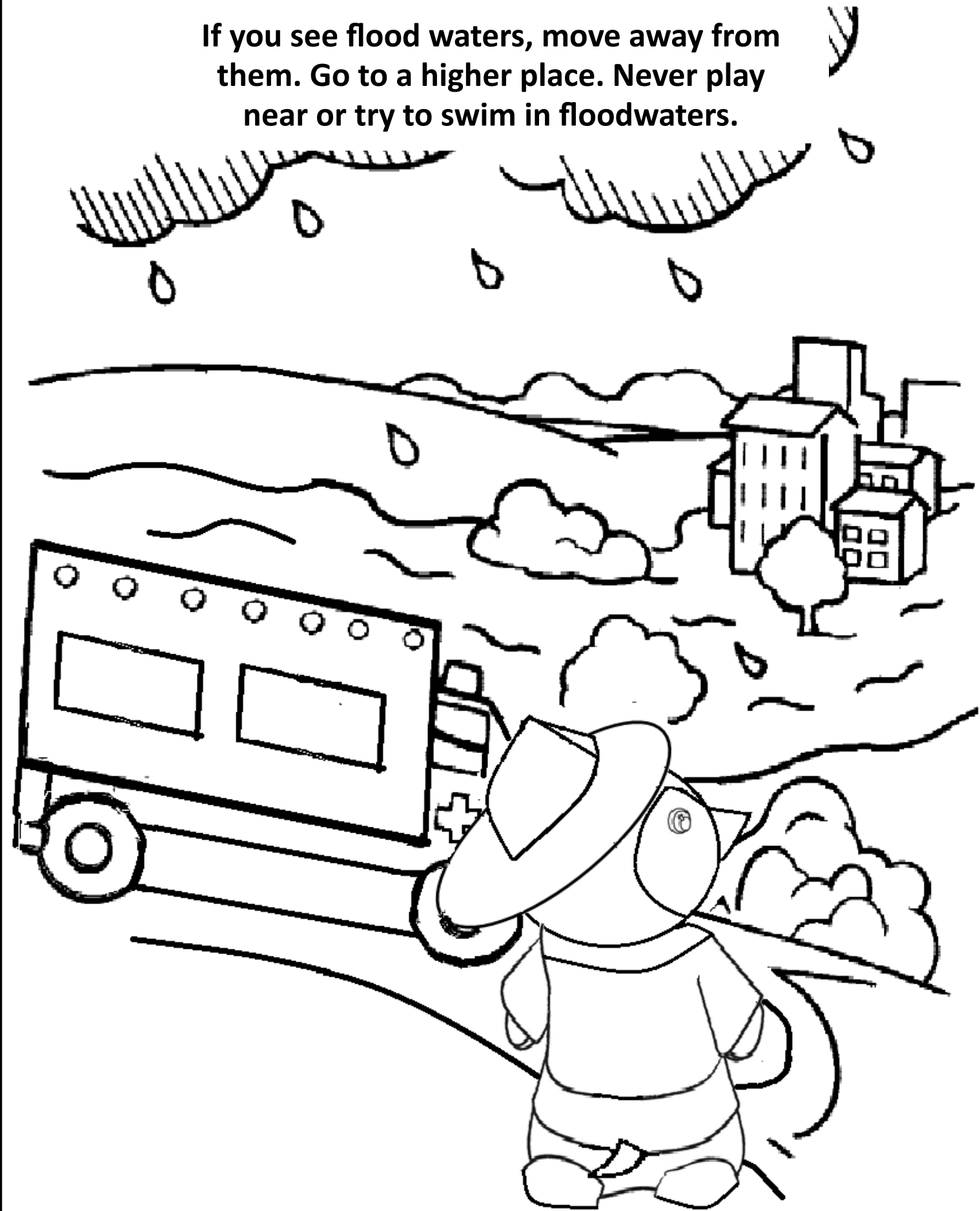
9-1-1 or _____

Name and number of neighbor or relative:

Name and number of out-of-town contact:



If you see flood waters, move away from them. Go to a higher place. Never play near or try to swim in floodwaters.



When You See A Flood...

Move to higher ground

- ◇ If you come to a flooded road, stop. Turn around and go another way.
- ◇ Never walk in flood water because it may be moving very fast, or carrying dangerous objects that could hurt you.
- ◇ Stay away from flooded areas because the water may still be rising.
- ◇ Never play around high water, storm drains, ditches or ravines.

People Who Can Help During A Disaster



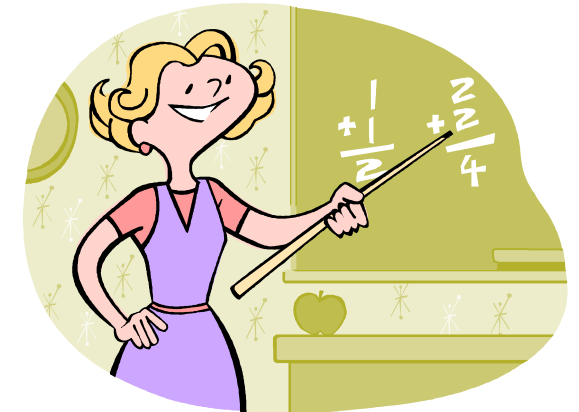
Police Officer



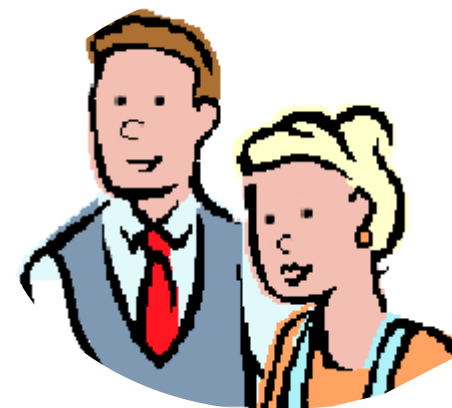
Firefighter



Paramedic



Teacher



Parents



Utility Worker

When You Hear A Tornado Coming...

Tornados can sound like fast moving trains or jet engines

If you hear these sounds your should:

- ◇ Take cover right away.
- ◇ Go to your basement.
- ◇ Take cover under something sturdy, like a desk, table or staircase.
- ◇ If you are not inside, lie down flat in a low piece of land like a ditch
- ◇ Use your arms to protect your head from flying or falling objects.

Do not move until it is safe outside!

If a tornado is coming, go to a safe place right away.

