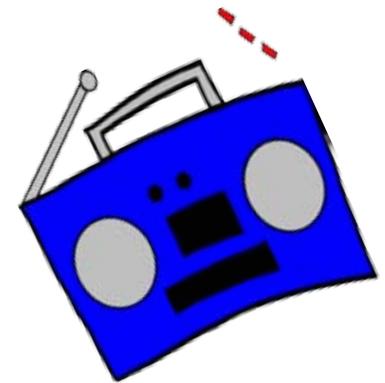


Freddie & Friends



Proudly Present the...

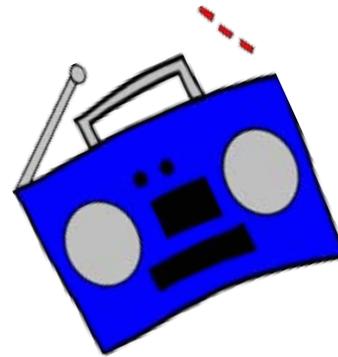


Hi kids! I'm Freddie First-Aid! My friends and I want to show you a few steps you and your family can take to be prepared for all kinds of natural disasters. When severe weather happens, you need to be ready!

Let me and all of my friends help you understand just how to be ready for NATURAL DISASTERS!

Tips:

- When severe weather strikes, watch or listen to your local news to keep yourself and your family updated on the latest weather forecast.
- If severe weather is on the way, get out a flash light and battery-powered radio in case the electricity goes out. Be sure to have extra batteries on hand.
- Have your parents read their part of the activity book and when they are done give them the quiz at the end of their section.
- Work with your parents to create your own family disaster plan and kit.
- Learn all you can from this book and from the cool web sites listed on page 34 so when severe weather happens, you can be ready!



Contents - Kids

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| Pg. 3 | Central Texas Flooding Facts | Pg. 20 | Tornado Quiz |
| Pg. 4 | Barbara's Big Word Search | Pg. 21 | Make Your Own Tornado in a Jar |
| Pg. 5 | Barbara's Word Jumble | Pg. 22-23 | Hurricanes |
| Pg. 6 | Flooding Quiz | Pg. 24-25 | Pets in emergencies |
| Pg. 7-9 | Lightning | Pg. 26 | Household Hunt |
| Pg. 10 | Flip's Far-Out Cryptogram | Pg. 27 | Test your preparedness I&A |
| Pg. 11 | Lightning Quiz | Pg. 28-33 | Coloring pages |
| Pg. 12-13 | Severe Heat | Pg. 34 | Resources |
| Pg. 14 | Severe Heat Crossword Puzzle | Pg. 35 | Answers |
| Pg. 15 | Wanda's Sizzling Word Jumble | Pg. 36 | Great job! |
| Pg. 16-18 | Tornadoes | Pg. 37 | Notes |

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| Pg. 1 | Get a plan! | Pg. 15 | Building a kit together |
| Pg. 2 | Get a communications plan! | Pg. 16 | Creating a plan together |
| Pg. 3 | Get an evacuation plan! | Pg. 17 | Testing your plan |
| Pg. 4 | Build a home emergency kit | Pg. 18-21 | Parent's Quiz |
| Pg. 5 | Protecting your family | Pg. 22-23 | Parent's Quiz answers |
| Pg. 6 | Flash Floods | Pg. 24 | Family preparedness certificate |
| Pg. 7 | Flash Flood - Safety Tips | Pg. 25 - 26 | Notes |
| Pg. 8 | Thunder Storms and Lightning | Pg. 27 | Build a Kit tear out page |
| Pg. 9 | Tornadoes | Pg. 28 | Evacuation grab and go kit tear out page |
| Pg. 10 | Extreme heat | Pg. 29 | Emergency numbers tear out page |
| Pg. 11 | Wildfire | Pg. 30 - 31 | Family emergency plan tear out pages |
| Pg. 12 | Hurricanes | Pg. 32 | Helpful web pages tear out page |
| Pg. 13 | Home Safety Tips | | |
| Pg. 14 | Emergency Communications | | |

FLASH FLOODS

Hey kids, I'm Barbara Barricade. I'm here to tell you all about floods. Learn what they are and what you can do to prepare and protect yourself and your family.



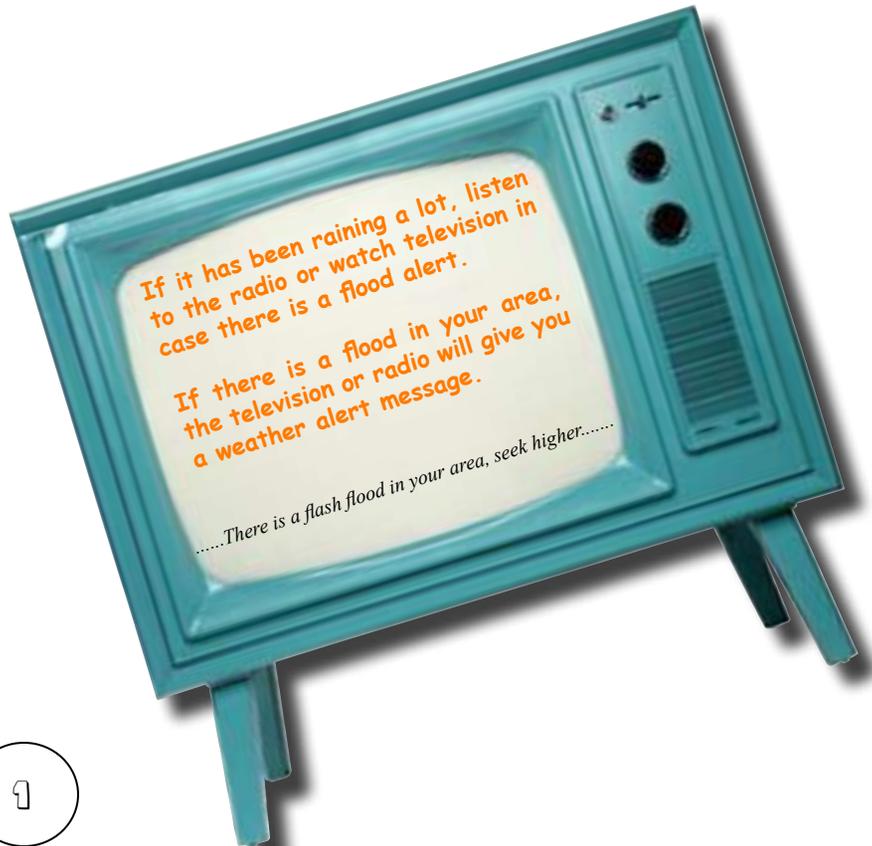
Flooding Facts

A flood can happen when it rains a lot in a short amount of time. When there is too much water on normally dry land, water cannot sink into the ground causing flooding.

Flash Floods

Flash floods happen very quickly with little or no warning. Whenever it has been raining heavily there is a possibility of flash flooding. However, flash floods can occur even if it has not been raining where you are. If it rains upstream, water will rush downstream, causing streams and river banks to overflow.

A flood can happen in a flash. Flood waters move VERY fast. To prepare yourself and your family you need to get a plan.



Austin Fact

Flooding is the most common natural disaster in Central Texas. Because there are so many floods here, our area is nicknamed "Flash Flood Alley."

TURN AROUND - DON'T DROWN

If a road is flooding, there may be barricades set up. Tell your parents they should never drive around a barricade or through a flooded road. Flood waters move very fast and can easily sweep your car away. Floods can also wash out roads and bridges.

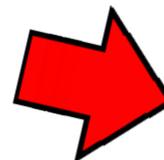
Never swim, walk, or drive through moving water on roads or in ditches. The water in a flash flood moves very quickly and can easily knock you down.

Never swim or play near streams or lakes after it has been raining a lot. As little as six inches of fast moving water can knock you off your feet. Also a flash flood can happen without warning so you want to be far away from these areas.

Get prepared

Learn all you can about flooding and make a family disaster plan so that your family is ready for floods. Work with your parents on the disaster plan in the adult section of this book.

Pay Attention

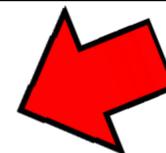


FLASH FLOOD WARNING

A "Flash Flood Warning" means it is flooding **RIGHT NOW**. Immediately go to higher ground. Get away from low-lying areas, streams, lakes and rivers. If you are inside go to the highest floor. Seconds count.

If floods are possible be sure to keep a battery-operated radio with you and stay tuned to a local station for up-to-the-minute weather updates.

Learn More



Visit www.floodsmart.gov

Put in your address to find out about the risk of flooding where you live.

CENTRAL TEXAS FLOODING FACTS

- Flash flooding is the number one natural disaster threat to this entire area.
- The majority of flood-related deaths are caused by people attempting to drive through moving water.
- Texas is in fact, prone to extremely heavy rains and flooding with half the world record rainfall rates (48 hours or less).

EXTRA EXTRA READ ALL ABOUT IT...

APRIL 7, 1900

Following a two day storm, McDonald Dam on the Colorado River broke up, sending a wall of water down the river which killed dozens of people. The river peaked at 60' high and a mile wide. The pride of Austin at the time, "Ben Hur," the 181-foot long, triple-decker leisure steamboat, was also destroyed by the flood.

APRIL 23, 1915

Flash floods killed 35 people, most of whom lived near Waller Creek. Entire sections of the city were submerged for hours and houses were washed away.

SEPTEMBER 8-10, 1921

This storm event, known as "The Great Thrall/Taylor Storm", still stands in the record books as the greatest of all continental U.S. rainstorms during 18 consecutive hours. Austin received 18.23 inches of rain in 24 hours. Miraculously, only six fatalities were reported in Travis County.

JUNE 15, 1935

The flood of 1935 was one of three major floods to hit the area in the 1930's. Austin was hit with 22 inches of rain in three hours. Between 2,500 and 3,000 residents in East Austin (near present-day IH-35 and the river bank) were left virtually homeless after the waters receded.

OCTOBER 28, 1960

Flood waters swept away property valued at \$2.3 million, and forced 200 people to flee their homes. Several motorists were washed away in their cars, bringing the final death toll to 11.

MAY 24, 1981

This storm event will always be remembered as the "Memorial Day Flood" which drowned 13 people and caused \$36 million in damages.

OCTOBER 17, 1998

Twin hurricanes, Madeline and Lester on the west coast of Mexico, funneled continuous waves of moisture inland causing flooding in Central and South Texas. Across the state there were 31 deaths, 20 counties declared disaster areas, and 7,000 people evacuated from their homes.

NOVEMBER 15, 2001

During this storm, widespread rainfall totals typically ranged from five to eight inches, but radar based estimates indicate that some areas may have received 15 inches of rain. Much of this rain fell within the space of six hours.

There was one fatality and widespread flood damage. In total, 860 buildings were reported to have flood damage.

Barbara's Big Word Search

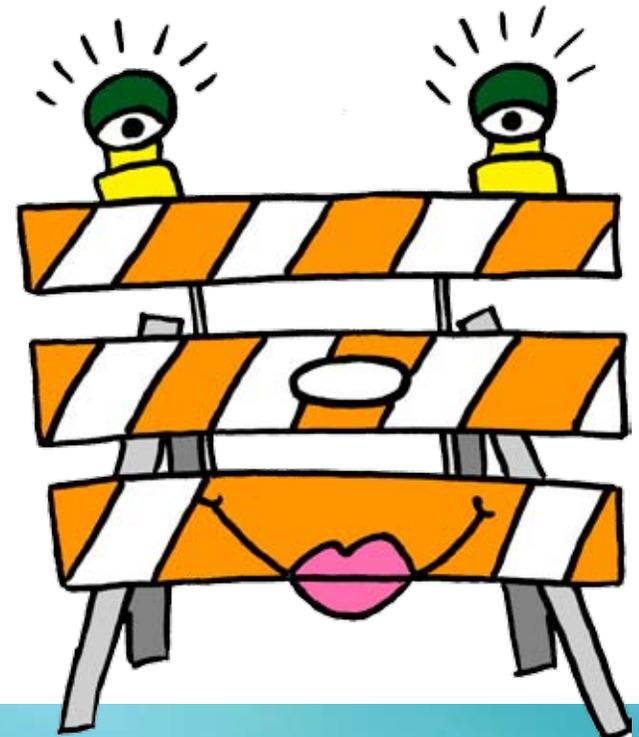
Locate and circle all the words.
Words can be found going vertically
and horizontally. Can you find them all?

Good luck!

| | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| F | N | P | F | E | R | N | N | L | A | N | A | L | H |
| L | A | N | A | N | H | A | U | H | A | O | L | C | S |
| A | T | O | D | E | P | F | F | O | L | H | P | G | F |
| S | U | O | C | E | D | H | L | L | A | Y | L | F | N |
| H | R | C | E | O | U | L | A | U | W | D | H | L | I |
| F | A | F | F | L | P | A | S | F | L | R | O | S | L |
| L | L | L | T | R | R | F | H | L | F | O | D | L | L |
| O | D | P | F | A | I | O | F | O | O | P | L | L | A |
| O | I | P | W | O | R | S | L | O | N | L | H | D | C |
| D | S | T | O | F | L | O | O | D | W | A | T | C | H |
| A | A | H | O | O | D | N | O | P | H | N | G | L | R |
| L | S | O | N | O | S | A | D | L | S | E | L | L | A |
| L | T | L | T | A | A | E | I | A | E | T | T | O | F |
| E | E | D | R | W | D | N | N | I | T | T | R | L | S |
| Y | R | D | H | A | F | T | G | N | D | O | O | A | O |

Word Bank

- **Flood Watch**
- **Natural Disaster**
- **Flash Flooding**
- **Flash Flood Alley**
- **Floodplain**



Barbara's Word Jumble

Unscramble each set of letters to make a word. Good luck!

Here's a hint: All the words have to do with flooding and flood safety.

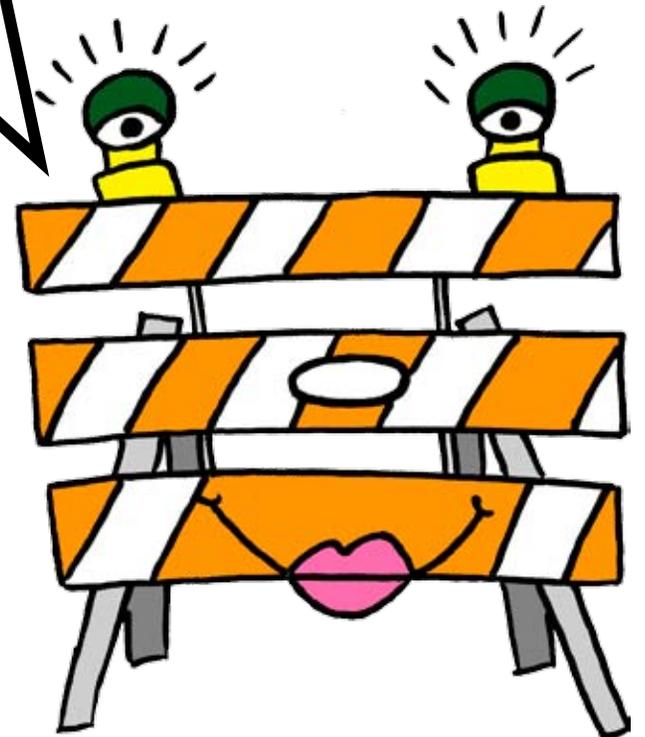
carbridae

iadro

gawnrin

veyha anir

tcwaha



Flooding Quiz

FILL IN THE BLANK WITH THE CORRECT WORDS

| | | |
|--------|---------------|---------------|
| lowest | thunder | the beach |
| ground | highest | warning |
| sleep | lake | disaster plan |
| unplug | higher ground | roads |

1. A flash flood can wash out _____ and bridges.
2. A flash flood can happen without _____.
3. If it has been raining hard, water cannot sink into the _____.
4. If it is flooding, immediately go to _____.
5. To prepare, you should create a family _____.

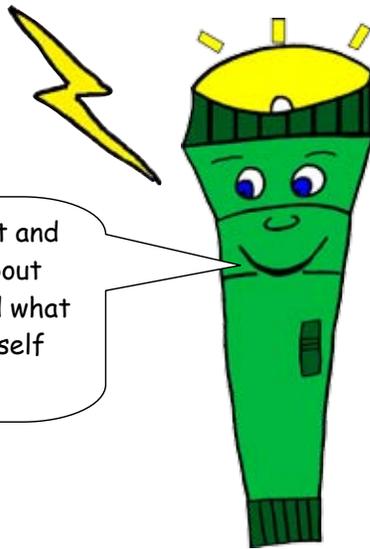
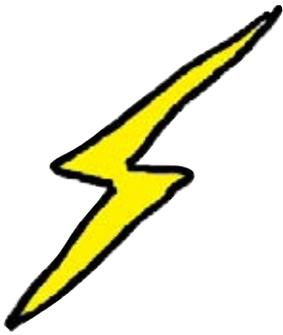
CIRCLE T (TRUE) OR F (FALSE) FOR EACH SENTENCE.

1. T/F When you hear a flash flood warning it means conditions are right for a flood to occur.
2. T/F Flash floods can happen even if it hasn't been raining in your area.
3. T/F Drive as fast as possible through a flooded road to avoid being washed downstream.
4. T/F It is easy to outrun a flash flood.
5. T/F A flash flood can wash out roads and bridges.
6. T/F 18-24 inches of moving water can sweep away most cars.
7. T/F Central Texas is nicknamed "Flash Flood Alley."
8. T/F It's fun and safe to play in a stream after it's been raining a lot.
9. T/F Six inches of fast-moving water can knock you off your feet.
10. T/F Flooding is the most common natural disaster we have in Austin.



Did you visit www.floodsmart.gov?
What is the risk of flooding at your home?

LIGHTNING



Hey kids! I'm Flip Flashlight and today I want to tell you about some cool lightning facts and what you can do to protect yourself when lightning strikes.

DID YOU KNOW?



Most people who are struck by lightning survive but will probably have lifelong health problems. About 100 people a year are killed in the United States from being struck by lightning or from the fires that were caused by lightning.

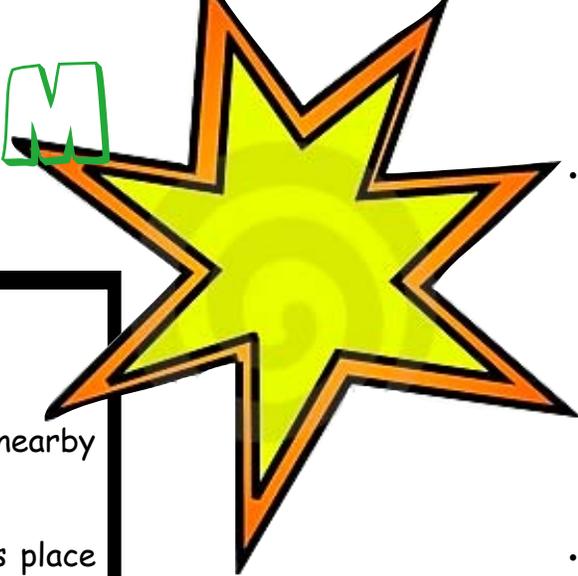
TIP:

Be ready for a household fire by checking your smoke detector twice per year.

Lightning Facts

- ★ Lightning is caused by the motion of clouds and wind which creates an electrical imbalance.
- ★ Lightning can strike even if there are no clouds in the sky.
- ★ Lightning is VERY dangerous. Lightning kills more people than hurricanes and tornadoes combined.
- ★ Lightning is very fast. Lightning can travel between 100 and 1,000 miles per hour (mph).
- ★ If you hear the sound of thunder, you are close enough to get struck by lightning.
- ★ 20 percent of people who get struck by lightning die.
- ★ Talking on a land line telephone is the leading cause of lightning injuries inside the home.
- ★ At any time there are 2,000 lightning storms around the world.
- ★ Lightning can occur anytime but is most common in the spring and summer months.

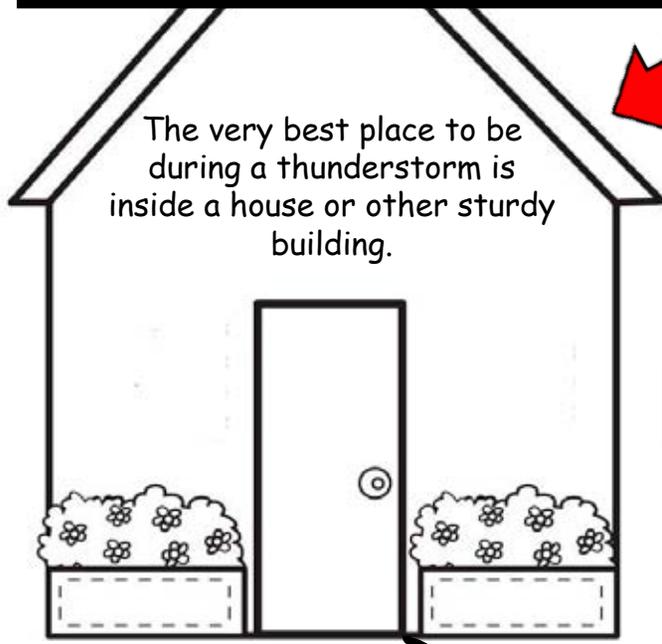
KABOOOM



Stay Safe

If you hear thunder, then lightning is nearby and you need to **GET INSIDE**.

Being outdoors is the most dangerous place you can be during a storm. Most lightning injuries and deaths can be prevented with advanced planning and being aware of current weather conditions.

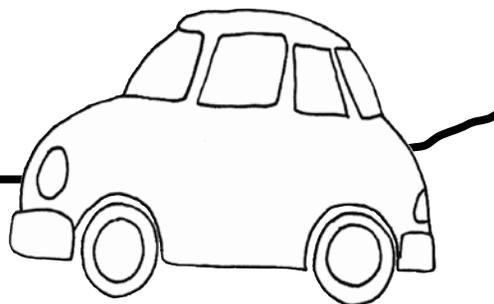


The very best place to be during a thunderstorm is inside a house or other sturdy building.

Get inside

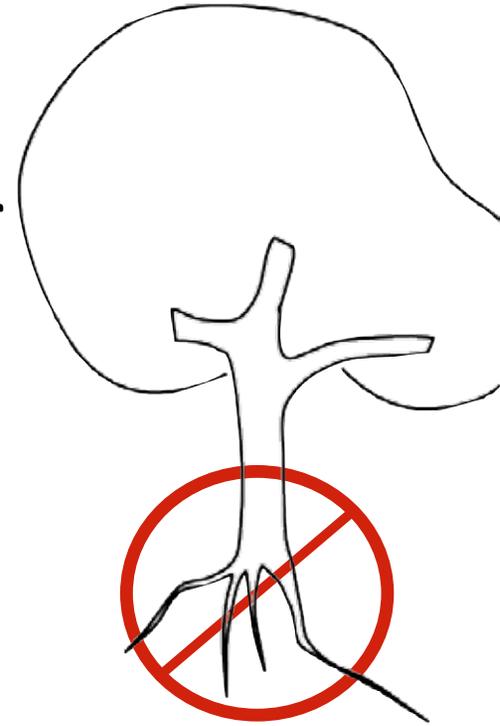
If you can't go inside

Get inside of a hard-topped vehicle.



Stay Safe Outside

- Stay in the open and get to the lowest point possible. **Do not stand under a tree, picnic shelter, shed or other tall objects because they attract lightning.** Lightning always takes the shortest path.
- Get away from, don't touch or be near anything metal like a framed backpack, umbrella or a golf club. Metal objects attract electricity.
- If your hair stands on end or your skin starts to tingle, lightning may be about to strike. Immediately crouch down and curl up as small as you can standing on the balls of your feet.

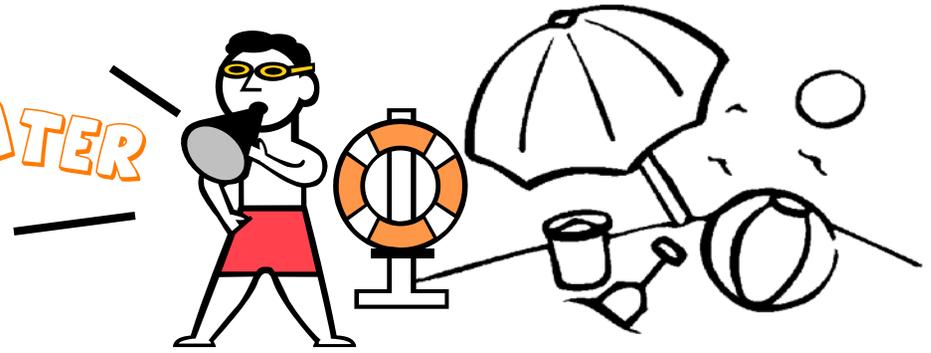


How close is the lightning?

When you see lightning count the seconds until you hear the thunder. For every five seconds you count, lightning is one mile away. So if you count ten seconds from the sound to the flash, lightning is 2 miles away.

If you see lightning and hear thunder at the same time, the storm is **RIGHT ABOVE YOU**.

GET OUT OF THE WATER



Water conducts electricity and is **VERY DANGEROUS** when there is lightning. If you are in a pool, at the beach, or on a boat get out of the water immediately. If your boat can't reach land, stay low in the boat away from anything metal.

STAY SAFE INSIDE

Lightning can travel through plumbing and phone lines so there are precautions you need to take even when you are inside. People have been injured or killed inside their home while on the phone, using electronics, or taking a bath.

During a storm, unplug and do not use electrical equipment. If lightning travels through electrical wires it can hurt you and your electronics.

Do not stand near sinks or tubs or take a bath or shower.

Do not use a land line telephone unless it is an emergency.

Flip's far-out cryptogram

A J Q J L J

F J W B Y J L

S A

M U B

M J W L H N

W A

A J Q J L J

F Y J M

N U P

W L J

B U U

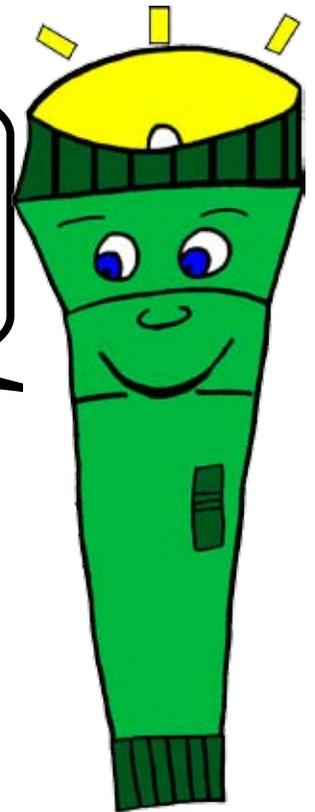
G L J G W L J V

B U

R J

A Z W L J V

Use the key at the bottom of your page to discover the hidden message!



KEY

| | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| A | B | C | D | E | F | G | H | I | J | K | L | M |
| S | T | Q | K | J | W | P | L | F | E | Z | R | N |
| N | O | P | Q | R | S | T | U | V | W | X | Y | Z |
| Y | G | U | V | B | I | X | O | D | A | M | H | C |

Lightning Quiz



FILL IN THE BLANK WITH THE
CORRECT WORDS

| | | | |
|-----------|---------|-------|------------|
| lowest | rain | use | electrical |
| telephone | highest | water | tall |
| die | thunder | fish | inside |
| unplug | turn on | faint | use |

1. About 100 people each year _____ from lightning and the fires it causes.
2. Don't use a _____ when it is lightning unless there is an emergency.
3. _____ and lightning occur together.
4. Never stand under a tree when it is lightning because _____ objects attract lightning.
5. Lightning is caused by the motion of clouds and wind which creates a(n) _____ imbalance.
6. The best place to be when it is lightning is _____.
7. If you are outside you need to stay in the open and go to the _____ point.
8. When it is lightning you should _____ electrical equipment and appliances.
9. If you are in or near _____ get out and get away.

CIRCLE T (TRUE) OR F (FALSE)
FOR EACH SENTENCE.

1. T/F When there is lightning, crouch under a tree.
2. T/F When there is lightning, stay away from any thing made of metal.
3. T/F You should stay by the window to watch the streaks of lightning.
4. T/F In a storm, you usually see the lightning before you hear the thunder.
5. T/F There have to be clouds in the sky to get struck by lightning.
6. T/F When there is lightning, go to the highest spot on a hill and get out your umbrella for protection from the storm.
7. T/F For every five seconds you count between the sound of thunder and when you see a flash, lightning is one mile away.
8. T/F It's safe to stay in the pool if lightning looks like it is far away.
9. T/F If there is lightning, call your friends to make sure they are safe.
10. T/F Lightning kills less people then hurricanes and tornadoes combined.

SEVERE HEAT

Texas can be very hot during the summer so there are things we all need to know to avoid getting sick! To stay safe when it is hot outside, remember to keep cool and use common sense. The following tips are important:



Hi y'all! I'm Wanda WaterJug, and today I want to talk to you about severe heat and how you can prevent dehydration.

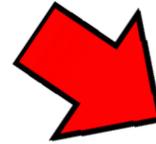


Drink Plenty of Water

During hot weather you need to drink more water so you don't become dehydrated. Your body will need water before you feel thirsty. Don't wait until you're thirsty to drink water!

TIP:

Keep an eye on the time and be sure to take a break once an hour. If you start to feel bad, **stop immediately** and go to a cool area.



Pick the Right Clothes and Wear Sunscreen

Wear heat-friendly cloths such as shorts and T-shirts.

Wear a hat and sunglasses.

Put on sunscreen of SPF 15 or higher. Your parents can help you pick out the best kind!



Pick the Right Outdoor Activity

Try to plan playtime and sports for the morning or evening when it is cooler. Take plenty of breaks in shady areas so that you can cool down.

The ideal temperature for humans is 77°F. In Austin, it will get much hotter than that in the summertime. Because your body's ideal temperature is so cool, being in the heat for even a short time can make you very sick.

Learn what to look for so you can tell an adult if you or someone else is having problems.

Heat Exhaustion

When it's hot, you lose body fluids, which could lead to heat exhaustion. If you think you or someone else has heat exhaustion, tell an adult right away. People with heat exhaustion should move to a cool place, rest, sip water, and cool down. If they don't feel better in an hour, you should call 9-1-1.

People with Heat Exhaustion:

Have muscle cramps

Have pale skin

Feel confused, tired, weak, or dizzy

Have a headache

Sweat a lot

Faint

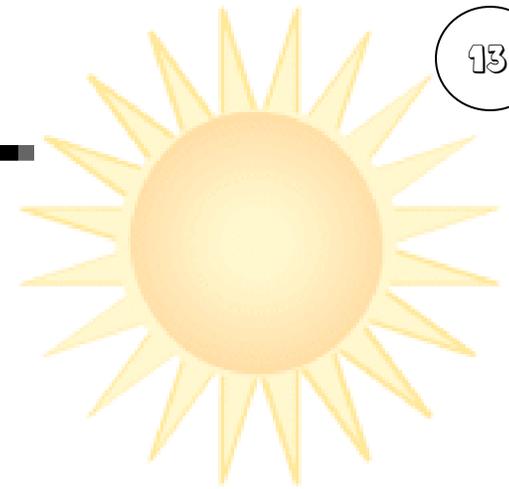
Feel nauseous or throw up

Heat Stroke

Heat stroke happens when you have gotten too hot and your body isn't able to stay cool on its own. Heat stroke can be deadly.

If you think you or someone else has heat stroke **YOU MUST CALL 9-1-1 RIGHT AWAY.** People with heat stroke have to be treated at the hospital.

Be sure to move them to a cool area and follow instructions given by 9-1-1 operators.



People with Heat Stroke:

Have hot, dry and flushed (red) skin

Do not sweat

Have a very bad headache

Will be dizzy

May seem confused

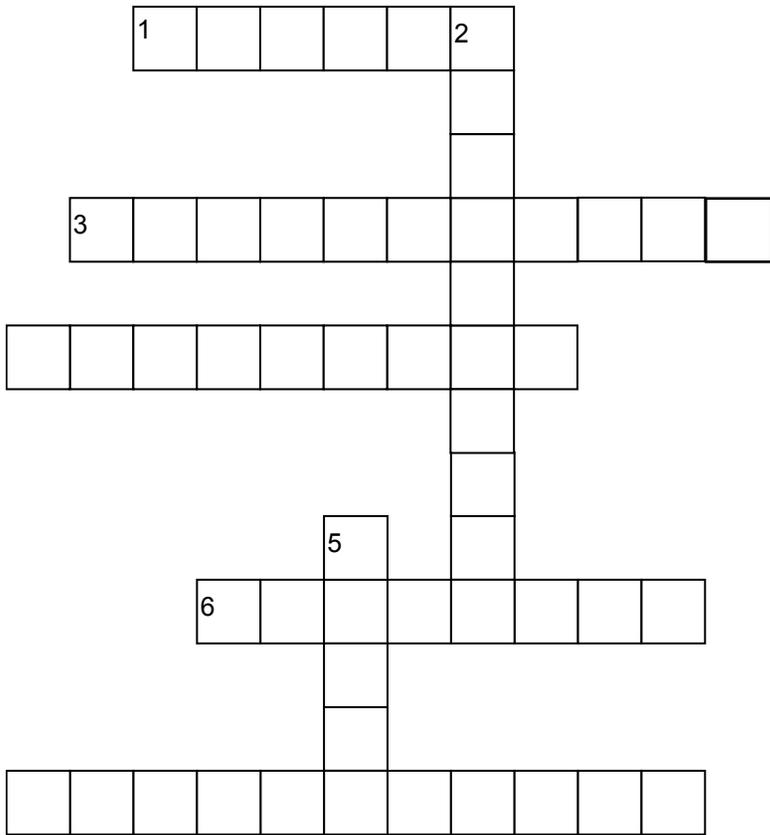
May faint or become unconscious

May not be able to drink fluids

For more information about this important topic visit:

www.bt.cdc.gov/disasters/extremeheat/faq.asp

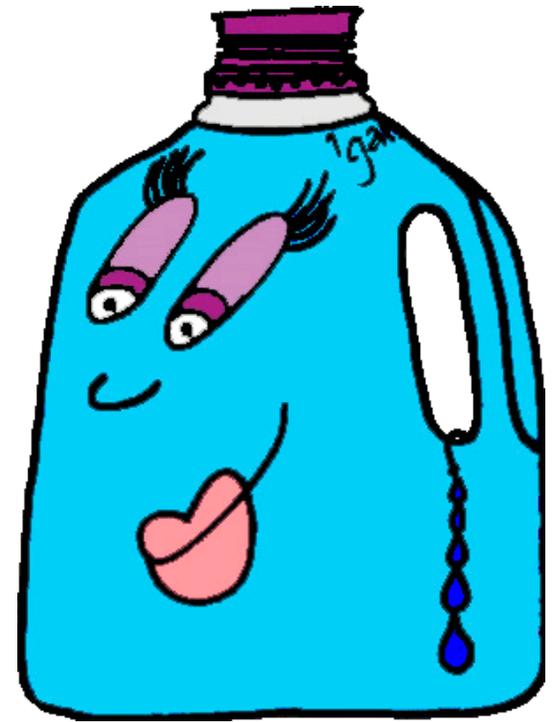
severe heat crossword puzzle



DOWN

- When it's hot and you lose body fluids, you can suffer from heat _____.
- Drink plenty of _____ to prevent dehydration and heat exhaustion.

Use the clues to solve the puzzle. All the answers are on the page you just read! Good luck!



ACROSS

- Hot, dry, flushed skin are all symptoms of a heat _____.
- When you don't drink water and it's hot out, you can suffer from _____.
- _____ is one symptom of heat exhaustion where you feel lightheaded.
- _____ is another symptom of heat exhaustion that happens when your energy level drops.
- The ideal _____ for humans is 77 degrees Fahrenheit.

Wanda's Sizzling Word Jumble

Unscramble each set of letters to make a word. Good luck!

Here's a hint: All the words have to do with heat and heat safety.

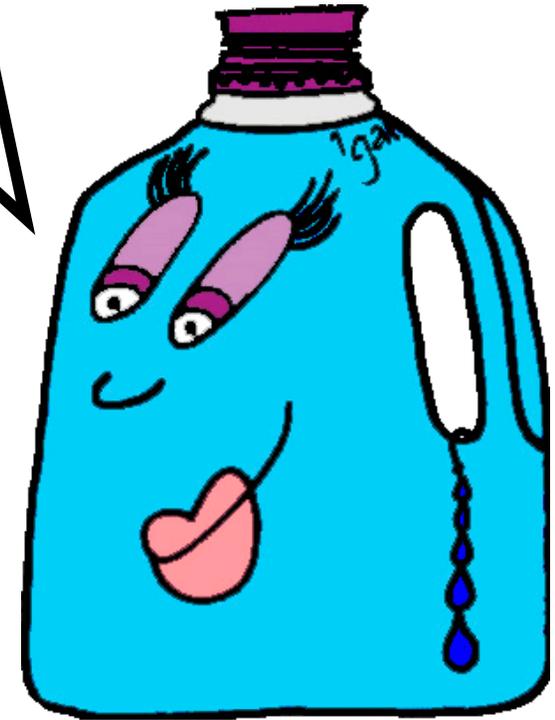
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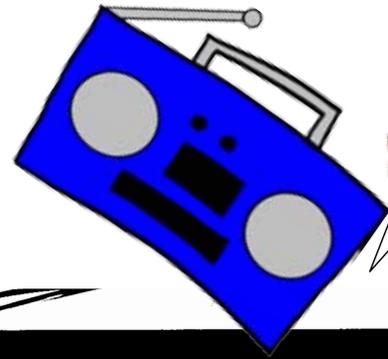
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TORNADOES



My name is Radley Radio. I want to talk to you about tornadoes and what you can do to protect yourself in case there is one in your area!

If you ever see a big, black cloud with a funnel shaped cloud under it, watch out. It could be a tornado. A tornado looks like a funnel with the fat part on the top. Inside the tornado, winds can swirl up to 300 miles an hour.

It may be raining very hard or the tornado may come at night which makes it hard to see. Because of that, you should always listen for the tornado's roar-like the sound of 1,000 trains!

A tornado can flatten homes and buildings, throw cars and trucks through the air, and shatter mobile homes into splinters. It is possible for a tornado to hit your home and leave your neighbor's house alone. A tornado can also destroy an entire town.

Tornado Watch

The National Weather Service forecasts that weather conditions are right for a tornado to develop later. The sky may be blue at the time you hear the Watch. Don't be fooled. Listen to the radio or watch television for the latest news and get to safety.

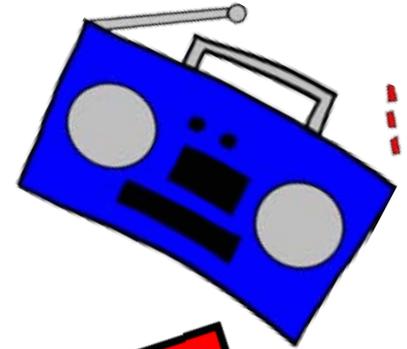
Tornado Warning

When someone has spotted a tornado, the National Weather Service issues a Warning. When you hear a tornado warning you should move inside to a safe room away from windows and doors. This means a tornado is in your area and could be moving toward you! At the time of a tornado warning, there may be dark clouds overhead, as well as thunder, lighting, heavy rain, or hail.

STAY SAFE AT HOME

It is difficult to predict a tornado. Most of the time you will only have a few minutes warning.

You should **always** listen to the radio or watch television during a severe storm so that you know if a tornado is in your area. You should listen for Tornado Watch and Tornado Warning alerts. You can also use a NOAA weather radio to keep updated on the severe weather.

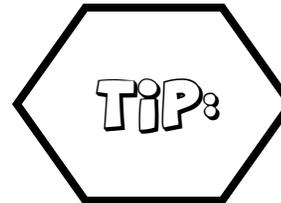


Go to a closet on an inside wall, a bathroom or hallway on the lowest floor of the house.

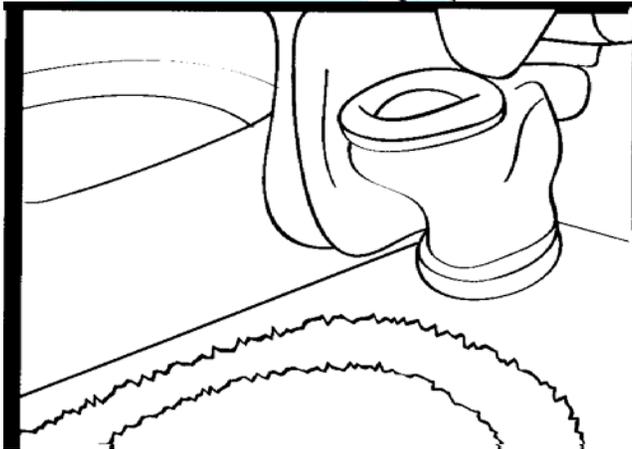
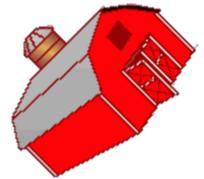
Stay away from windows and doors and cover your head.

If you hear a tornado **WARNING** or hear the sound of a tornado **GET TO A SAFE LOCATION IMMEDIATELY.**

If there is a severe storm or if you hear a tornado **WATCH**, keep your eye on the sky for signs of a possible tornado. Listen to the radio for the latest forecast. Be prepared to get to safety.

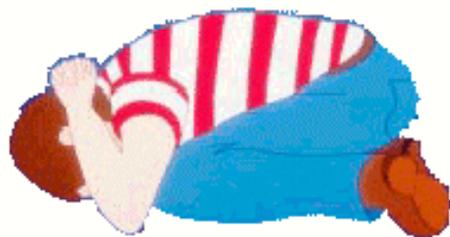


Ask your parents to read about NOAA weather radios in their section.



STAY SAFE AWAY FROM HOME

Don't try to outrun a tornado in a car. Tornadoes can pick up a car and throw it through the air.



In a store, office or other building

- Go to the lowest level and stay away from windows and doors.
- Cover your head like the picture.

Outside or in a car

- Get out of a car and go inside a house or building.
- If you're caught outside, crouch low in a ditch. Or crouch near a strong building and cover your head with your hands.

FACTS:

TORNADO FUJITA SCALE

Tornado strength is measured according to wind speed using a scale created by Dr. Ted Fujita. The scale is called an f-scale.

- F1 - moderate tornado 73-112 miles per hour
- F2 - significant tornado 113-157 miles per hour
- F3 - severe tornado 158-206 miles per hour
- F4 - devastating tornado 207-260 miles per hour
- F5 - incredible tornado 261-318 miles per hour

Oklahoma City has been struck by tornadoes about 32 times in the past 90 years.

75% of tornadoes happen between March and July.

80% of tornadoes happen between noon and midnight.

Radley's Rockin' Word Jumble

Unscramble each set of letters to make a word. Good luck!

Here's a hint: All the words have to do with tornadoes.

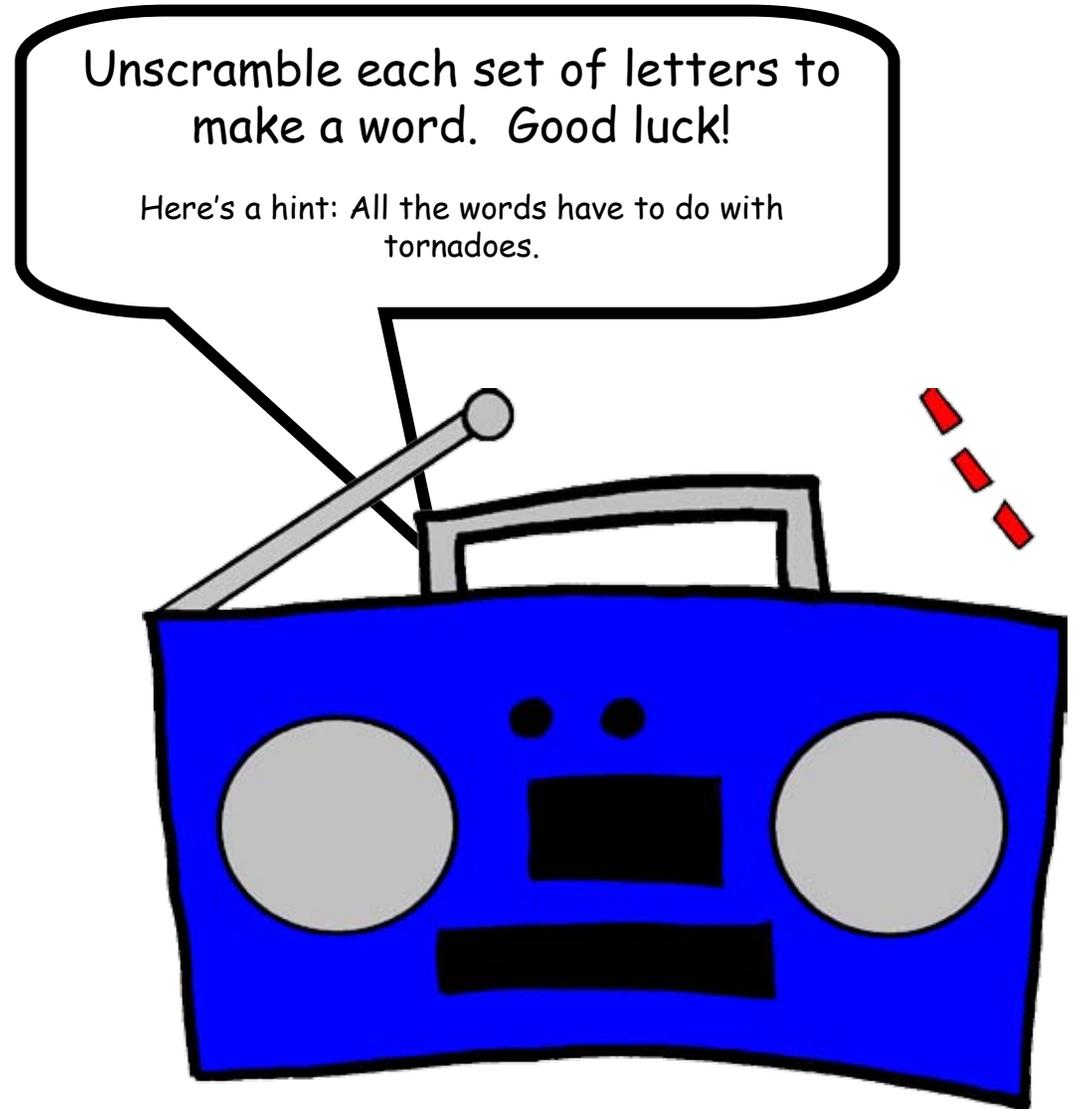
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TORNADO QUIZ

CIRCLE T (TRUE) OR F (FALSE)
FOR EACH SENTENCE.

FILL IN THE BLANK WITH THE
CORRECT WORDS

| | | | |
|--------------|-------------|------------|----------|
| tornado | mobile home | windows | car |
| black clouds | funnel | water | ditch |
| train | thunder | television | sunshine |
| warning | watch | top | hail |

1. A _____ can flatten homes and buildings.
2. A tornado looks like a _____ with the fat part at the _____.
3. Before a tornado you will probably see _____.
4. A tornado _____ is issued by the National Weather Service when a tornado may develop later.
5. A tornado _____ is issued by the National Weather Service when a tornado has been spotted.
6. A tornado can sound like the roar of a _____.
7. Stay away from _____ during a tornado.
8. If you live in a _____, get out. It can be shattered by a tornado.
9. If you are outside, the best place to be during a tornado is in a _____.
10. There may be thunder, lightning, or _____ during a tornado.

1. T/F A tornado looks like a funnel with the fat part on top.
2. T/F You will always notice a funnel before a tornado strikes.
3. T/F A tornado destroys everything in its path.
4. T/F It is possible for a tornado to hit your home and leave your neighbor's home alone.
5. T/F Tornadoes can throw cars and trucks into the air.
6. T/F There may be lightning during a tornado.
7. T/F Immediately go to a safe place if there is a tornado warning.
8. T/F The sky may be blue at the time you hear a tornado watch.
9. T/F When a tornado is coming, get out of a car and go inside a house.
10. T/F When you hear a tornado warning, get in the car and drive as fast as you can in the opposite direction.



Make your own Tornado in a Jar

The swirling winds of a tornado are called a vortex. In this experiment you will make a vortex that looks like a real tornado!

The swirling motion you give the bottle forms a vortex and is an easy way to create your own tornado.

What you will need

mayonnaise jar or other kind of jar with a lid
clear liquid soap
vinegar
water

Make it happen!

Fill the jar about three-quarters full of water.

Put one teaspoon of the liquid soap into the jar.

Put one teaspoon of vinegar into the jar.

Tighten the lid and shake the jar to mix up the ingredients.

Now, swirl the jar in a circular motion.

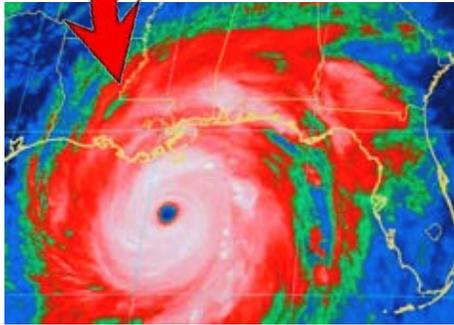
The liquid will form a small tornado.

*If you want to get creative, you can also use food coloring to make the tornado have a color and glitter to represent debris.



What is a Hurricane?

Satellite Picture of a Hurricane



Howdy! It's me again! I want to talk to you about hurricanes and how to stay safe if you ever find yourself in the middle of one.



HURRICANES CAN KILL

Big hurricanes can have winds over 150 miles per hour blowing down houses and trees. Hurricanes can also cause flooding. Fortunately, a hurricane's life is very short. Once a hurricane starts moving across land, it quickly turns back into a tropical storm.

Hurricanes form over the ocean and start out as a collection of small storms called a tropical depression.

As the tropical depression moves over the ocean, air pressure and wind currents cause the tropical depression to spin so fast that it becomes a tropical storm.

If the tropical storm spins fast enough, it becomes a hurricane.

Because Austin is not on the coast we will not be hit by a hurricane but...

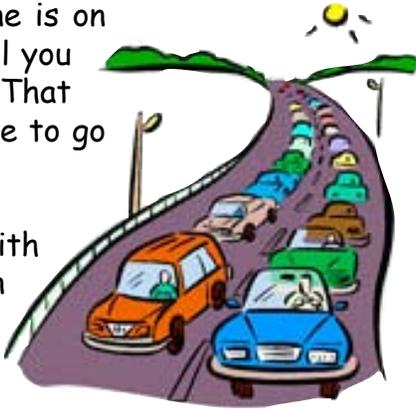
If the storm passes over us we may have severe storms and flooding.

Austin Fact

HURRICANE EVACUATION

If you are at a coast when a hurricane is on the way, your parents will probably tell you that your family needs to evacuate. That means you will have to leave your house to go to a safe location.

When people evacuate, some will stay with relatives or friends and some will stay in a shelter. A shelter is a safe location set up for people evacuating from a storm or other emergency where you stay until you are able to go home.



If you have to evacuate, be sure to take your emergency go kit with you. Be sure to include things that you would like to take with you. For example, you may want to pack a book, game, or stuffed animal.



**DON'T FORGET
YOUR FAVORITE
THINGS!**

In Texas you can bring your pets to a shelter. Be sure to bring their food and leash with you when you evacuate.



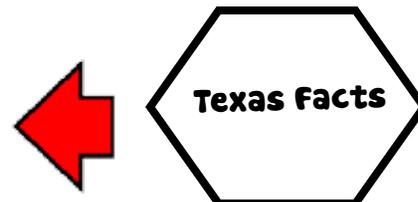
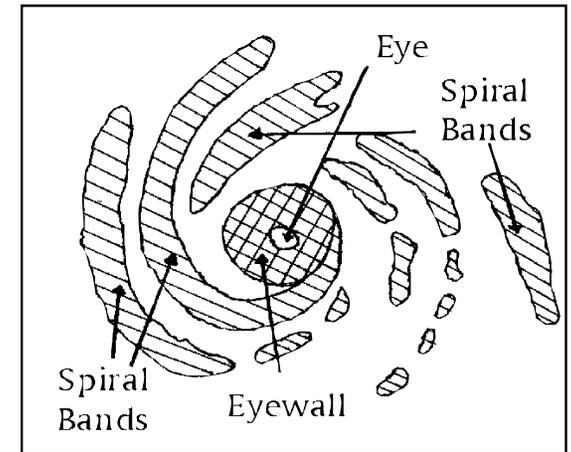
The deadliest hurricane in the United States struck Galveston, Texas, in 1900. A storm surge almost two stories high broke over the city, causing 20-foot floods and more than 8,000 deaths.

HURRICANE FACTS

Though hurricanes can occur at any time, the official hurricane season falls between June 1 and November 30.

When hurricanes come onto land, they cause heavy rains, strong winds, and waves that can damage or destroy buildings, trees, and cars.

The dome of water (25 or more feet above normal high tide) pushed on shore by a hurricane and tropical storm winds is called a storm surge. Storm surges are very dangerous and a major reason why you **MUST** stay away from the ocean just before and during a hurricane.



PETS IN EMERGENCIES

Texas has pet friendly emergency/evacuation shelters so you can bring your pet with you if you have to evacuate your home and stay in a shelter.

Texas fact



TIP:

Write your pet's name, description and your phone number on their carrier.

THAT MEANS...

Your pet kit should be a lightweight, smaller version of what your family has. Consider having both a home emergency pet kit as well as a smaller grab-and-go kit.

Find out what you should include in your pet emergency kit on the next page.



These are items you should include in your pet's grab-and-go kit.



Collar and ID tag that includes your phone number.



Leash



Pet food (three day supply), treats and dish

| My Pet's Health Life | | neatology | |
|------------------------------|---------------|--------------------|--------|
| Pet ID Record | | Pet Medical Record | |
| Membership Number: | Vaccinations: | Date | Weight |
| Membership Company: | Type | Date | Weight |
| Pet Insurance Policy Number: | Type | Date | Weight |
| Pet Insurance Company: | Type | Date | Weight |
| Dog License / ID Number: | Type | Date | Weight |
| Pet Health Record: | Type | Date | Weight |
| Medications & Supplements: | Type | Date | Weight |
| Healthcare Test: | Type | Date | Weight |
| Diets: | Type | Date | Weight |
| Prevention & Disinfect: | Type | Date | Weight |

Copy of immunization and health records



Picture of your pet for identification if you are separated



Pet medication (three day supply)



Three day supply of water



Pet toys

Household Hunt

Alright! Now that you've finished learning about natural disasters, let's work on your family's disaster supply kit! Find the disaster kit check list in the parents' section. With your parents' help, see how many items you already have in your house. When you find something, check it off the list.

Now find a box to keep your collection in, and make sure everyone knows where you're keeping it in your home. If you're missing items, see if you can add one or two items to your kit per month. Before you know it, your collection will be complete!

Good luck!



Building a kit together can be fun!

Talk to you kids about why you need to be prepared and why it is important to have the items listed below on hand. Include them in the planning by have your kids talk about things they use everyday that you may need to put in your kit. You should then discuss the best ways to keep these items on hand for an emergency. For example, the food you choose must not need refrigeration and should be able to be stored for a long period of time.

Make a game out of building your family kit by letting your kids pick out an item or two once a month for your kit. Take this list with you and check off items as you find them - kind of like a scavenger hunt! The first thing you pick out together should be a large plastic

to store your items in.

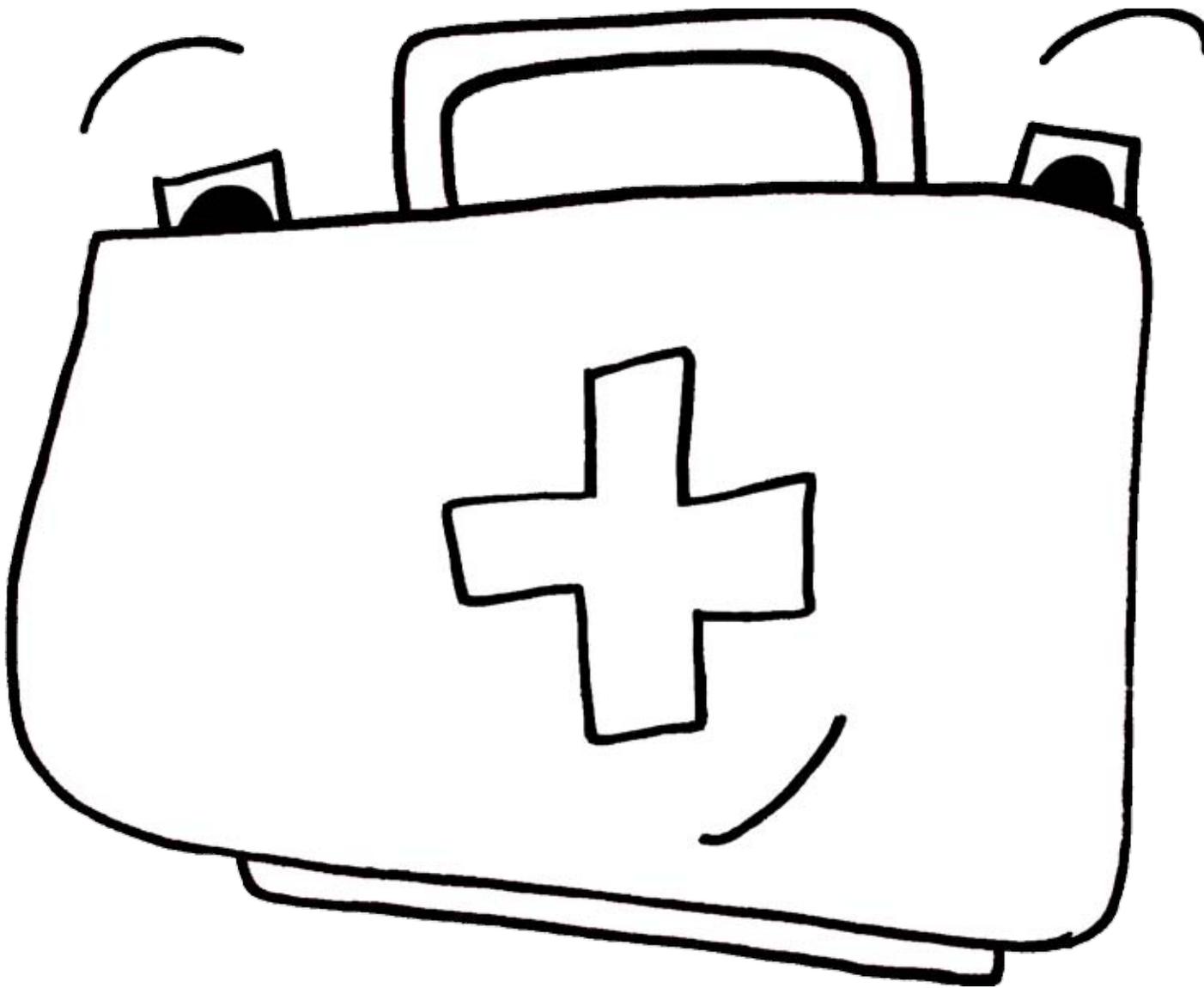
Kit Basics

- Large plastic tub
 - Water (one gallon per person per day (include non-perishable food))
 - Canned food (at least a 3-day supply (include peanut butter, peanut butter mix, peanut butter, etc.))
 - Sanitizing hand gel
 - Household chlorine bleach
 - Non-prescription and prescription drugs
 - Local maps
 - Copy of your communications plan and important documents stored in a waterproof ziplock bag.
- ### Special Items
- FOR BABY**
- formula and baby food
 - bottles
 - diapers
 - children's medications and prescriptions
- FOR ADULTS**
- Prescription drugs (switch out regularly)
 - Insulin supplies
 - Contact lenses and supplies
- FOR ENTERTAINMENT**
- Books
 - games
 - toys
- FOR YOUR PET**
- food and water
 - leash and pet carrier
 - copy of vaccination records
- Plastic bags and garbage bags
 - Disposable plates and utensils
 - First aid kit
 - Dust masks to help filter the air
 - Wrench or pliers and other tools
 - Hand crank or battery powered radio, NOAA Weather Radio and extra batteries
 - Flashlight and extra batteries
 - Plastic sheeting and duct tape for sheltering in place
 - Signal flairs and whistle
 - Soap, travel size toiletries, toilet paper
 - One change of clothing per person

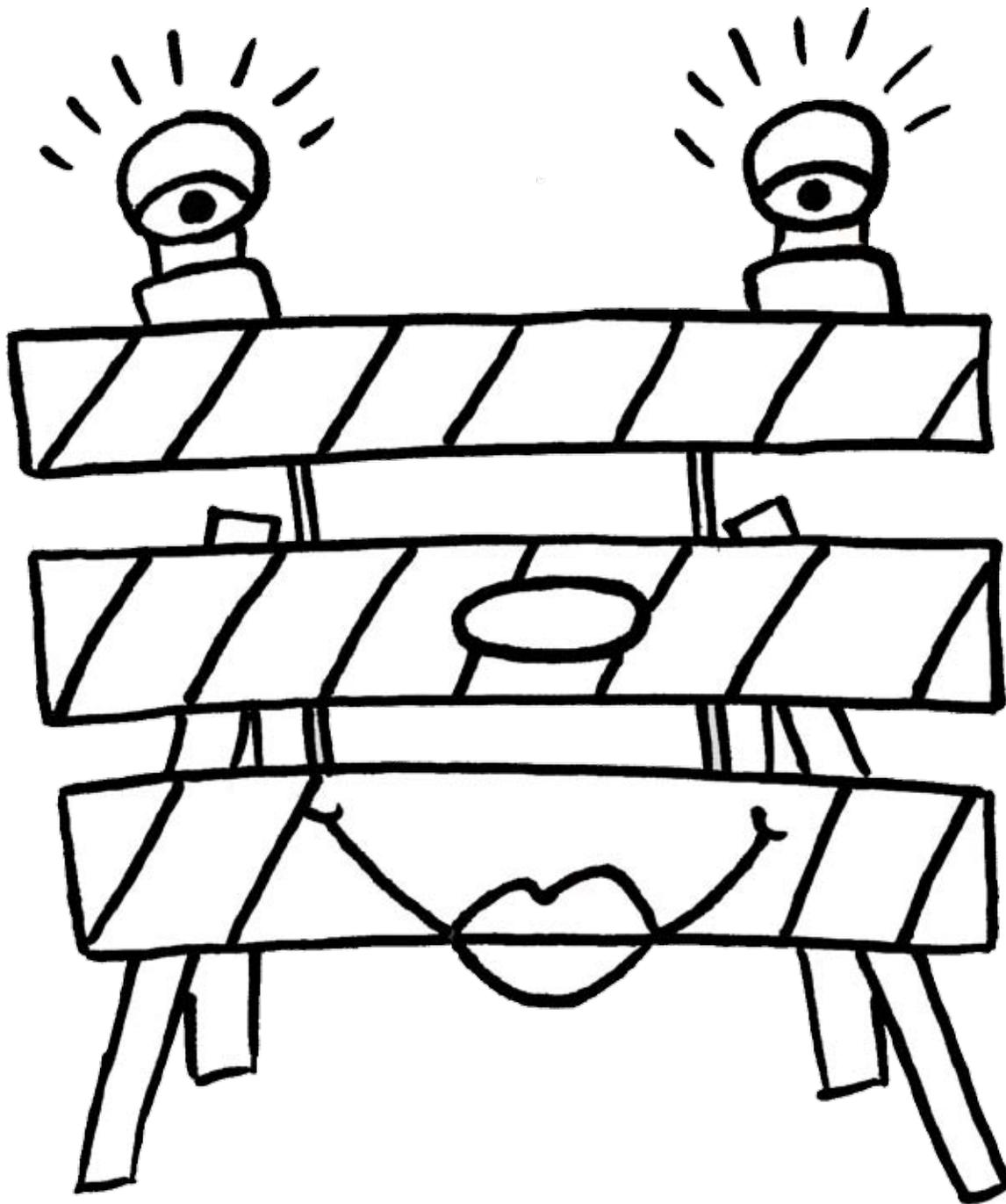
Test Your Preparedness IQ!



1. During a severe storm, watch or listen to your local _____ . It can help save lives.
2. Before the storm comes, get a flashlight and _____ with batteries in case you lose electricity.
3. A _____ packs a lot of energy, enough to blow down a town.
4. Water 25 feet above normal high tide in a hurricane is called a _____ .
5. Lightning takes the _____ path.
6. _____ kills more people than hurricanes and tornadoes combined.
7. If you hear a tornado _____ , take shelter immediately.
8. When it is lightning, stay away from sinks and tubs and anything else wet that can conduct _____ .
9. People with heat exhaustion should be moved to a _____ place.
10. If someone has heat stroke, you should call _____ immediately.
11. Because there are so many floods in our area, Central Texas is known as _____ .
12. If you need to evacuate your home, you should always take your emergency _____ with you.
13. A hurricane will never hit Austin but the remaining storm system could cause _____ in our area.
14. A _____ will always keep you updated on severe weather.
15. The strongest tornado possible is classified as an _____ .

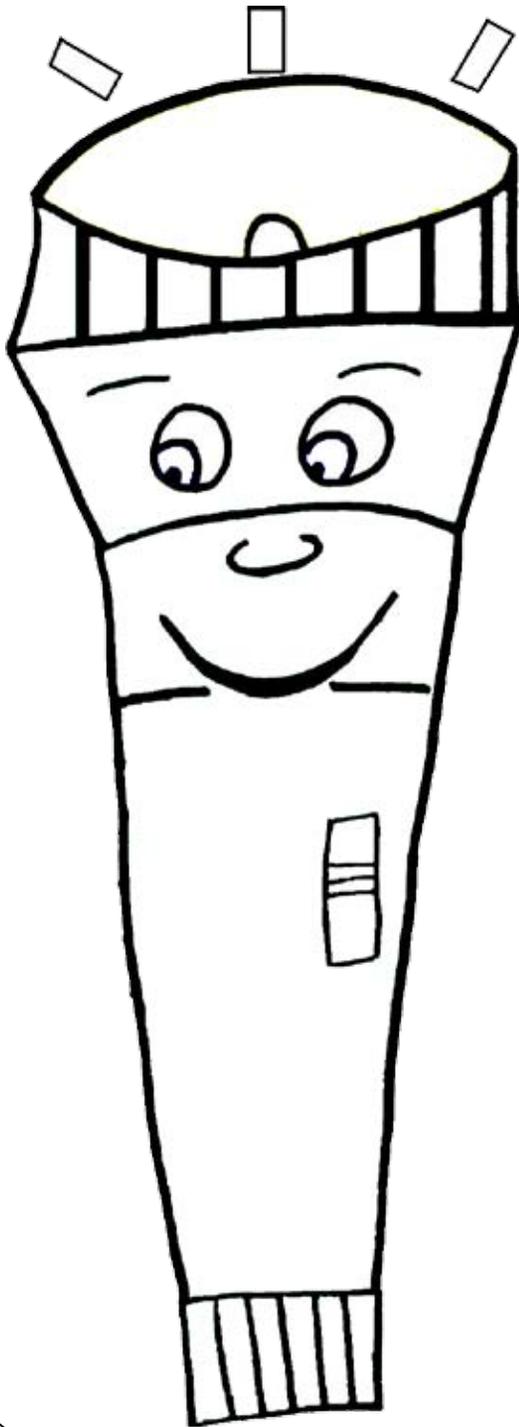


List as many things as you can that should be in your family's emergency kit!

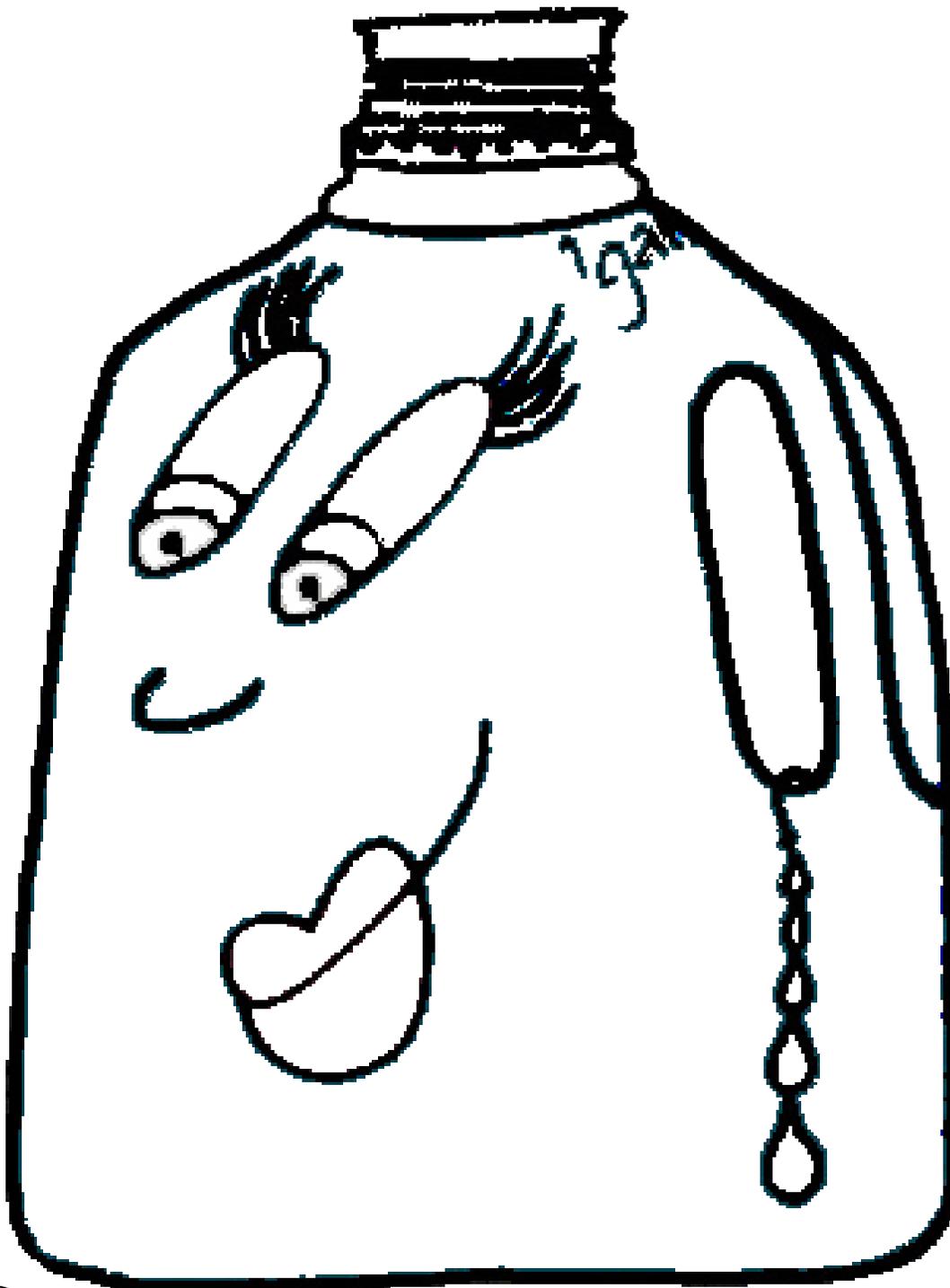


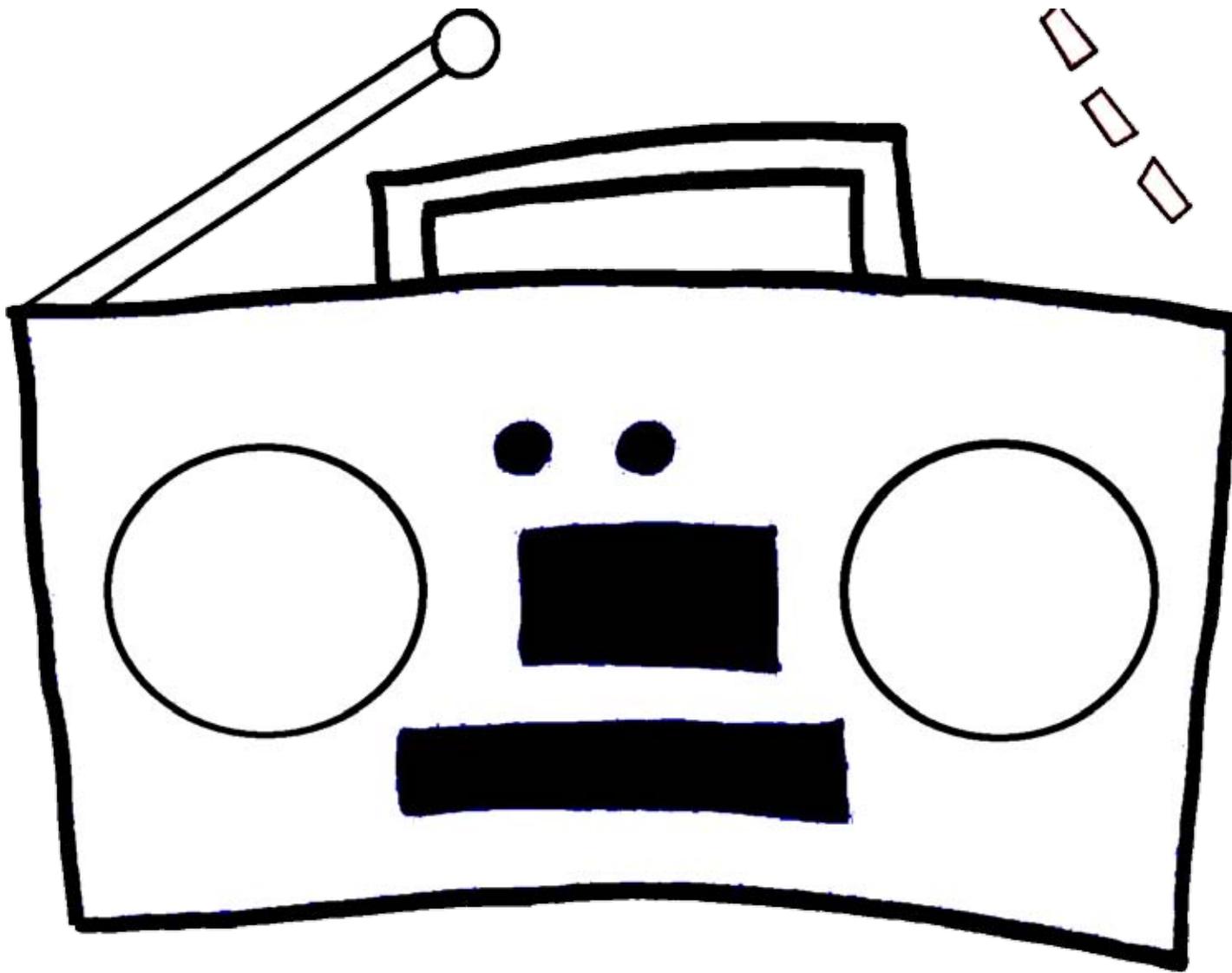
Tell Barbara why you should NEVER drive around a barricade.

Tell Flip what you should do if it is lightning and you are not able to go inside.



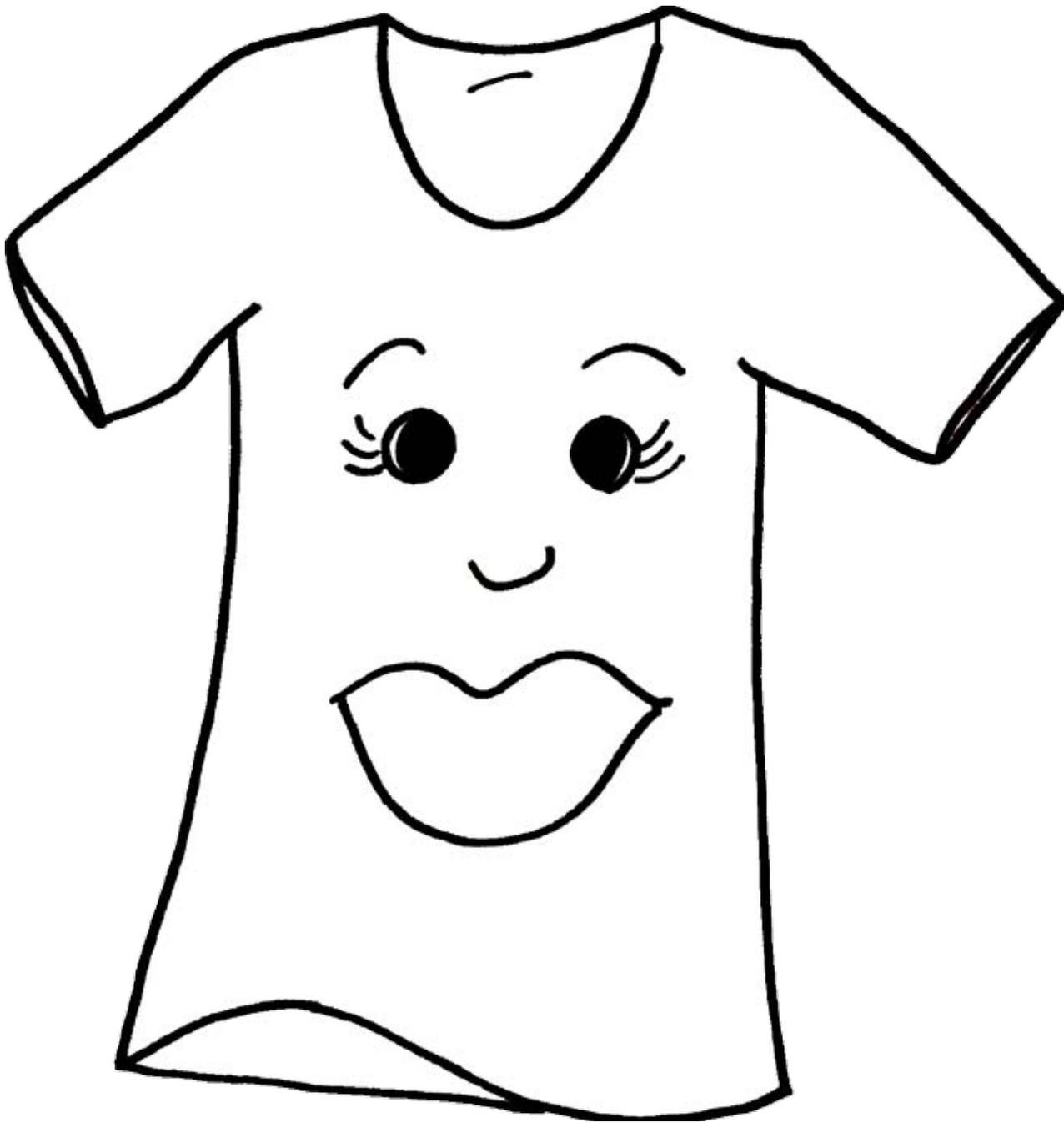
Can you tell Wanda some ways to stay safe in the heat?





Can you tell Radley what a Tornado Watch and a Tornado Warning are?

Can you tell Tina about a few special items you would like to put in your emergency kit?



RESOURCES

Want to learn more? Check out these cool web sites to increase your weather IQ! Note: the following links were active at the time of publication!

Web Weather for Kids: Learn how to make fog, a tornado, or lightning and try your hand at forecasting local weather. How fun is that?

<http://eo.ucar.edu/webweather/>

Kids' Crossing: Fun weather facts, links, and games.

<http://eo.ucar.edu/kids/index.html>

SciJinks Weather Laboratory: Lots of interactive games and activities including write your own weather story and find a science fair topic.

<http://scijinks.jpl.nasa.gov/weather/>

Franklin's Forecast: Be weather wise! Make your own weather station and learn about El Nino and weather radar.

www.fi.edu/weather/

Weather Channel Kids: Online weather Encyclopedia, learn about careers in Meteorology, weather games, and cool clips.

www.theweatherchannelkids.com/

PBS Infocus - Floods: Real-life rescue and flood survivor stories, pet rescues, and the hows and whys of floods.

www.pbs.org/newshour/infocus/floods.html

National Severe Storms Laboratory: Good weather info including a cool hurricane experiment.

www.nssl.noaa.gov/noaastory/



ANSWERS

Radley's Rockin' Word Jumble (pg 5)

1. barricade 2. radio 3. warning 4. heavy rain 5. watch

Flooding Quiz (pg 6)

Fill in the blank: 1. roads 2. warning 3. ground 4. higher ground 5. disaster plan

True or false: 1. T 2. T 3. F 4. F 5. T 6. T 7. T 8. F 9. T 10. T

Flip's far-out lightning cryptogram (pg 10)

Severe weather is not nearly as severe when you are too prepared to be scared.

Lightning quiz (pg 11)

Fill in the blank: 1. die 2. telephone 3. thunder 4. tall 5. electrical 6. inside 7. lowest 8. unplug 9. water

True or false: 1. F 2. T 3. F 4. T 5. F 6. F 7. T 8. F 9. F 10. F

Severe heat cross word puzzle (pg 14)

Down: 2. exhaustion 5. water
Across: 1. stroke 3. dehydration 4. dizziness 6. weakness 7. temperature

Wanda's Sizzling Word Jumble (pg 15)

1. exhaustion 2. rest 3. stroke 4. faint 5. dehydration

Radley's Rockin' Word Jumble (pg 19)

1. wind 2. cloud 3. storm 4. rain 5. hail

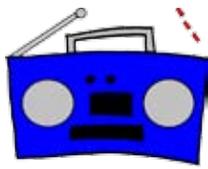
Tornado Quiz (pg 20)

Fill in the blank: 1. tornado 2. funnel, top 3. black clouds 4. watch 5. warning 6. train 7. windows 8. mobile home 9. ditch 10. hail

True or false: 1. T 2. F 3. T 4. T 5. T 6. T 7. T 8. T 9. T 10. F

Test your preparedness IQ (pg 27)

Fill in the blank: 1. weather forecast 2. radio 3. tornado 4. storm surge 5. shortest 6. lightning 7. warning 8. electricity 9. cool 10. 9-1-1 11. flash flood alley 12. kit 13. flooding 14. NOAA Weather Radio 15. F5



So... how did you do? Great?! That's what we expected. We knew all along that you'd do well! Now that you're Too Prepared to be Scared, why not make it official?!

Now that you are finished, give your parents their quiz located on page 18 of the adults section. Once they have passed their exam with flying colors and when your Household Hunt Collection is well on its way to being complete, you can sign up online or send in your application for your Family Certification. Your parents will find the family certificate information on page 24 in their part of this activity kit.

Congrats kids! All of us are so proud of you and we had so much fun helping you learn how to be... **Too Prepared to be Scared!!!**

Your fearless friends,

Barbara
Barricade
Tina T-Shirt

Radley
Radio

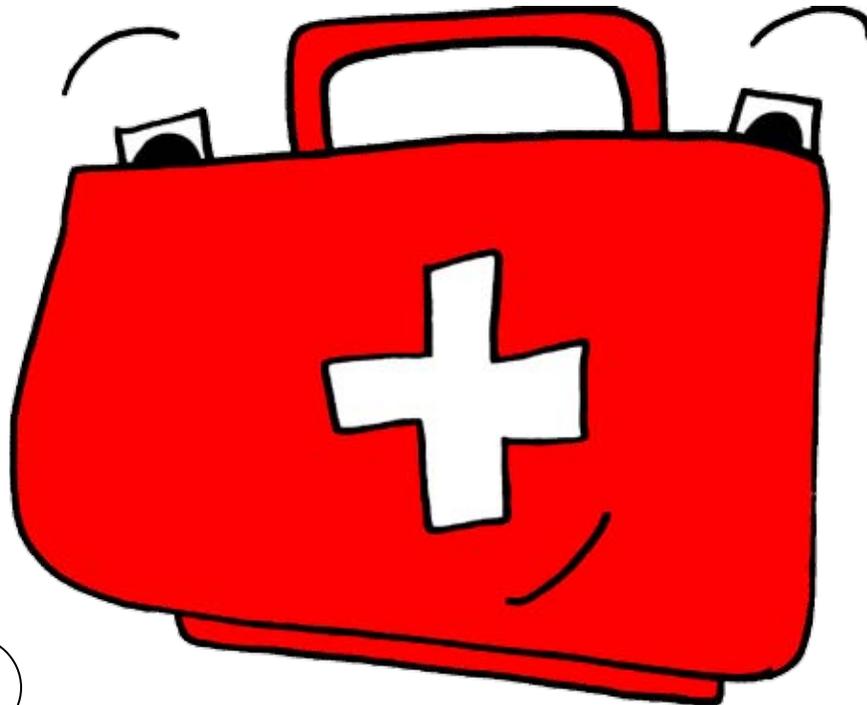
Freddie First-Aid
Flip
Flashlight
Wanda
Water Jug

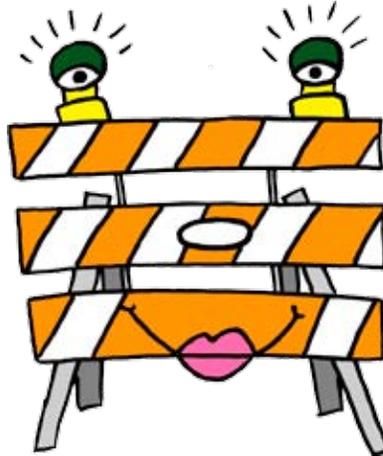
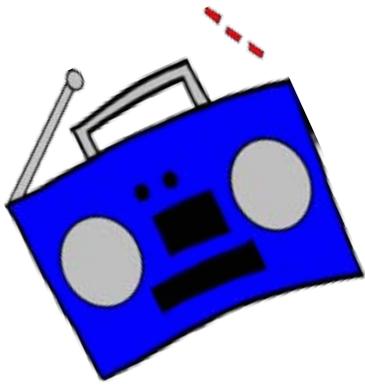
NOTES:



Now it's your parents turn!

Don't forget, have your parents read their part of the activity book and when they are done give them the quiz at the end of their section!





**Freddie and friends
Proudly Present the...**



ADULT Activity Kit

We would like to thank you for your participation in our disaster awareness educational program, Too Prepared to be Scared!

This interactive and fun activity book is designed to assist your household in being prepared for natural disasters. You will design an emergency plan, build a "Too Prepared to be Scared" supply kit, and learn about local threats. When you are finished, your family will be ahead of the game and ready for emergencies. You can also receive a "Too Prepared to Be Scared" Family Preparedness Certificate from the City of Austin office of Homeland Security and Emergency Management. See page 24 for details.

Inside the parents' section, you will find informational material that will give you a better understanding of certain types of dangers along with the steps you can take to better prepare yourself and your family.

The kids' section is designed to be entertaining as well as educational. As they say, "Knowledge is power." By completing the word jumbles, searches, and quizzes, your child will have a better understanding of what it takes to be prepared. When the activity book is completed, your child will be offered a "Too Prepared to be Scared" family certificate from the Office of Homeland Security and Emergency Management.

Again, thank you for your time and effort in participating in this fun and informative program with your child. We hope this activity book gives you the tools you need to become disaster ready, and remember: A family that "kits" together, sticks together!

Best wishes,

The City of Austin Office of Homeland Security and Emergency Management

Get a plan!

Are you and your family ready in the event of a disaster?

- Learn About the Risks in Your Area
- Create a Plan
- Assemble a Disaster Supply Kit
- Practice Your Plan

Natural disasters can happen anywhere at anytime. As a parent, it is important to create a plan that will protect your household in the event of an emergency. Because emergencies and disasters can be traumatic for both parents and children, having a plan and being disaster ready can be a big relief! As part of your preparation, make sure your address can be clearly read from the street so that first responders can easily find you in an emergency.

-
- Are you and your family ready in the case of a disaster?
 - Do you have a Disaster Supply Kit together or a plan in case of such an emergency?

- 1** Meet with your family and discuss why there is a need to prepare for a disaster. Discuss what types of disasters are likely to happen in your area such as tornadoes, flooding, and wildfire. This activity book discusses the most common disasters we are likely to face in Austin.
- 2** Develop a plan and agree to help each other out by working as a team in a disaster situation.
- 3** Establish a safe meeting place away from your home in case of an emergency or in the event you are separated.
- 4** Decide on the best emergency escape routes from your home in case you need to evacuate quickly. Map your escape routes and establish the best route from your house to your safe spot.
- 5** Learn what to do if you have to be evacuated from your home and what you should take to a shelter if such a situation should arise.

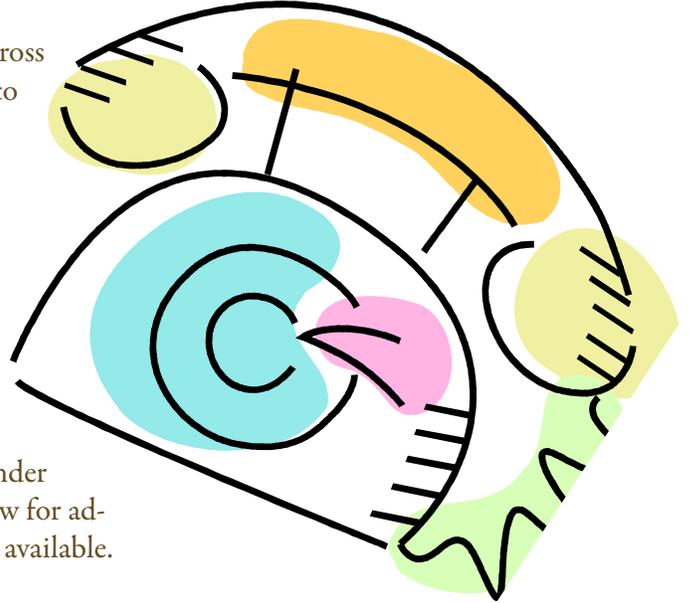
Get a communications plan!

Your family may not be together when disaster strikes, so it is important to plan in advance. Plan how you will contact one another, how you will get back together, and how you will communicate in different situations.

It may be easier to make a long-distance phone call than to call across town, so an out-of-town contact could be in a better position to communicate among separated family members.

Decide on your in-state and out-of-state family or friend contacts, and make sure everyone in the family has a copy of the numbers. Remember in an emergency cell phones often don't work so you may have to use a regular phone. Be sure every member of your family has coins or a prepaid phone card to call the emergency contact.

Program your emergency contact numbers into your cell phones under a commonly used acronym ICE (In Case of Emergency). See below for additional phone numbers and information you need to keep readily available.



Important Numbers

- Home number
- 911
- Poison control number
- Police department
- Fire department
- Local hospital
- Local doctor
- Mom's work and cell phone number
- Dad's work and cell phone number
- Nearest neighbor
- Nearest relative

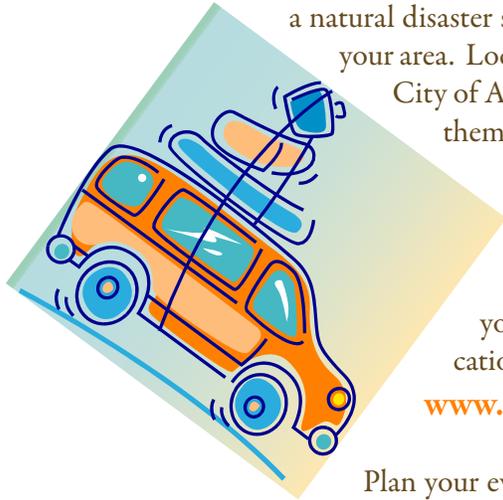
Other Information

- Your health insurance plan information
- List of allergies
- List of medications
- Copy of prescriptions
- Copy of banking information
- Copy of identification such as drivers license, social security card, and birth certificates
- Copy of children's vaccination records
- Copy of pet vaccination records



Get an evacuation plan!

There may be a time when you will be required to evacuate your home. Reasons range from a natural disaster such as a flood to a man-made emergency such as a chemical spill in your area. Local authorities will notify you by television, radio or by telephone. The City of Austin uses an emergency notification system to call residents to advise them of an emergency and with instructions on what to do.



Emergency notification systems will only call people who have traditional phone service such as AT&T. If you only have a cell phone or use Internet phone service it is very important that you register your phone number so that you will be able to receive emergency notifications on your phone. You can register your phones at:

www.ci.austin.tx.us/oem/emergency_contact.htm

Plan your evacuation route in advance when creating your family's disaster plan!

Be aware, however, that local authorities may give you specific evacuation routes at the time of an emergency that may be different than your personal evacuation plan. Never take short cuts since roads may be blocked.

The amount of time you have to leave will depend on the hazard. Many disasters allow you no time to gather even the most basic items. That is why it is so important to prepare ahead of time so that all you have to do is grab your kit and go!

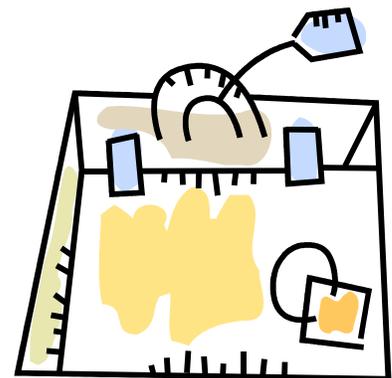
Evacuation Grab-and-Go Kit

You should gather the following supplies in a duffle bag or other large container in advance of needing to evacuate your home. Having these items already packed will allow you to grab your evacuation kit and quickly leave your home.

- Medical supplies: prescription medications, spare glasses and dentures
- Disaster supplies: flashlight, radio, extra batteries, first aid kit, bottled water
- Clothing and bedding: a change of clothes and a sleeping bag or bedroll and pillow for each household member
- Foods that do not require refrigeration, cooking, or much water for preparation
- Food and medication for pets
- Items that infants, the elderly, and other family members with special needs may require

Other Essential Items

- Checkbook, cash, and credit cards
- Map of the area
- Copy of drivers license or personal identification
- Copy of social security card
- Copy of proof of residence (deed or lease)
- Copies of insurance policies
- Copies of birth and marriage certificates
- Copies of stocks, bonds, and other negotiable certificates
- Copies of wills, deeds, and recent tax returns



Build a home emergency kit

After a disaster, relief services may not arrive right away. Would you be prepared to take care of yourself and your family for at least three days until help arrives? Once an emergency or disaster strikes you may not have time to prepare and supplies may not be available at local stores.

In addition to your Grab-and-Go Kit, you should have a Disaster Supply Kit in their home in case of an emergency at home. Your family may never need to use this kit, but it is important to protect yourself and your loved ones. If a severe disaster were to occur, it is always better to have a plan and be ready. Having a kit will give you what you need to endure an evacuation or home confinement or even a power outage.

Kit Basics

- Large plastic tub
- Water (one gallon per person per day)
- Canned food (at least a three-day supply of non-perishable food)
- 3-day supply of high-energy foods like trail mix, peanut butter, etc.
- Non-electric can opener
- Matches in waterproof container
- Moist towelettes
- Plastic bags and garbage bags
- Disposable plates and utensils
- First-aid kit
- Dust masks to help filter the air
- Wrench or pliers and other tools for turning off utilities
- Hand crank or battery-powered radio, NOAA Weather Radio and extra batteries
- Flashlight and extra batteries
- Plastic sheeting and duct tape for sheltering in place
- Signal flares and whistle
- Soap, travel-size toiletries, toilet paper
- One change of clothing per person

- Sanitizing hand gel
- Household chlorine bleach
- Non-prescription and prescription drugs
- Local maps
- Whistle to signal for help
- Copy of your communications plan and important documents stored in a water-proof container.

Special Items

FOR BABY

- Formula and baby food
- Bottles
- Diapers
- Children's medications and prescriptions

FOR ADULTS

- Prescription drugs (switch out regularly)
- Insulin supplies
- Contact lenses and supplies

FOR ENTERTAINMENT

- Books
- Games
- Toys

FOR YOUR PET

- Food and water
- Leash and pet carrier
- Copy of vaccination records

Protecting your family



We have already discussed how to create your disaster plan and what you should include in your home and Grab-and-Go emergency kits. We will now give you information about what weather conditions are the biggest threat here in Austin and the best ways for you to prepare in advance.

The most common weather threats for the Austin area are severe thunderstorms with flooding, lightning, tornadoes, extreme heat, and wildfires.

Natural disasters can come in any shape or size and at a time when no one expects them. By learning more about these natural disasters, you are better preparing yourself and your entire family.

The National Weather Service broadcasts reports about current weather conditions, as well as forecasts for the next few days. These reports are available through local TV and radio broadcasts. If there is a chance of severe weather, the broadcasts will include either:

Watch advisory - issued when conditions are right for severe weather to occur

Warning advisory - issued when severe weather has been sighted in the area

It is impossible to prevent or control severe weather but there are steps you can take to prepare for and help reduce the impact of these events.

These steps include:

- 1** Building a home emergency kit and a Grab-and-Go kit that are readily available.
- 2** Making a disaster plan! This should include a communications and evacuation plan.
- 3** Learning about the threats that may occur where you live, staying informed about current weather conditions, and being ready to take appropriate action, such as seeking shelter in a safe place in your home or evacuating if it becomes necessary.



Flash Floods

All of Texas is prone to flooding but Austin is one of the most flash flood prone areas in the United States. In fact, flooding is the #1 weather-related threat for Central Texas. Because of this, Central Texas has earned the nickname “Flash Flood Alley.”

Flash flooding occurs as a result of large amounts of rain falling in a short amount of time. These floods can happen “in a flash” with little or no warning. The floodwaters can rise to dangerous levels in only a few minutes. The majority of flood-related deaths are caused by people attempting to drive through moving water. **Driving into flood waters may be the most dangerous thing you will ever do.** Driving through a low-water crossing is a class B misdemeanor and carries a fine of up to \$2000.

When a low-water crossing is closed Turn Around — Don’t Drown.

Most cars will float and be swept away in as little as 1 1/2 to 2 feet of moving water.

Creeks and rivers can rise rapidly and the water is often much deeper than it appears. Once cars are swept downstream they will often roll to one side or perhaps flip over entirely. The driver has only a few seconds to escape the vehicle.

If flooding is likely in your area, you should:

- 🌊 Listen to the radio or TV for information.
- 🌊 If there is any possibility of a flash flood, move immediately to higher ground and do not wait for instructions to do so.
- 🌊 Be aware of streams, drainage channels and canyons near you that are known to flood suddenly. Flash floods can occur in these areas with or without typical warnings, such as rain clouds or even heavy rains.

If you must evacuate, you should do the following:

- 🌊 Secure your home. If you have time, bring in outdoor furniture and move essential items to an upper floor in your house. If your home has only one level, move important items to the highest point you are able to. If at all possible, do not walk through flood waters. It only takes 6 inches of moving water to knock you off of your feet.
- 🌊 Turn off utilities if instructed to. Disconnect electrical appliances and do NOT touch electrical equipment if you are wet or standing in water.



Flash Floods - Safety Tips



If it has been raining hard for several hours, or steadily raining for several days, be alert to the possibility of a flood. Listen to local radio, NOAA Weather Radio or TV stations for flood information.

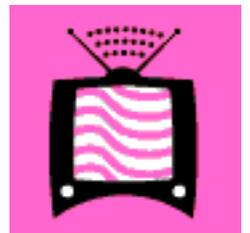
A **Flood WATCH** means a flood is possible in your area. When a Flood WATCH is issued, be alert to signs of flash flooding and be ready to evacuate on a moment's notice. Move your furniture and valuables to higher floors of your home and fill your car's gas tank, in case an evacuation notice is issued.

A **Flood WARNING** means flooding is already occurring or will occur in your area. When a Flood WARNING is issued listen to local radio and TV stations for information and advice.

If told to EVACUATE, do so as soon as possible. Move to higher ground away from rivers, streams, creeks, and storm drains. **Do not drive around barricades.** They are there for your safety. If your car stalls in rapidly rising waters, abandon it immediately and go to higher ground. Rapidly rising water may engulf the car, pick it up and sweep it away.

Buy flood insurance. Everyone is at risk of flooding. In fact, floods can be caused by storms, melting snow, hurricanes, water backup due to inadequate or overloaded drainage systems, and dam or levee failure. Most homeowners insurance doesn't cover costly flood damage; you must purchase a separate flood insurance policy. For more information on flood insurance and to find out if your home is at risk for flooding visit:

www.floodsmart.gov.



Thunder storms and Lightning

Dangers associated with thunderstorms can include lightning, hail, heavy rain, flooding, strong winds, and tornadoes. Thunderstorms typically last less than a half an hour. Sometimes thunderstorms form into long-lasting lines, known as squall lines, or grow to become powerful super cells that can last for hours and spawn killer tornados.

 **Every thunderstorm produces lightning.** Lightning kills more people than hurricanes and tornadoes combined. Because light travels much faster than sound, you will see a lightning bolt before you hear it. To get an estimate of how far away a lightning strike is, count the number of seconds between the “flash” of lightning and the “bang” of thunder. For each five seconds between the “flash and bang”, lightning is one mile away. For example, if it takes twenty seconds from when you see the flash to when you hear the bang it means the lightning is four miles away.

 **Get indoors.** The best place to be during a thunderstorm is inside a stable building. However, lightning may still be extremely dangerous even if you are inside. A lightning strike can send a current of electricity across metal plumbing or telephone lines. To reduce your risk, stay off the phone and away from windows, avoid taking a shower or bath and discontinue use of electrical equipment. It is recommended that you unplug all TVs, computers and other electrical appliances.

 **If a building isn't available** seek shelter in a car. If that is not possible, stay low and keep away from natural lightning rods such as trees, tall objects, metal objects and water. Trees, hilltops, antennas, and anything else that is taller than its surroundings can attract lightning. The lower you are the better.

 **Other things to avoid** are metal items such as railroad tracks and fences. People struck by lightning are often involved in a sporting activity. Golf clubs, umbrellas, metal baseball bats, tennis rackets, bicycles, and rifles can all attract lightning.

 **If you begin to feel your hair stand on end**, this indicates lightning is about to strike. You should drop to your knees and bend forward placing your hands on your knees and crouch down. Do not lie flat on the ground, this will only make you a larger target.

 **Boaters and swimmers** should get to land as soon as possible. In the meantime stay in the center of the cabin or stay low in the boat. Stop all water activities and don't touch or use major electrical equipment including the radio.

Many people who are struck by lightning can be saved with prompt CPR. To find a CPR class in Austin visit: www.centex.redcross.org.

Tornadoes

Although tornadoes occur in many parts of the world, these destructive forces of nature are most often found in the United States, east of the Rocky Mountains, during the spring and summer months. In an average year, 800 tornadoes are reported nationwide, resulting in 80 deaths and over 1,500 injuries.



A tornado is defined as a violently rotating column of air extending from a thunderstorm to the ground. The strongest tornadoes are capable of tremendous destruction with wind speeds reaching 250 mph or more.

Tornadoes can strike quickly with little or no warning. The best way to prepare for a tornado in your area is to use a NOAA weather radio. Weather radios allow you to receive up-to-date reports of local weather conditions. They are inexpensive and can be purchased from a local electronics store or your Austin-area HEB grocery store.

A TORNADO WATCH means that conditions are right for a tornado to develop and you need to stay tuned to your radio, NOAA weather radio or television for updates.

A TORNADO WARNING means a tornado has been sighted in your area and you need to take the following steps:

- Go to an inside room, closet or interior hallway on the lowest level. Stay away from windows, doors, and outside walls.
- Cover your head with a towel or blanket to guard against flying glass and debris.
- Avoid large rooms with unsupported roof spans such as gymnasiums, cafeterias, atriums, and auditoriums.
- If you are in a mobile home or a vehicle, immediately leave and go to the lowest level of a sturdy structure. If there are no stable shelters nearby, lie flat in the nearest ditch or ravine and shield your head with your hands. Leave the low area as soon as the tornado danger has passed to avoid flood waters that often accompany storms.
- Never get under an overpass or bridge. You are safer in a low, flat location.
- Plan ahead and pre-designate safe areas that you and your family can go to in case of a tornado or severe weather.

Extreme Heat

Summers in Austin can be very hot. Although everyone is at risk, older adults, young children, and those who are sick or overweight are more likely to succumb to extreme heat. During heat waves, check in on elderly residents in your neighborhood and those who do not have air conditioning.

- ☀️ **Drink plenty of water even if you do not feel thirsty.** If you are thirsty this means that you are already dehydrated. Avoid drinking alcohol and caffeine in the heat as these types of drinks dehydrate the body.
- ☀️ Dress for the heat by wearing lightweight, light-colored clothing.
- ☀️ Slow down! If you must do strenuous activity, do it during the coolest part of the day, which is usually in the morning between 4:00 a.m. and 7:00 a.m.
- ☀️ Not taking care of yourself in the heat can lead to heat exhaustion or heat stroke.

Heat Exhaustion

Symptoms for heat exhaustion include:

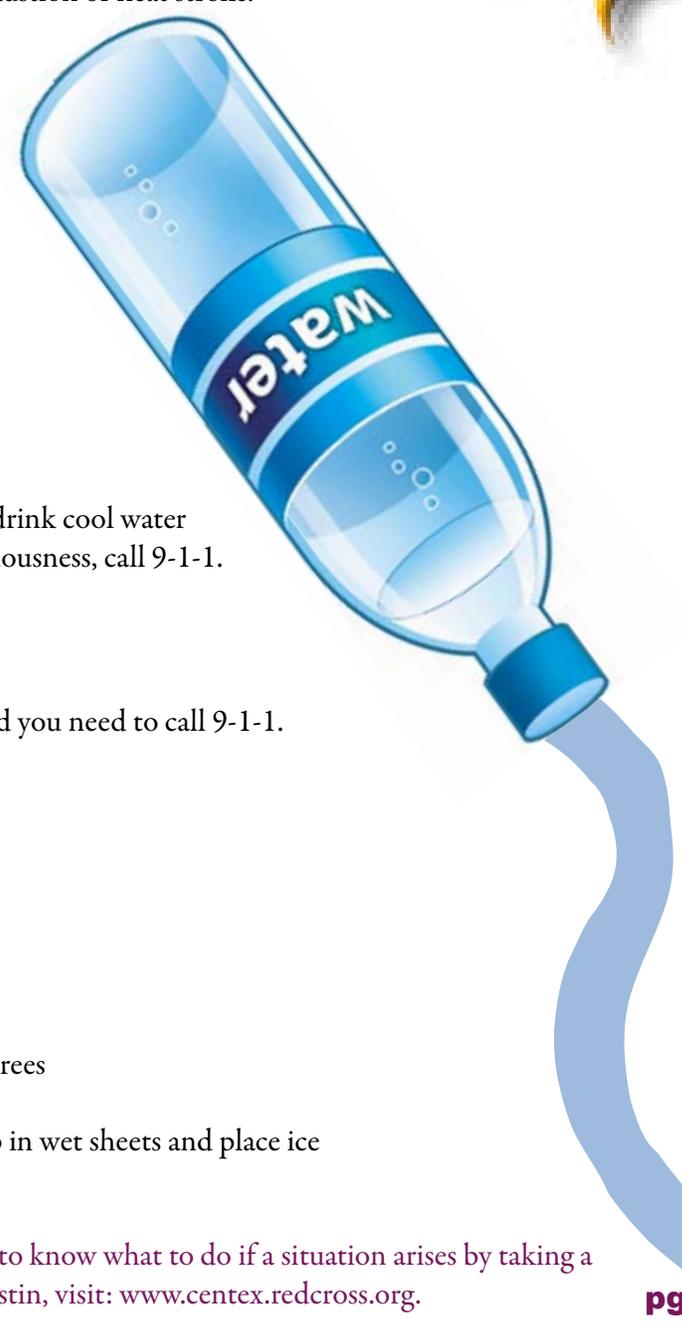
- 💧 Muscle cramps
- 💧 Cool, moist, flushed or red skin and heavy sweating
- 💧 Headache
- 💧 Nausea or vomiting
- 💧 Dizziness
- 💧 Weakness
- 💧 Body temperature will be near normal

In this situation, move the person to a cooler place and have them drink cool water every 15 minutes. If the person refuses water, vomits or loses consciousness, call 9-1-1.

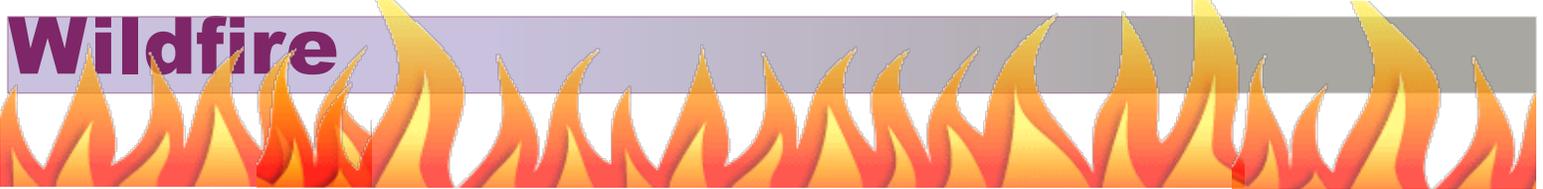
Heat Stroke

- 💧 Heat stroke, also known as sunstroke, is life-threatening and you need to call 9-1-1. Symptoms of heat stroke include:
 - 💧 Hot, red and dry skin. The body is no longer able to sweat.
 - 💧 Confusion or changes in consciousness
 - 💧 Rapid, weak pulse; and rapid, shallow breathing
 - 💧 Very high body temperatures sometimes as high as 105 degrees
- 💧 Before help arrives, move the person to a cooler place, wrap in wet sheets and place ice packs on wrists, ankles, in armpits and on the neck

While the above tips can help prevent emergencies, it is important to know what to do if a situation arises by taking a Red Cross CPR and First Aid class. To find out about classes in Austin, visit: www.centex.redcross.org.



Wildfire



There are a lot of areas in Austin that could be at risk for a wildfire. People who build their homes in woodland settings, in or near forests or rural areas, enjoy the beauty of the environment but face the very real danger of wildfire. Be sure to test your smoke alarm TWICE a year. It's easy to remember if you do this every year when the time changes!

Reduce your risk by preparing before wildfire strikes with the following tips:

- 🔥 Use fire-resistant or non-combustible materials on the roof and exterior structure of the dwelling.
- 🔥 Treat wood or combustible material used in roofs, siding, decking, or trim with UL-approved fire-retardant chemicals.
- 🔥 Design and landscape your home with wildfire safety in mind by selecting materials and plants that can help contain fire rather than fuel it.
- 🔥 Create a 30 - 100-foot safety zone around your home and plant fire-resistant shrubs and trees. For example, hardwood trees are less flammable than Pine, Evergreen, Eucalyptus or Fir trees.
- 🔥 Mow grass regularly and clear all flammable vegetation including leaves, dead limbs, and twigs.
- 🔥 Remove dead branches that extend over the roof, remove vines from the walls of your home and prune tree branches and shrubs within 15 feet of a stovepipe or chimney outlet.
- 🔥 When cooking outdoors, clear a 10-foot area around propane tanks and the barbecue, place a non-flammable screen over the grill and put stove, fireplace, and grill ashes in a fire-proof metal bucket.
- 🔥 Store gasoline, oily rags, and other flammable materials in approved safety cans.
- 🔥 Stack firewood at least 100 feet away and uphill from your home. Clear combustible material within 20 feet of your house. Use only UL-approved wood-burning devices.
- 🔥 Plan several escape routes away from your home by car and by foot.
- 🔥 Make sure that fire vehicles can get to your home and clearly display your address on the outside of your home.

For more information, visit the Austin Fire Department at:
www.ci.austin.tx.us/fire/default.htm



Hurricanes

Although we do not have hurricanes in Central Texas, we may have severe weather, such as high winds and flooding, if the path of the tropical storm system passes over us. If you ever live in or visit a coastal area it is important to understand hurricanes and evacuation plans.

Hurricanes cause high winds, huge waves, and heavy flooding. They can form in the southern Atlantic Ocean, Caribbean Sea, Eastern Pacific Ocean, and Gulf of Mexico. Hurricanes start as a tropical depression and as the storm travels over the ocean it gathers strength and heat through contact with warm ocean waters. Air above warm tropical water rises quickly as it is heated by the sea. As the air rises, it rotates and spins, creating an area of low pressure known as the eye of the storm.

Tropical storms become hurricanes when they have winds of at least 74 miles per hour. When the hurricane comes onto land, heavy rain, strong winds, and storm surges can damage buildings, trees and cars. Storm surges are very dangerous and are the reason why you **MUST** stay away from the ocean during a hurricane warning or hurricane.

Hurricane evacuations

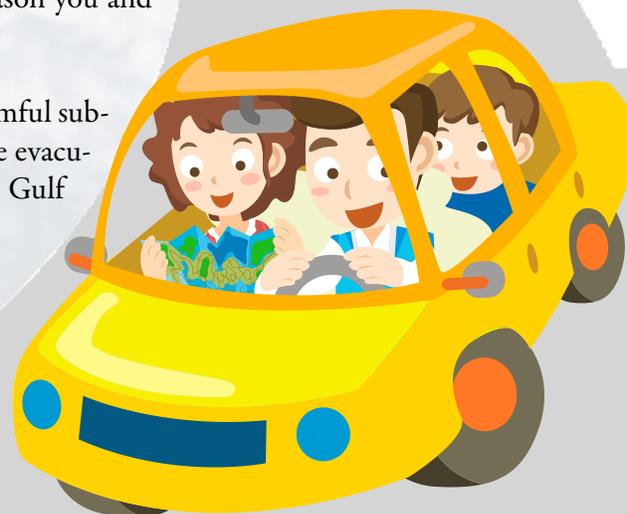
If you live on the coast, ask local authorities about emergency evacuation routes. Information can be found by calling the non-emergency information number 3-1-1. Be aware that evacuation routes do change so stay informed by tuning in to your local radio or television station before you leave. When hurricane evacuations become necessary, local officials provide information to the public through the media.

Evacuation: More Common than You Realize

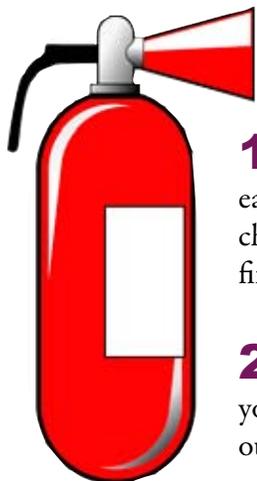
There are many reasons you may have to evacuate. Hurricanes are only one reason you and your family may be required to leave your home, school, or workplace.

Hundreds of times each year, transportation and industrial accidents release harmful substances, forcing thousands of people to leave their homes. Fires and floods cause evacuations even more frequently. Almost every year, people along the Atlantic and Gulf coasts evacuate in the face of approaching hurricanes.

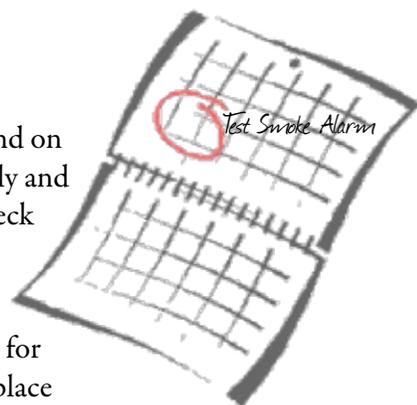
The amount of time you have to leave will depend on the hazard. If the event is a weather condition that can be monitored, such as a hurricane, you might have a day or two to get ready. However, many disasters allow no time for people to gather even the most basic necessities, which is why planning ahead is essential.



Home Safety Tips



1 Install smoke alarms outside of every bedroom and on each level of your home. Mark your calendar to check alarms monthly and change batteries twice a year when the time changes. In addition, check fire extinguishers for expiration date.



2 Make a fire and emergency escape plan for your home. Pick two escape routes from each room, pick a meeting place outside and practice your drill twice a year.

3 Stay in the kitchen if there is food cooking on the stove.

4 Make sure stairs are free of clutter, have hand rails, and are well lit.

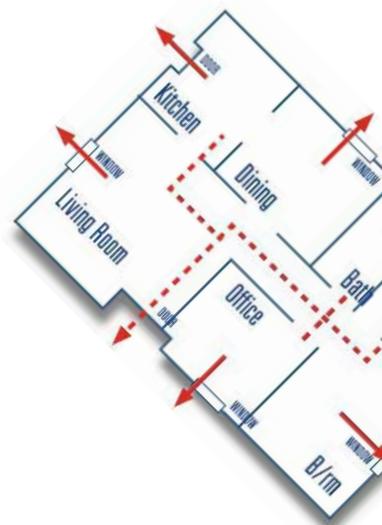
5 Use a non-slip mat or adhesive safety strips in the bathtubs and showers and install grab bars to avoid slipping.

6 Keep your water heater setting at 120 degrees or less to prevent accidental scalding.

7 Install child locks on all cabinets that store dangerous items including: poisons, matches and lighters. Everyday items such as make up, over the counter medications, and some household plants can be toxic to children as well.

8 Post the National Poison Control Hotline number next to every phone as well as on your refrigerator: 1-800-222-1222.

9 Install safety fences around your pool. The fence should be at least five feet high, be four sided and have self closing and self locking doors. The fence and pool access should be completely isolated from the home.

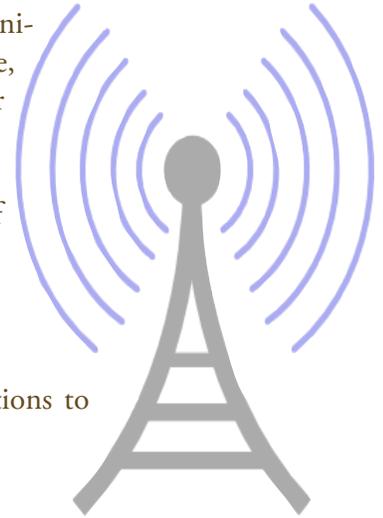


10 Constantly supervise children near bodies of water including pools, lakes, ponds, bathtubs, buckets and kiddie pools. NEVER EVER leave a child alone near water. A child can drown in as little as two inches of water.

Emergency Communications

Our country has one of the world's most extensive and dependable communications systems. However, the use of cell phones and internet phone service, known as Voice Over Internet Protocol (VoIP), may cause a delay in your receiving vital emergency help or information.

The following will help you decide how to best use the various components of the phone communications system during a crisis or disaster.



Internet Phone Service

If you use internet phone service, here are some important tips and questions to ask:



Make sure you have a clear understanding of any limitations of your VoIP 911 service.



Inform children and babysitters about your VoIP service and its 911 limitations, if any. If your VoIP provider supplies you with warning stickers, place them on and/or near the VoIP service equipment.



If you use a VoIP service, some emergency service providers are not capable of knowing your location or call-back number.



When you dial 911, be sure to tell the emergency operator where you are and what your phone number is right away so they can find you and call you back if you are disconnected.



If the power is out or your broadband connection is down, your interconnected VoIP service may also be out. Consider installing a backup power supply, maintaining a traditional phone line, or having a wireless phone as a backup.

Phone Service in an Emergency

If the telecommunications network is damaged in a disaster, your traditional phone line, wireless, or VoIP phone and text pager may not work. For example, many people using cell phones at the same time will overwhelm cell phone tower networks and leave you unable to make calls, even to 9-1-1.

During a power outage, your traditional telephone may still work as long as you use a plug in phone that does not require electricity. Many retailers still carry these phones and it is recommended that you keep one on hand.

Creating a plan together can be fun!

Talk to your kids about why it is important to create your own family emergency plan and then create one together. Your plan should include an evacuation plan for your home, meeting locations in case you are separated, out of state contacts and other vital emergency numbers.



Testing your plan together can be fun!

Now that all of the work has been done, it's time to practice your plan! Quiz your kids every six months to make sure they remember what to do and follow that with an evacuation drill. You should also test your smoke alarm monthly and change the batteries twice a year.



Parents' Quiz

Now it's time for your kids to quiz you! Are you prepared?
Have them give you this test and let's find out!!

1. What are three ways to best prepare your family for a disaster?

1. _____

2. _____

3. _____

2. What's the difference between a watch and warning advisory?

3. What are the five most common weather conditions for the Austin area?

1. _____

2. _____

3. _____

4. _____

5. _____

4. List any five items that should go in a disaster supply kit.

1. _____

2. _____

3. _____

4. _____

5. _____

Parents' Quiz

5. What special items, if any, should you add to your personal family supply kit?

6. ___ True or False: You should test your smoke alarm once a year.

7. Where is a good place to keep a list of important phone numbers in case of an emergency?

- a. By your toilet
- b. In a drawer in your bedroom
- c. Visibly on a cabinet by the phone
- d. In the refrigerator

8. Besides important phone numbers, what else should you add to your list of emergency information? Pick two!

- a. Your favorite color
- b. What you want for Christmas
- c. Your children's allergies, medications, and health insurance plan number
- d. Your social security number

9. What is the most common of all natural disasters in Austin?

- a. Floods
- b. Hurricanes
- c. Tornadoes
- d. Ice storms

10. If a flood is likely in your area, you should:

- a. Drive around and run errands like any other day
- b. Be aware that flash flooding could occur and panic
- c. Listen to the radio and TV and move to higher ground if necessary
- d. None of the above

11. ___ True or False: Central Texas is known as "Flash Flood Alley"?

12. If you must evacuate, what is one thing you should do?

- a. Secure your home and move essential items to an upper floor
- b. Grab your favorite item and run for your life
- c. Call a friend and see what they are doing, see if you can carpool
- d. Pack up all of your stuff and load it in your vehicle to relocate

Parents' Quiz

13. How many inches of water does it take for someone to fall?

- a. 12 inches
- b. 7 inches
- c. 6 inches
- d. 2 inches

14. ___ feet of water will cause vehicles to float

- a. 3 feet
- b. 7 feet
- c. 4 feet
- d. 1 1/2 feet

15. How much is the fine for driving around a flash flood barricade?

- a. \$2,000
- b. \$500
- c. \$100
- d. \$200

16. If there are 15 seconds of “flash and bang” time during a lightning storm, this means the lightning is ___ miles away.

- a. 10
- b. 30
- c. 3
- d. 1

17. Where is the safest place to be during a thunderstorm?

- a. A small shed
- b. A car
- c. Outside
- d. A stable building, such as a well-grounded house

18. If you feel your hairs stand up on end, it means that you are _____.

- a. Experienced an anxiety attack
- b. Have just seen a ghost
- c. Have been struck by lightning
- d. You're building up an electrical charge and may soon be struck by lightning.

Parents Quiz

19. Who is most likely to succumb to extreme heat?

1. _____

2. _____

3. _____

20. When trying to avoid heat exhaustion, it is a good idea to drink lots of:

- a. Beer
- b. Coffee
- c. Water
- d. Soda

21. A violently rotating column of air extending from a thunderstorm to the ground is also known as a:

- a. Hurricane
- b. Tornado
- c. Stratus cloud
- d. Severe thunderstorm

22. Your answer from above, can reach up to speeds of ___ mph.

- a. 600
- b. 300
- c. 250
- d. 70

23. ___ True or False: Evacuations from your home or town are not common at all.

24. ___ True or False: Tropical storms become hurricanes when they have winds of at least 74 miles per hour.

25. Why is it important to clearly display your address on the outside of your home?

Parents' Quiz Answers

1.
 1. Build a kit
 2. Make a plan
 3. Stay informed

2.

Watch advisory - issued when conditions are right for severe weather to occur.

Warning advisory - issued when severe weather has been sighted in the area.

3.
 1. Severe thunderstorms with flooding.
 2. Lightning
 3. Tornadoes
 4. Extreme heat
 5. Wildfires

4. Refer to the Build a Kit on page 4 to review answers

5. Check answers against the personal plan you created for your family.

6. False. Smoke alarms should be checked twice a year.

7. c. Visibly on a cabinet by the phone.

8.
 - c. Your children's allergies, medications and health insurance plan number
 - d. Your social security number

9. a. Floods

10. c. Listen to the radio and TV and move to higher ground if necessary

11. True

Parents' Quiz Answers

12. a. Secure your home and move essential items to an upper floor
13. c. 6 inches
14. d. 1 1/2 feet
15. a. \$2,000
16. c. 3
17. d. A stable building, such as a well-grounded house
18. d. You're building up an electrical charge and may soon be struck by lightning.
19. 1. Young children
2. Older adults
3. Those who are sick or over weight
20. c. Water
21. b. Tornado
22. c. 250
23. False. Thousands in the US are evacuated each year due to man-made industrial and chemical accidents and natural disasters such as fires and floods.
24. True
25. So that it is easy for first responders to find you home in case of an emergency.

Kids, rate your parents' knowledge!

20-25 correct - A disaster master! You are prepared for anything.

10-20 correct - Go back to school for a refresher class, you're almost ready!

0-10 correct - Did you actually study? You need to re-read the material so that you can become disaster ready. You should then have your kids give you a makeup test.

Family Preparedness Certificate



Now that you have read all of the included information, participated in all the puzzles and games, and have passed the quizzes, you are now Too Prepared to be Scared! To receive your family preparedness certificate visit our website at **www.austinhsem.com** and follow the link to the Too Prepared to be Scared page.

Its easy! Just enter your information and we will send you your personalized family preparedness certificate, You can also provide feedback on this activity book!

If you don't want to go online, you can mail this sheet in to the address below:

Name: _____

Address: _____

City of Austin Office of Homeland Security and
Emergency Management
PO Box 1088
Austin, TX 78767

Build a home emergency Kit

Tear this page out and take with you when you purchase items for your home emergency kit!

Kit Basics

- Large plastic tub
- Water (one gallon per person per day)
- Canned food (at least a three-day supply of non-perishable food)
- 3-day supply of high-energy foods like trail mix, peanut butter, etc.
- Non-electric can opener
- Matches in waterproof container
- Moist towelettes
- Plastic bags and garbage bags
- Disposable plates and utensils
- First-aid kit
- Dust masks to help filter the air
- Wrench or pliers and other tools for turning off utilities
- Hand crank or battery-powered radio, NOAA Weather Radio and extra batteries
- Flashlight and extra batteries
- Whistle to signal for help
- Plastic sheeting and duct tape for sheltering in place
- Signal flares and whistle
- Soap, travel-size toiletries, toilet paper
- One change of clothing per person

- Sanitizing hand gel
- Household chlorine bleach
- Non-prescription and prescription drugs
- Local maps
- Copy of your communications plan and important documents stored in a water-proof container.

Special Items

FOR BABY

- Formula and baby food
- Bottles
- Diapers
- Children's medications and prescriptions

FOR ADULTS

- Prescription drugs (switch out regularly)
- Insulin supplies
- Contact lenses and supplies

FOR ENTERTAINMENT

- Books
- Games
- Toys

FOR YOUR PET

- Food and water
- Leash and pet carrier
- Copy of vaccination records

Tear this page out and take it with you when you purchase and assemble items for your Grab-and-Go kit!

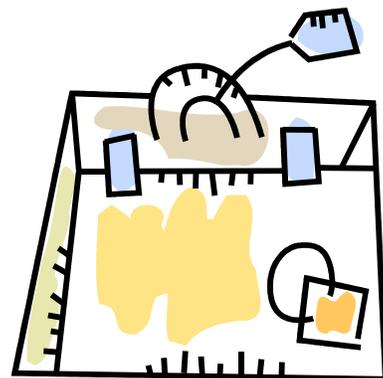
Evacuation Grab-and-Go Kit

You should gather the following supplies in a duffle bag or other large container in advance of needing to evacuate your home. Having these items already packed will allow you to grab your evacuation kit and quickly leave your home. These items are different than your home emergency kit which is designed to be used in case of emergencies that do not require you to evacuate.

- Medical supplies: prescription medications, spare glasses and dentures
- Disaster supplies: flashlight, radio, extra batteries, first aid kit, bottled water
- Clothing and bedding: a change of clothes and a sleeping bag or bedroll and pillow for each household member
- Foods that do not require refrigeration, cooking, or much water for preparation
- Food and medication for pets
- Items that infants, the elderly, and other family members with special needs may require

Other Essential Items

- Checkbook, cash, and credit cards
- Map of the area
- Copy of drivers license or personal identification
- Copy of social security card
- Copy of proof of residence (deed or lease)
- Copies of insurance policies
- Copies of birth and marriage certificates
- Copies of stocks, bonds, and other negotiable certificates
- Copies of wills, deeds, and recent tax returns
- Copies of medical and eyeglass prescriptions



Emergency Numbers

Tear out and post on your refrigerator or near your phone.

Emergencies.....9-1-1

TTY.....Dial 9-1-1
Then Press the space bar until someone answers

Non-Emergency City of Austin.....3-1-1

Community Services and Volunteer Opportunities.....2-1-1

Austin Police Department.....3-1-1

Travis County Sheriffs Office.....974-0845

Poison Control Center.....(800) 222-1222

CITY OF AUSTIN

Austin-Travis County EMS.....972-7200

Auto Theft Tip Line.....974-5096

Crime Prevention.....3-1-1

Electric Power Outage.....322-9100

Fire Prevention.....974-0290

Homicide Tip Line.....477-3588

Household Hazardous Waste Collection
.....974-4343

Office of Homeland Security and Emergency Management.....974-0450

Victim Services, Main Office.....472-HELP

Water & Wastewater Trouble Reports
.....972-1000

CRISIS LINES

Child/Adult Abuse Hotline.(800) 252-5400

Psychiatric Emergency Services/Suicide Hotline.....472-4357
TTY.....703-1395

National Domestic Violence Hotline
.....799-SAFE

Youth Help Line/Lifeworks.....735-2400

PERSONAL EMERGENCY NUMBERS

Doctor's name_____

Doctor's emergency number_____

Parents' work numbers

Parents' emergency/cell numbers

Other emergency contacts

Location of the fire extinguishers

Location of the firstaid and disaster kit

Location of flashlight(s)

Allergy or health problems? Medications?

Evacuation location_____



Family Emergency Plan



Prepare. Plan. Stay Informed.



Make sure your family has a plan in case of an emergency. Before an emergency happens, sit down together and decide how you will get in contact with each other, where you will go and what you will do in an emergency. Keep a copy of this plan in your emergency supply kit or another safe place where you can access it in the event of a disaster.

Out-of-Town Contact Name: _____

Telephone Number: _____

Email: _____

Telephone Number: _____

Neighborhood Meeting Place: _____

Telephone Number: _____

Regional Meeting Place: _____

Telephone Number: _____

Evacuation Location: _____

Fill out the following information for each family member and keep it up to date.

Name: _____

Social Security Number: _____

Date of Birth: _____

Important Medical Information: _____

Name: _____

Social Security Number: _____

Date of Birth: _____

Important Medical Information: _____

Name: _____

Social Security Number: _____

Date of Birth: _____

Important Medical Information: _____

Name: _____

Social Security Number: _____

Date of Birth: _____

Important Medical Information: _____

Name: _____

Social Security Number: _____

Date of Birth: _____

Important Medical Information: _____

Name: _____

Social Security Number: _____

Date of Birth: _____

Important Medical Information: _____

Write down where your family spends the most time: work, school and other places you frequent. Schools, daycare providers, workplaces and apartment buildings should all have site-specific emergency plans that you and your family need to know about.

Work Location One

Address: _____

Phone Number: _____

Evacuation Location: _____

School Location One

Address: _____

Phone Number: _____

Evacuation Location: _____

Work Location Two

Address: _____

Phone Number: _____

Evacuation Location: _____

School Location Two

Address: _____

Phone Number: _____

Evacuation Location: _____

Work Location Three

Address: _____

Phone Number: _____

Evacuation Location: _____

School Location Three

Address: _____

Phone Number: _____

Evacuation Location: _____

Other place you frequent

Address: _____

Phone Number: _____

Evacuation Location: _____

Other place you frequent

Address: _____

Phone Number: _____

Evacuation Location: _____

| Important Information | Name | Telephone Number | Policy Number |
|---------------------------------|------|------------------|---------------|
| Doctor(s): | | | |
| Other: | | | |
| Pharmacist: | | | |
| Medical Insurance: | | | |
| Homeowners/Rental Insurance: | | | |
| Veterinarian/Kennel (for pets): | | | |

Dial 911 for Emergencies

Helpful Web Sites

CITY OF AUSTIN

Austin Fire Department
www.cityofaustin.org/fire

Austin Police Department
www.cityofaustin.org/police

Austin-Travis County EMS
www.atcems.org

Austin Water Utility.....
www.cityofaustin.org/water

City of Austin.....
www.cityofaustin.org

City of Austin Air Quality Program.....
www.cityofaustin.org/airquality

**City of Austin Office of Homeland Security and
Emergency Management**.....
www.cityofaustin.org/oem

City of Austin Solid Waste Services
www.cityofaustin.org/sws

City of Austin Watershed Protection
www.cityofaustin.org/watershed

PREPAREDNESS

Ready.gov.....
www.ready.gov

Central Texas Red Cross.....
www.centex.redcross.org

**City of Austin Office of Homeland Security and
Emergency Management**.....
www.ci.austin.tx.us/disasterready/

Federal Emergency Management Agency.....
www.fema.gov

Federal Emergency Management Agency/Kids
www.fema.gov/kids

Flood Safety/Flood Education
www.floodsafety.com

National Flood Insurance Program
www.fema.gov/business/nfip/

National Weather Service
www.nws.noaa.gov

HOME SAFETY

Babysitter Safety Tips
www.med.umich.edu/ilibr/yourchild/babysit.htm

Consumer.gov
www.consumer.gov/yourhome.htm

Consumer Safety
www.cpsc.gov

Fire Safety
www.usfa.dhs.gov/citizens/

Food and Drug Administration.....
www.fda.gov

Internet Safety
www.webwisekids.org

Internet Safety
www.getnetwise.org

Kids Health for Parents
www.kidshealth.org/parents

Home Safety Council.....
www.homesafetycouncil.org

Household Safety Checklist.....
www.kidshealth.org/parent/firstaid_safe/home/household_checklist.html

Home Food Safety.....
www.homefoodsafety.org

HOME SAFETY FOR KIDS

Babysitting tips for teens.....
<http://urbanext.illinois.edu/babysitting/index.html>

Food and Drug Administration Kids Site
www.fda.gov/oc/opacom/kids

Fire Safety for kids
www.usfa.dhs.gov/kids/flash.shtm

Kids Health for Kids.....
www.kidshealth.org/kid

Safe Kids
www.safekids.org

Sparky the Fire Dog.....
www.sparky.org