SET YOUR CLOCKS CHECK YOUR STOCKS

Kids: Ask your parents or your family:

Are we ready for an emergency?

What would you do if there were an emergency? Does your family have a plan and emergency supplies? The best way to be ready for an emergency or disaster is to get prepared before one ever happens. To make sure your family is ready, ask your parents or caregivers the following questions. Then use materials from APHA's Get Ready: Set Your Clocks, Check Your Stocks campaign to put together an emergency preparedness kit for your family.

Questions for kids to ask their parents or family

Does our family have a "just-in-case plan" for emergencies? ❑ Yes ❑ No

Discuss different types of emergencies and how to respond to each.

Do we know who to call if one of us is lost or we become separated? ❑ Yes ❑ No

Discuss a safe spot to meet somewhere in the neighborhood.

Do we have a preparedness kit stocked with food, water and other supplies? ❑ Yes ❑ No

Visit www.getreadyforflu.org/clocksstocks Web site for a list of suggested items, or complete a kit with items recommended at www.ready.gov/kids/step1/index/html.

Does our family know when it is better to stay inside the house rather than go outside? ❑ Yes ❑ No

Different emergencies sometimes mean inside is better (such as during a tornado) than outside (such as during a fire). If you are inside an unfamiliar building in an emergency, look for the exit signs. Ask your parents for advice.

Do we have a list of local emergency numbers other than 911? ❑ Yes ❑ No

Work together to create a pocket card that has all the phone numbers you might need.

Do we have emergency preparedness information available at home? ❑ Yes ❑ No

Sit down with a parent or adult and visit **www.ready.gov** *and* **www.getreadyforflu.org/clocksstocks** *for tips and ideas.*

For more tips on creating your emergency preparedness stockpile, see www.getreadyforflu.org/clocksstocks

Get Ready
www.getreadyforflu.org

APHA American Public Health Association

SET YOUR CLOCKS CHECK YOUR STOCKS

Jefferson County Public Health Service
www.jcphs.org