



NATIONAL PREPAREDNESS MONTH YOUTH WEEK

GET PREPARED. GET INVOLVED.

Prepare Yourself

- **Get trained** in CPR or first aid: www.nyredcross.org/takeaclass.php
- Sign up for **e-updates**:
 - Notify NYC* (www.NYC.gov/notifynyc)
 - Email alerts* (www.NYC.gov/oemnews)
 - Facebook*:
 - OEM (www.facebook.com/nycemergencymanagement)
 - ARC (www.facebook.com/nyredcross)
 - Twitter*:
 - OEM (www.twitter.com/nycoem)
 - ARC (www.twitter.com/redcrossny)

Prepare Your Family

- Write down important **telephone numbers** for your family.
- Make sure everyone in the house has a **Go Bag** to use in case of an evacuation.
- Take young children to a free **Scrubby Bear** hand washing class offered by the American Red Cross (www.nyredcross.org/calendar.php).
- Practice evacuating your home as a family, just like a **fire drill** at school. Have a **meeting place** outside your home.
- Call 311 or go to www.NYC.gov/readyny for free emergency preparedness guides.

Prepare Your Community

- Become a volunteer: www.nyredcross.org/youthservices.
- Join the NYC Citizen Corps Council **Youth Fellowship Program** at www.nycservice.org.
- Talk to your **friends and neighbors** about preparedness. Help them to pack Go Bags and make a plan.
- Request an **emergency preparedness presentation** for your community by calling 311.

FUN AND GAMES

Pack a Go Bag!

Use this checklist to pack your own bag and make sure you're ready to go in any emergency!



a bag to pack



a flashlight



snacks



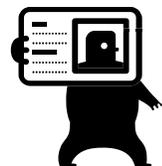
water



a toothbrush



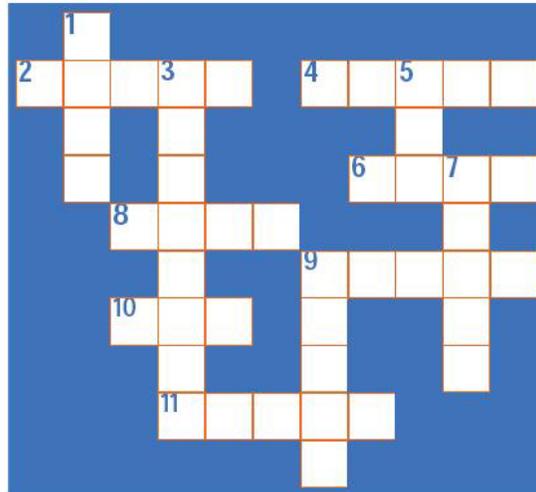
keys



your ID

MAKE A PLAN CROSSWORD

To prepare for emergencies, families can collect items that might be useful and put them in an emergency supply kit. Complete the puzzle now so you're not puzzled in an emergency.



ACROSS:

2. _____ light: A handy tool to have if the lights go out!

4. Every person needs one gallon of this per day!

6. This comfortable piece of furniture should not be part of a family's supply kit.

8. Furry family members that should be part of your preparedness plan.

9. Some people have a _____ between meals if they are hungry.

10. You might find water, a flashlight, or a whistle in an emergency supply _____.

11. Fun items that families can play together.

DOWN:

1. Families can create a communication _____ so that they know where to meet and who to call during an emergency.

3. _____ bag: Great for napping or keeping warm.

5. Every family member should carry a contact list with at least _____ different phone numbers that will allow you to keep in touch during an emergency.

7. It's important to get the _____ about different kinds of emergencies, so that you know what to expect.

9. Keep an extra pair of these in your supply kit to keep your feet dry!

Ready New York for Kids: Word Search

See if you can find the preparedness words listed below!



For more fun and games, visit <http://nyc.gov/readyny>