

# Get Ahead of What's Ahead

Texas Ready Children's  
Activity Book



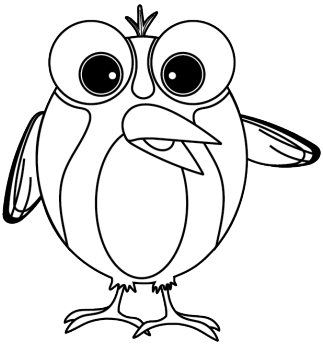
**TEXAS**  
Health and Human  
Services

Texas Department of State  
Health Services

**TEXASREADY.GOV**

Pub no. 9-207 rev. 01/22

# Weather Safety



## Texas is BIG!

There are a lot of different types of weather events that happen in our state and you need to be prepared for the weather in the area where you live.



Tornadoes



Hurricanes



Floods



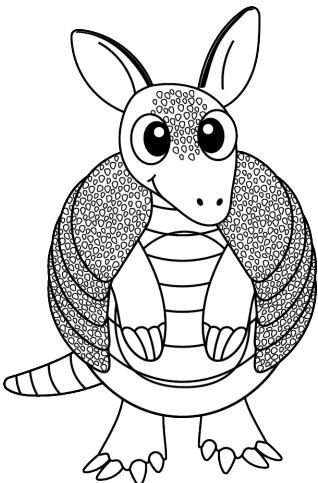
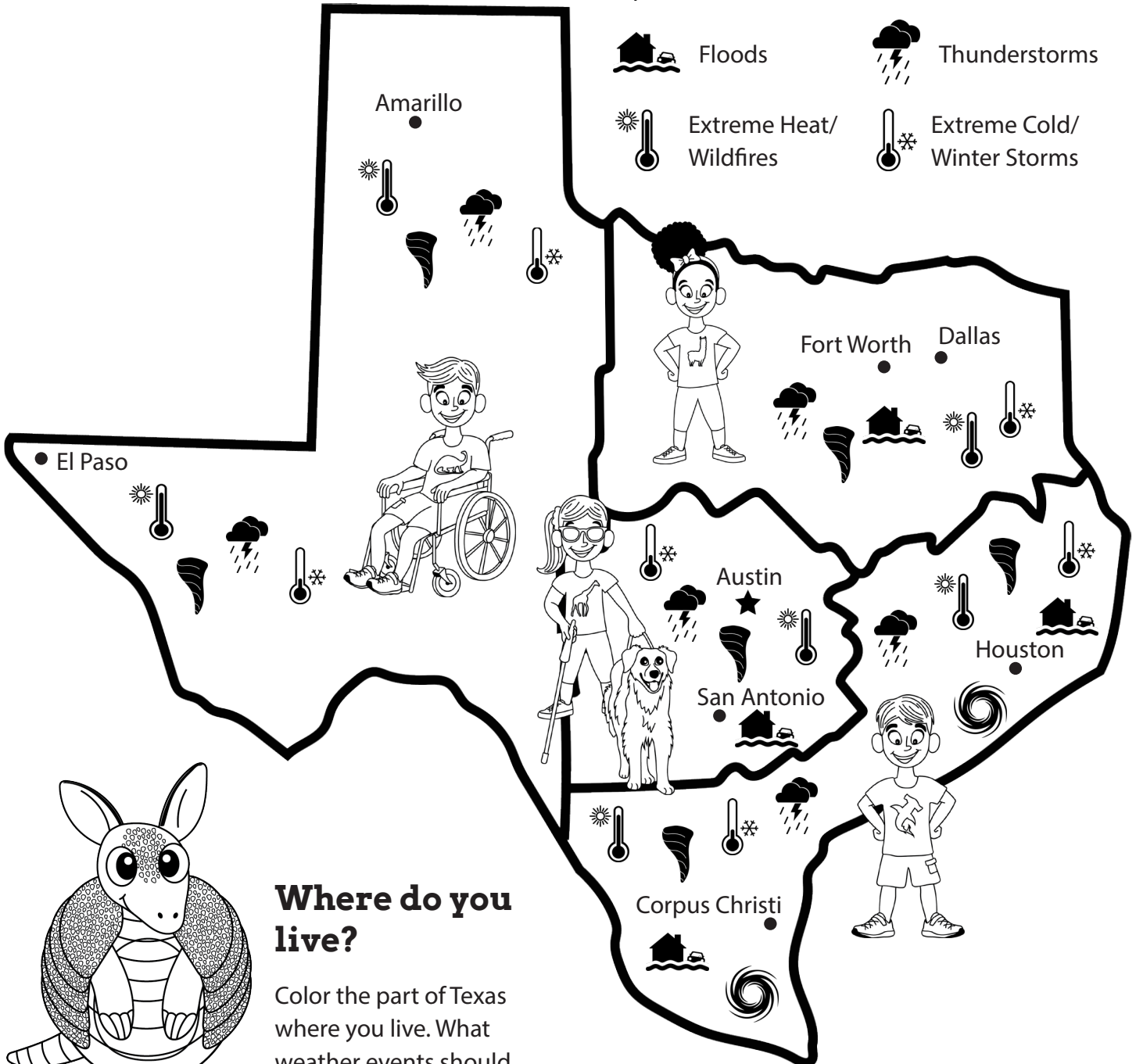
Thunderstorms



Extreme Heat/  
Wildfires



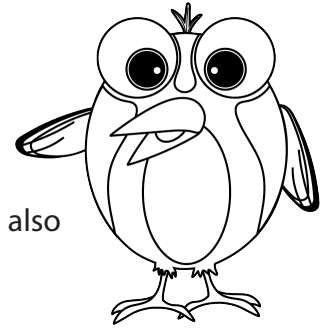
Extreme Cold/  
Winter Storms



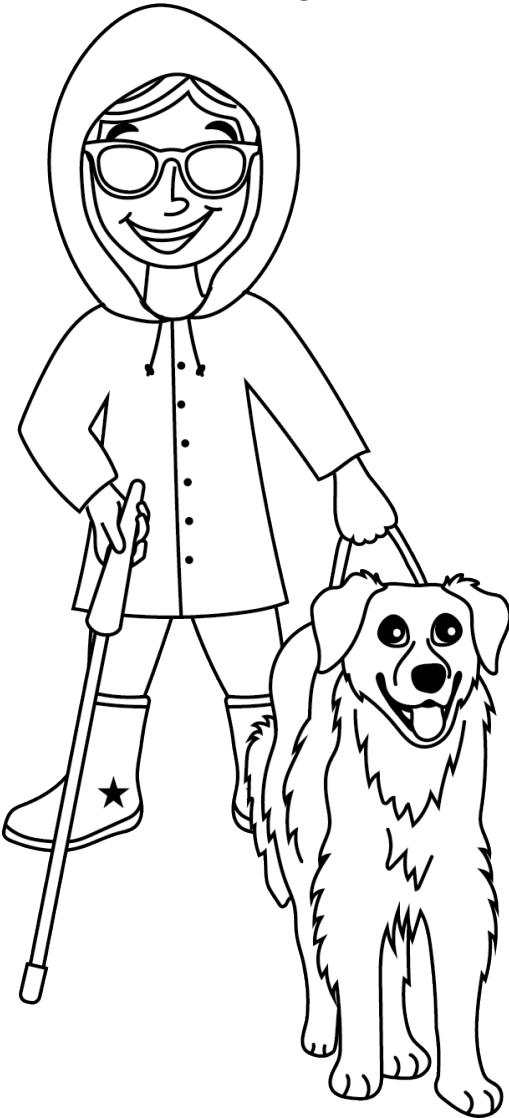
## Where do you live?

Color the part of Texas where you live. What weather events should you prepare for?

# THUNDERSTORMS



All thunderstorms are dangerous and bring lots of rain. They can also bring tornadoes, strong winds, hail, flooding, and flash flooding.



## Thunderstorm Safety Rules Fill-in-the-blank

Use the words below to help Paige fill in the blanks and learn how to be safe during thunderstorms.

inside                      windows                      outside                      thunderstorms  
water                      shelter                      lightning                      winds

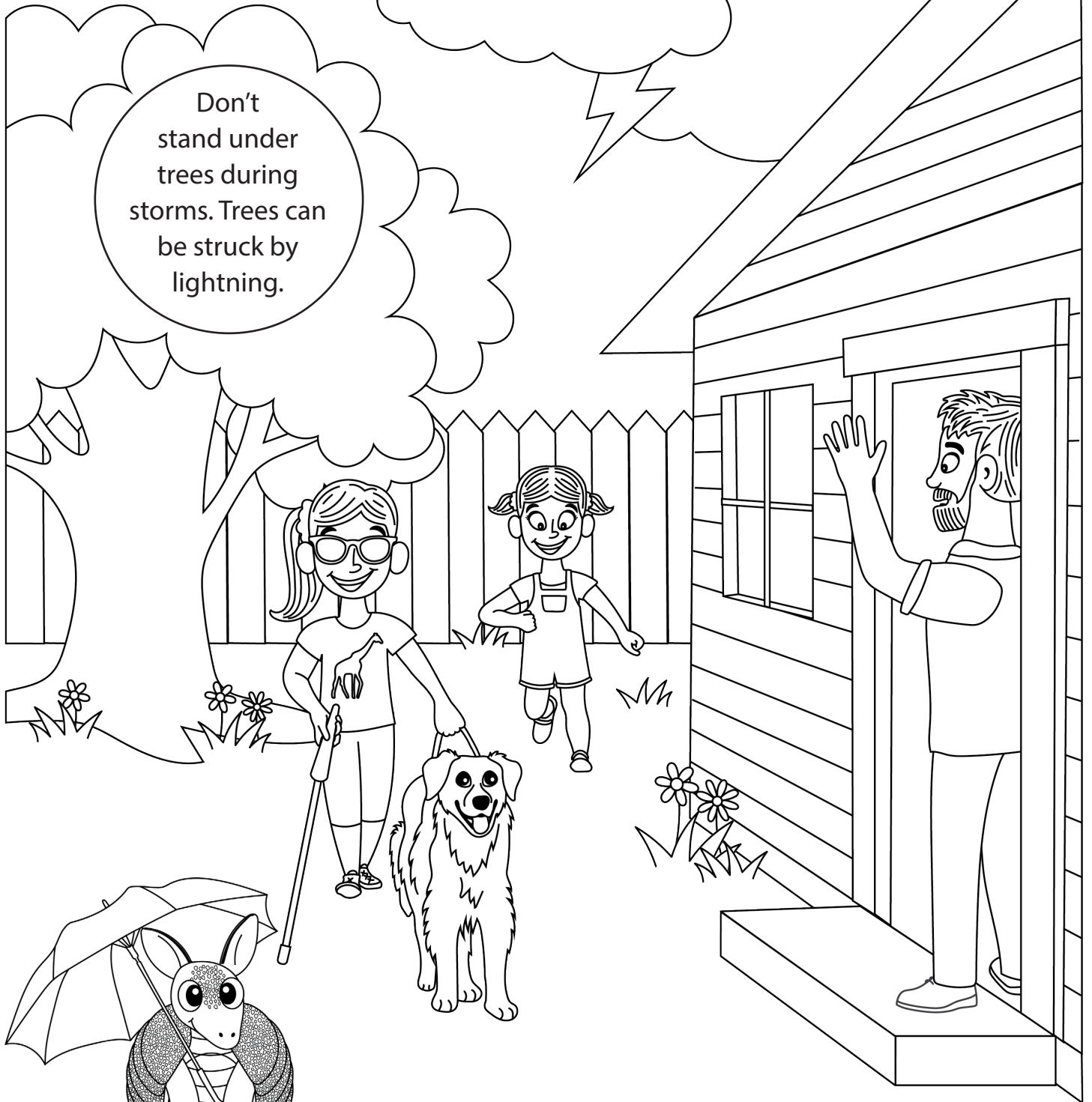
1. If you can hear thunder, you are close enough to the storm to be struck by \_\_\_\_\_.
2. Get inside a sturdy building or \_\_\_\_\_ that can protect you from deadly lightning, large hail, damaging winds, flooding, rain, and tornadoes.
3. \_\_\_\_\_ typically do not last very long and will most often pass by your location in less than one hour.
4. Once you are in a safe place, stay away from \_\_\_\_\_ and avoid electrical equipment and plumbing. Lightning can run through electrical lines and plumbing.

5. Bring pets inside. If there is time, secure loose objects outside. Objects can become dangerous flying debris in high \_\_\_\_\_.
6. Postpone outdoor activities and stay \_\_\_\_\_ until the storms have passed.
7. If you get caught \_\_\_\_\_, take shelter in a sturdy enclosed building or hard top automobile immediately. Avoid open spaces, isolated objects, high ground and metallic objects.
8. Get out of boats and away from bodies of \_\_\_\_\_.

Answer Key: 1. lightning 2. shelter 3. thunderstorms 4. windows 5. winds 6. inside 7. outside 8. water

It's not safe to be outside when lightning is near. If you hear thunder, then that means that lightning is close. Get indoors fast.

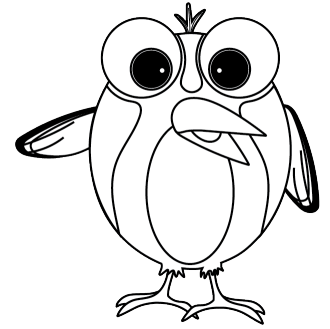
Don't stand under trees during storms. Trees can be struck by lightning.



Remember, when thunder **ROARS**, go indoors.



# TORNADOES



A tornado is an air funnel with winds that can spin at 75 to 300 miles an hour. Tornadoes can be up to a mile wide and travel for 50 miles.

## How to Stay Safe

### 1 Be Prepared

- Pick a safe place. Good places are:
  - » A basement, center hallway, bathroom, or closet on the first floor.
- If you live in a mobile home, find another shelter close by.

### 2 Tornado Watch

*A tornado could happen.*

- Keep away from outside walls and windows.
- If you're outside, go to a sturdy building or shelter.
- Watch or listen to weather reports.

### 3 Tornado Warning

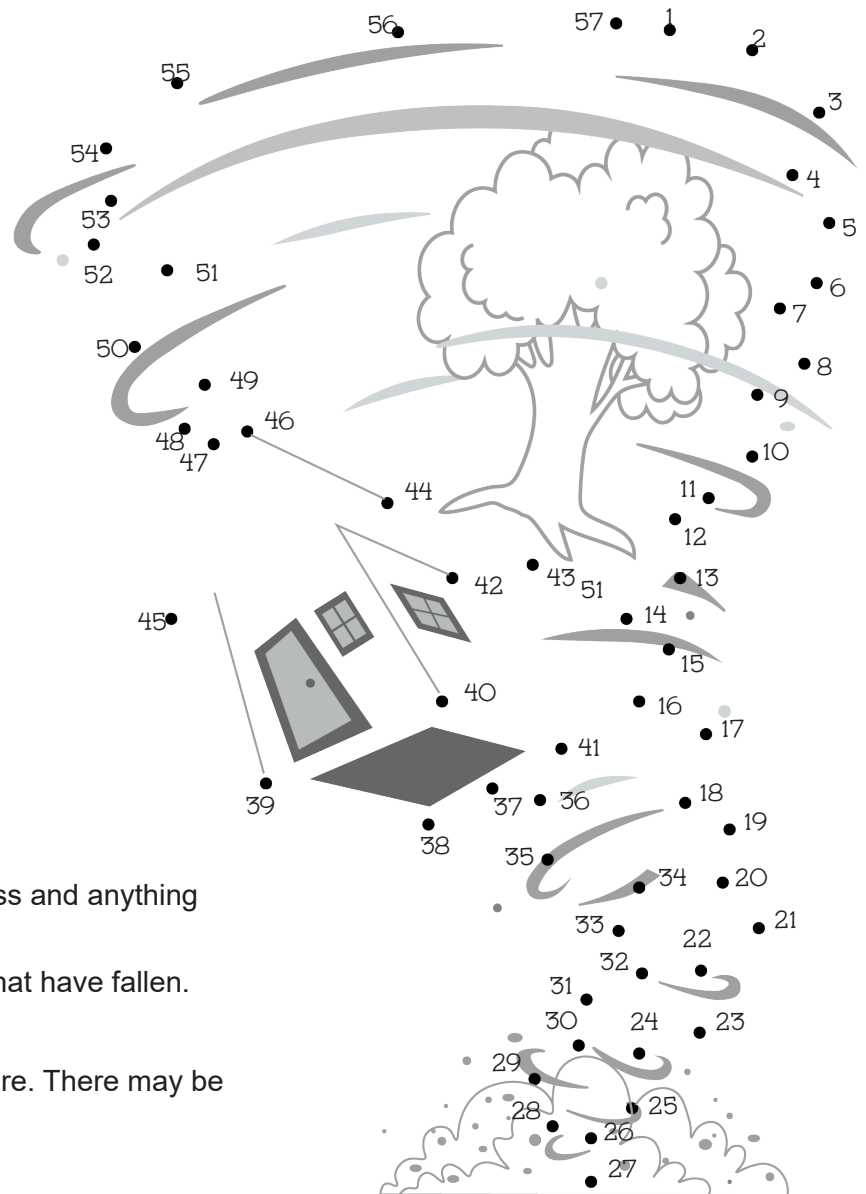
*A tornado has been spotted.*

- Go to your safe place.
- If you are outside away from shelter, find a ditch or low area. Protect your head and neck with your arms.
- Watch or listen to weather reports.

### 4 After a Tornado

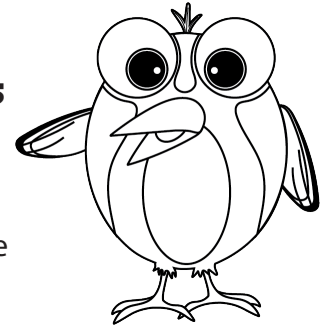
- If anyone is injured, call 911.
- Wear shoes. Watch for broken glass and anything with sharp edges.
- Keep away from any power lines that have fallen.
- Don't go into damaged buildings.
- Don't use matches or any kind of fire. There may be a gas leak.

Connect the dots and color the picture to reveal one of nature's most violent storms!



## Circle the Safe Places

Mya and Arnie found 3 safe places in Mya's house to shelter in place during a tornado. Can you circle the safe places?

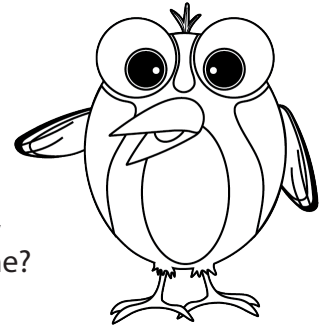


Answer key: (closet, bathroom, laundry room)

## Now it's Your Turn

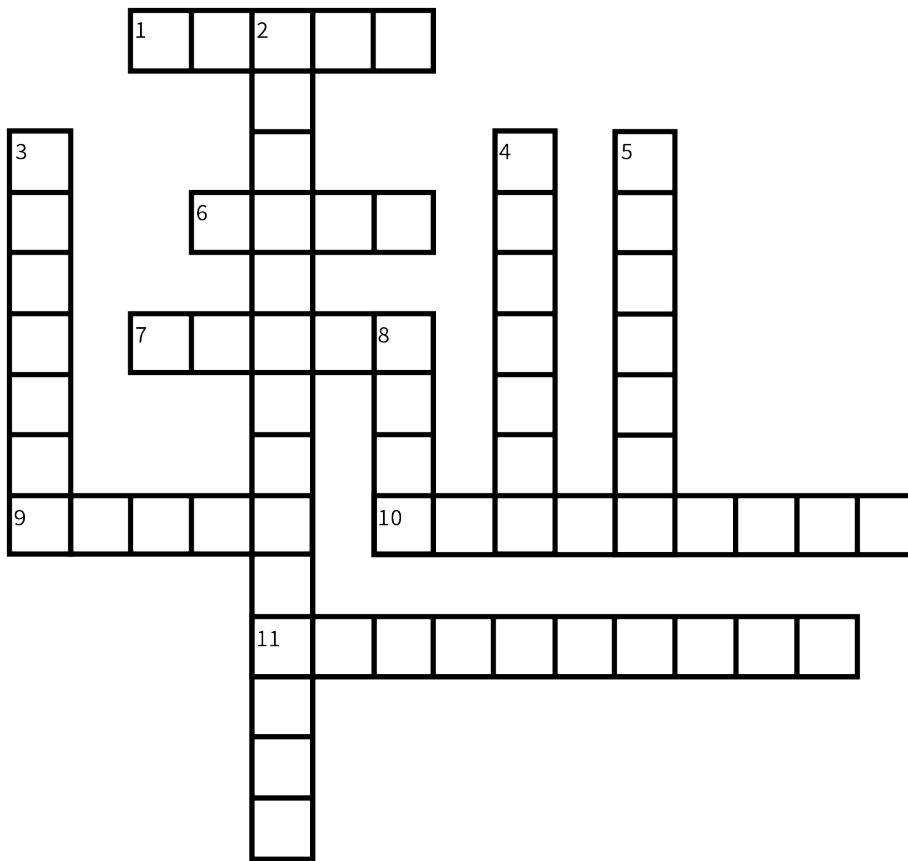
Talk to your family about the best places to shelter in place in your house during a tornado. Where are your safe places?

# HURRICANES



A hurricane is a big storm that forms over the ocean. It spins, creating a lot of wind, and can travel a long way before it reaches land. Do you live near an ocean coastline? These activities will help you learn how to stay safe during a hurricane.

## Hurricane Safety Crossword Puzzle



### Across

1. Watch TV or listen to the \_\_\_\_\_ for information on hurricanes.
6. Make sure family and friends are \_\_\_\_\_.
7. Prepare your home and review your family evacuation plan during a hurricane \_\_\_\_\_.
9. Wear \_\_\_\_\_ when cleaning up after the storm.
10. An \_\_\_\_\_ requires immediate action.
11. Never touch downed \_\_\_\_\_ or any object touching them, including water.

### Down

2. Have a \_\_\_\_\_ kit ready in case of a hurricane.
3. Before a hurricane, board up your \_\_\_\_\_ and bring in objects that could blow away.
4. Do not go \_\_\_\_\_ during a hurricane because strong winds will blow things around.
5. Listen to \_\_\_\_\_ notices and have a plan to stay safe during a hurricane.
8. Secure your \_\_\_\_\_ before a hurricane.

### Word Bank

- |                 |         |           |             |
|-----------------|---------|-----------|-------------|
| radio           | windows | shoes     | home        |
| disaster supply | watch   | warning   | power lines |
| safe            | outside | emergency |             |

Answer Key Across: 1. radio 6. safe 7. watch 9. shoes 10. emergency 11. power lines  
Down: 2. disaster supply 3. windows 4. outside 5. outside 8. warning

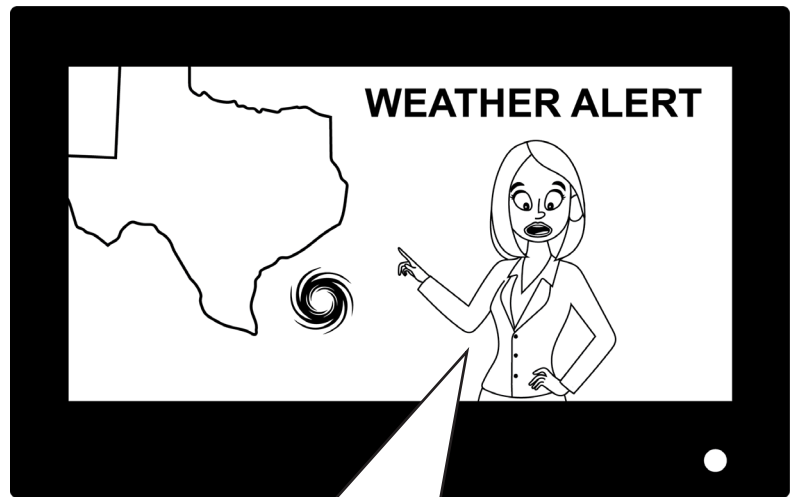
Kai and his family have been watching the news and know that a hurricane is headed their way.

Some areas will not be safe during a hurricane. You may be told that it is better to leave your home and travel to a safe place. This is called

## **EVACUATING.**

A safe place is away from the wind and flood waters. It can be a hurricane shelter, a hotel, or even the home of a family member or friend.

If you are told to evacuate, you should leave right away. Waiting to leave may be unsafe.



**Don't wait. Evacuate!**



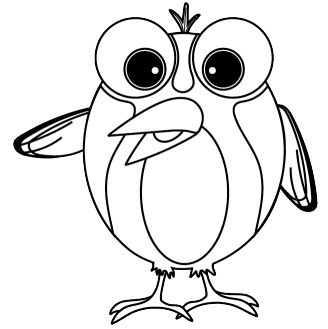
Officer Joe has come to talk to Kai's family about their hurricane evacuation plan. The family is going to stay with Kai's aunt until it is safe to return.

**Now it's your turn. Do you know where to go?**

Talk to your family about your evacuation plan.



# FLOODS



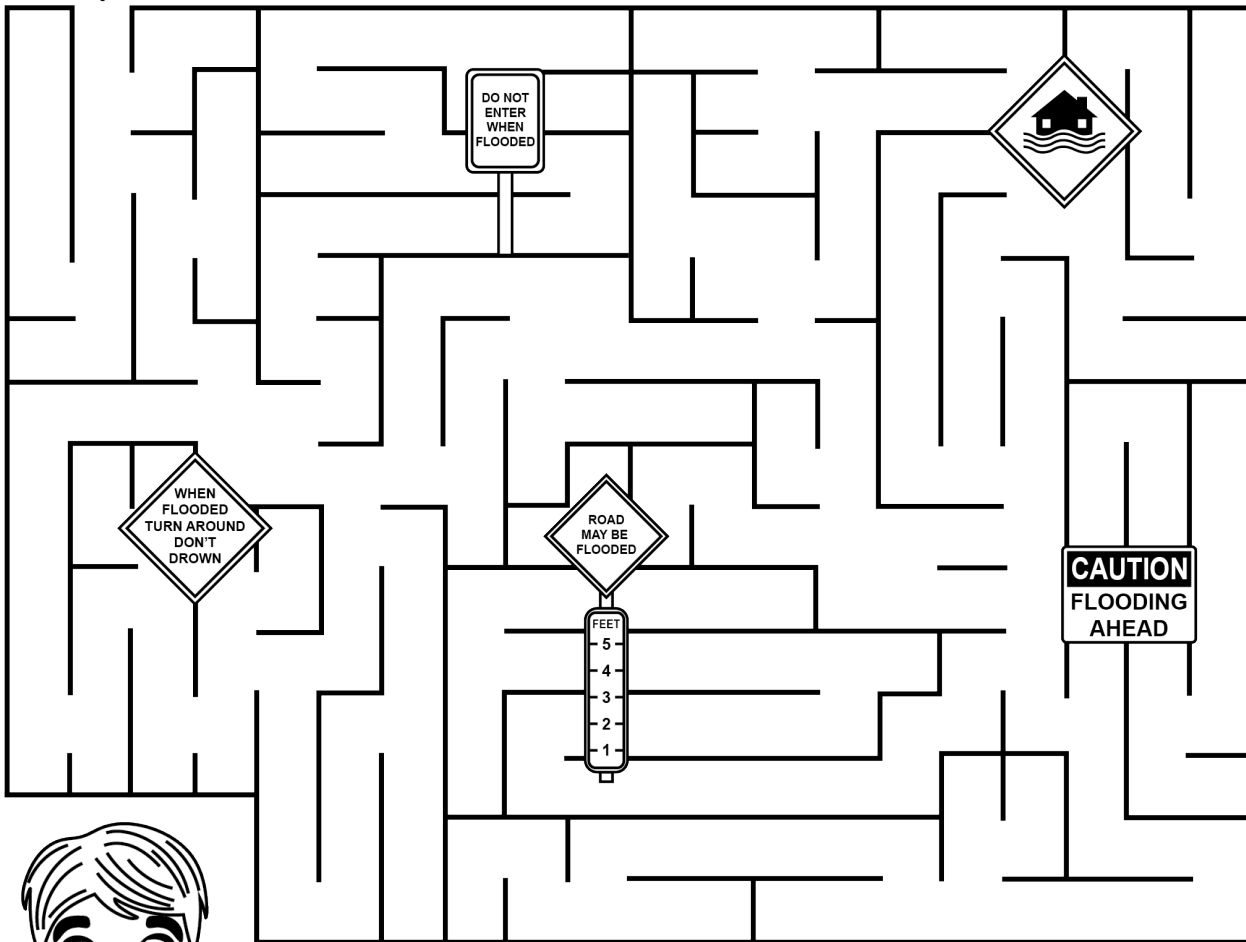
When there is a lot of rain and rivers overflow, it can cause flooding. Floods that happen very quickly are called flash floods.

Playing in flood water is not safe. Moving water can sweep you off your feet fast. If you see flood water, never walk through it. Warn adults not to drive through it.

## Flood Safety Maze

Help Kai and his mom stay away from flooded areas and get to a safe place.

START



FINISH



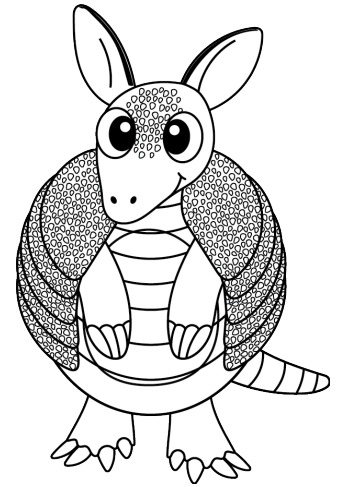
**TURN  
AROUND, DON'T  
DROWN**

# Can you Help Arnie Find the Secret Message?

Kai and his mom are approaching an area where water is covering the road. What should they do? Use the secret code to match the number to the letter and help Arnie find the answer.

**SECRET  
CODE**

A=1	E=5	I=9	M=13	Q=17	U=21	Y=25
B=2	F=6	J=10	N=14	R=18	V=22	Z=26
C=3	G=7	K=11	O=15	S=19	W=23	
D=4	H=8	L=12	P=16	T=20	X=24	



**ANSWER** Remember...

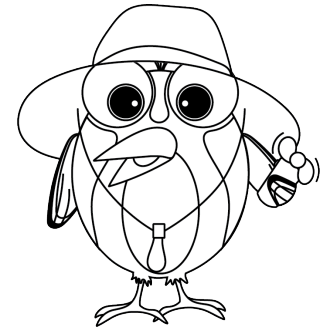
20 21 18 14 1 18 15 21 14 4

4 15 14 20 4 18 15 23 14

**Kai and his mom know what to do when they see flood waters. Do you?**



# EXTREME HEAT



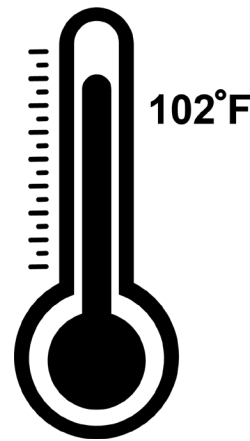
**EXTREME HEAT** is when it is hotter outside than normal. When it is really hot for several days or weeks, it's called a heat wave.

If you are out in the sun and start to feel weak or dizzy, tell an adult right away. Go to a cool spot, drink some water, and lie down.

## Extreme Heat Word Search

Can you find the words for things that will help Lucas stay cool?

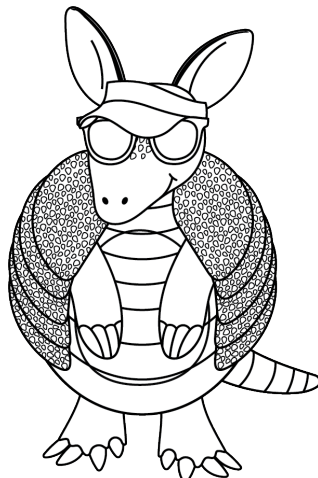
M	P	F	A	N	F	L	Z	J	S
S	H	A	D	E	H	Z	S	I	U
W	V	C	R	L	E	P	W	D	N
U	M	B	R	E	L	L	A	O	G
I	I	A	U	Y	S	V	T	Q	L
S	U	N	S	C	R	E	E	N	A
S	W	K	S	E	R	I	R	C	S
S	O	K	H	I	K	J	W	O	S
W	H	A	T	H	D	I	R	O	E
Y	R	W	K	H	T	E	S	L	S



Too much sun can make you sick.

### Word Bank

- water
- cool
- inside
- fan
- sunscreen
- shade
- sunglasses
- umbrella
- hat



# **WILDFIRES**

A **WILDFIRE** is a fire that burns through forests and across land. Wildfires can start quickly when the weather is really dry.

Sometimes wildfires come close to houses. When this happens, you may be asked to leave your home and travel to a safe place.

**Lucas' grandmother just received an alert that a wildfire is close to her house. It's time to evacuate and go to a safe place.**



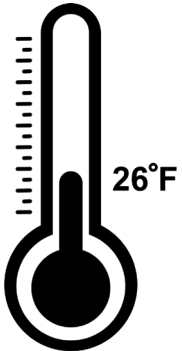
**DON'T WAIT.  
EVACUATE!**



# EXTREME COLD



The temperature tells you how hot or cold the air is. During winter, the air outside can get very cold.



I love the snow!

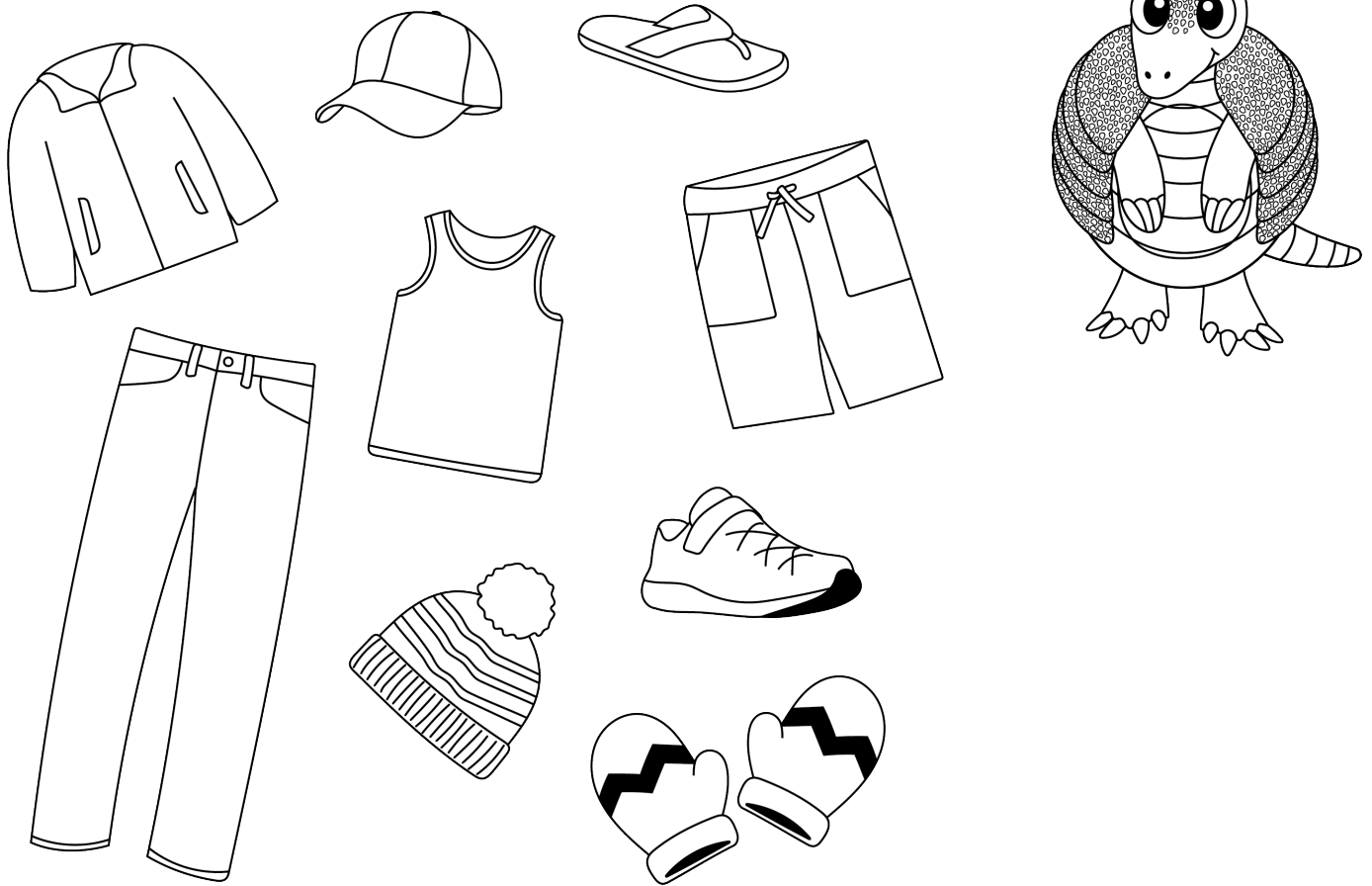


Me too! But before we go outside, we prepare by putting on warm clothes. We go inside when it starts to feel to cold.



## How Do You Dress for Extreme Cold?

Circle the clothes that Arnie should wear to stay safe in extreme cold.



## Be Prepared for Extreme Cold

- 32° F. is freezing! When the temperature drops below freezing, try to stay inside.
- If you must go outside, wear clothing to keep you warm.

Coats      Gloves or mittens      Socks

Water-proof shoes and boots      Hats that cover your ears

- During winter storms, the electricity may go out. Make sure your disaster supply kit is ready with:

Flashlight and batteries

Water

Ready to eat food

Pet supplies, if you have a pet

Blankets

First aid kit

- Be careful and follow all instructions for using and being near space heaters, generators, and fireplaces.

## Now it's your turn.

Talk to your friends and family about staying safe during extreme cold.

# Household Safety





# FIRE SAFETY

The best way to protect yourself and your family in the event of a housefire is to plan ahead and know what to do. Learn the fire safety basics and create a fire safety plan with your family.

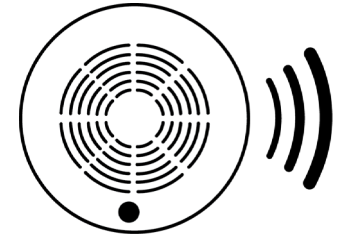


## Fire Safety Basics



### 1 Fire fighters want to help you.

Fire fighters wear special gear to fight fires. This may make them look different or sound funny, but don't be scared. They want to help you.

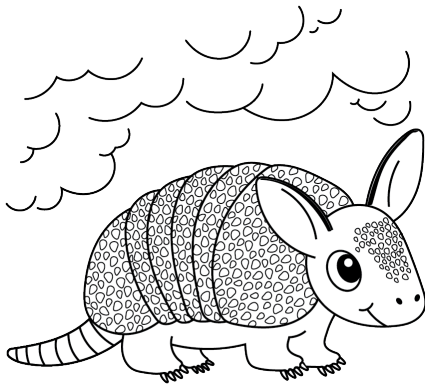


### 2 If the smoke alarm goes off.

Know two ways out of every room in case one is blocked by fire or smoke. Have a safe way to escape from a second-story window.

### 3 Never hide, go outside.

If the fire alarm sounds, yell **"FIRE"** to alert others. Get out quickly. Never hide in a closet or under a bed. Sleeping with your bedroom door closed is safest.



### 4 Get down low and GO GO GO!

If smoke is in your house:

- Get on your hands and knees and crawl to the exit.
- Feel door knobs to see if they are hot before you open doors.
- Never stop. Go outside quickly. Don't go back in.

### 5 Know where to go and call 9-1-1.

- Have a plan with your family on your safe place to meet. It might be a neighbor's house.
- Call 9-1-1 and wait for help to arrive.

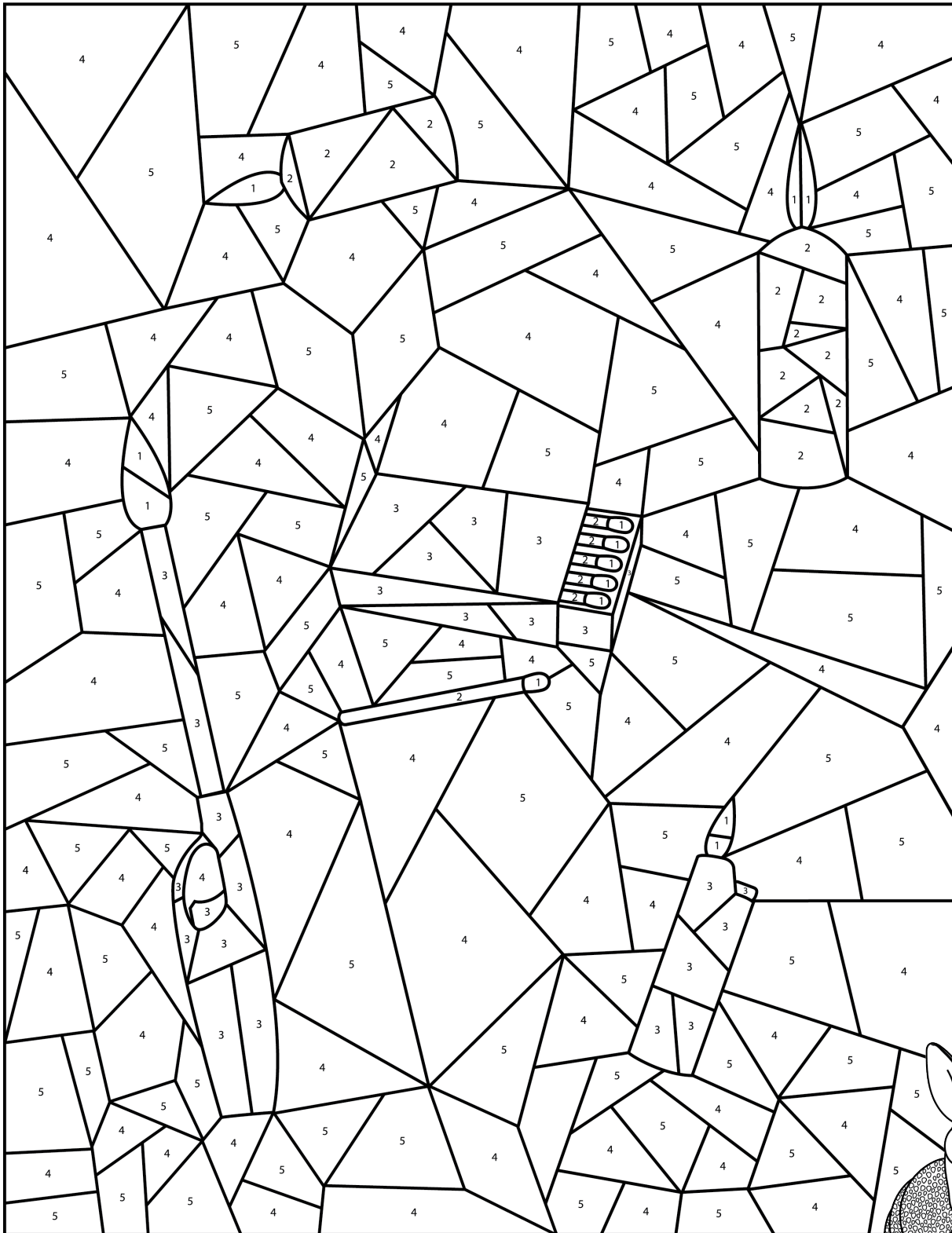


**Remember, the best way to stay safe is to plan ahead.**



# Find the Hidden Objects

Using the color code below, color the shapes in the puzzle to reveal the hidden objects.

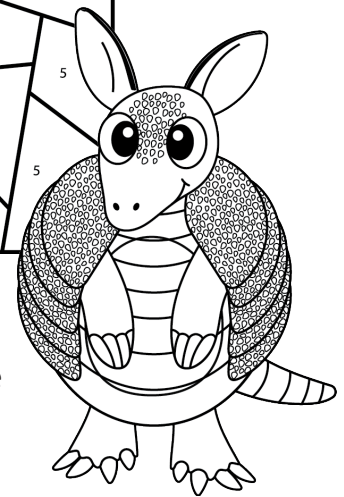


- 1 = Red**
- 2 = Yellow**
- 3 = Blue**
- 4 = Green**
- 5 = Purple**

Hidden Objects: Matches, 2 lighters, 2 candles

Matches, candles and lighters are tools used by adults. They are not bad, but can be dangerous because they can start fires. Fires can spread and fires can burn you.

Never touch matches, lit candles or lighters.



# MOSQUITOS



Mosquitoes are flying bugs that bite! Mosquito bites make you itch, but can sometimes make you sick, too. The best way to protect yourself from mosquito bites is to not get bitten!

## Fight the bite! When you are going to be outside in an area with mosquitos:



### Put on Bug Spray

Ask an adult to put bug spray on you. Always go outside to put on bug spray and do not spray it around any food or animals!

Be very careful with bug spray! Adults should put bug spray on their hands and then spread it on your face. Don't spray directly on the face!

### Cover Up

When you are getting dressed, pick out long-sleeved shirts and pants. Don't forget shoes that cover your feet! Mosquitos can't bite your skin if it is covered up!



## Keep mosquitoes outside!

Don't leave the door open. Remind your family to close all the windows and doors in your house. If screens are broken or have holes in them, help fix them!

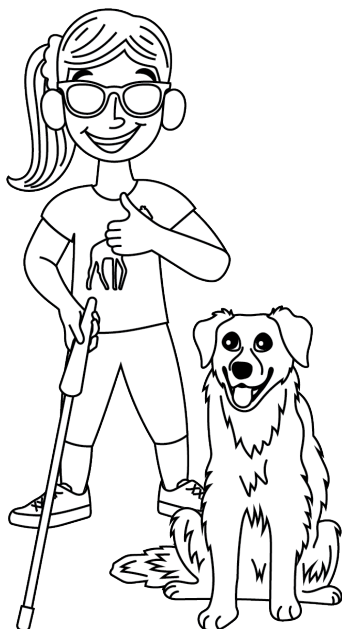
## Fight the Bite Word Search

Help Paige fight the bite and stop mosquitos!

Can you find the words for things that will help Paige from getting mosquito bites?

### Word Bank

- sleeves
- pants
- bug spray
- nets
- screens
- doors
- no water

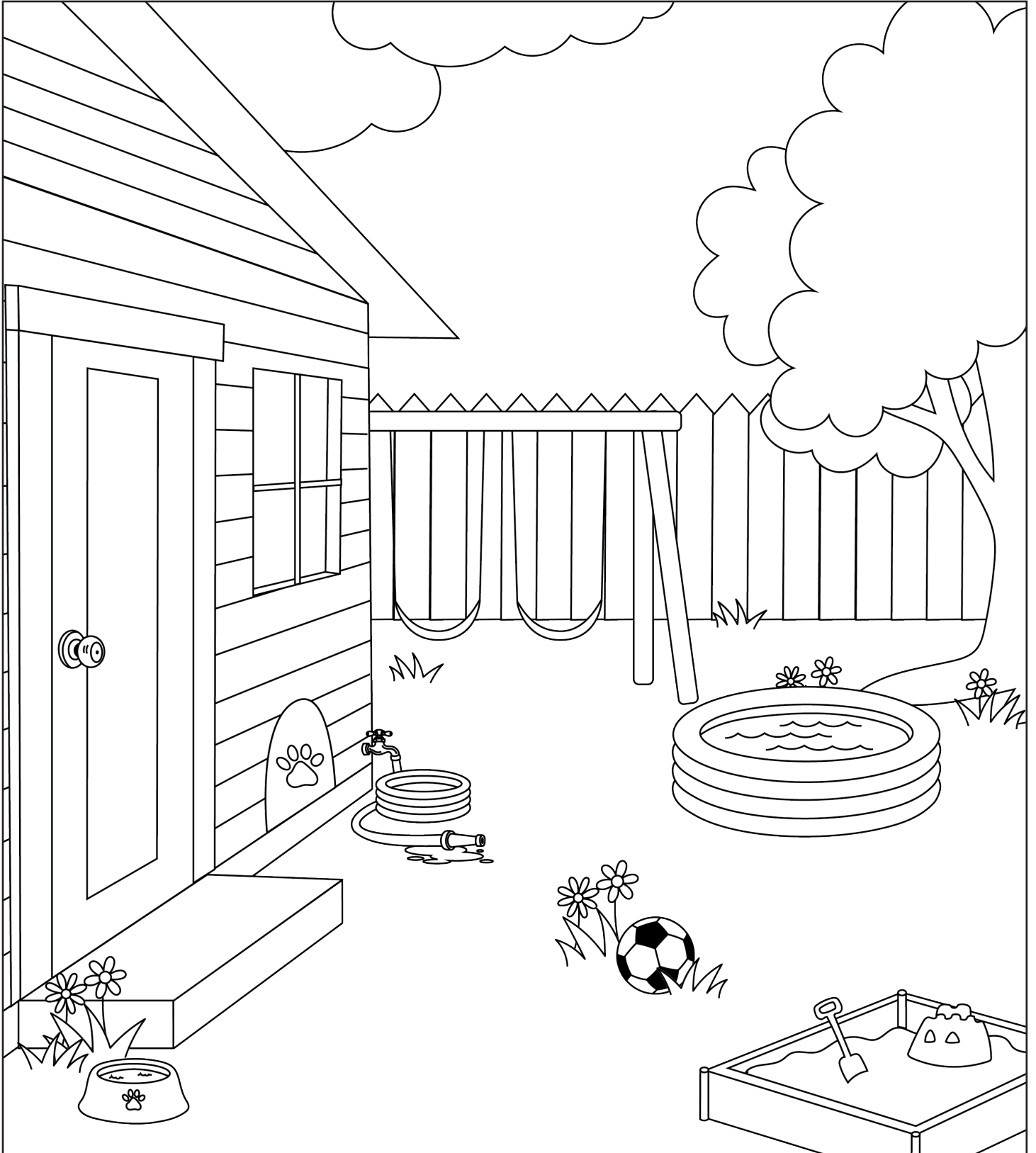


C	H	S	W	F	F	R	O	W	O	N	V
M	P	J	C	N	D	K	Z	U	W	X	A
V	F	X	P	R	Q	P	E	X	J	Z	V
E	T	V	S	B	E	L	A	D	K	B	X
A	N	O	W	A	T	E	R	N	E	U	C
W	R	D	W	Q	P	R	N	P	T	G	B
D	O	O	R	S	V	C	W	S	I	S	J
F	K	A	V	L	M	K	O	A	T	P	Q
C	X	P	T	E	F	V	E	E	I	R	X
B	D	L	I	E	A	M	N	M	G	A	G
G	D	M	T	V	Z	V	W	A	E	Y	U
T	X	J	B	E	Q	E	Z	T	B	N	C
V	M	W	A	S	N	G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

## Circle the Object

Mosquitoes lay their eggs in water. To protect you and your family, empty and clean items that hold water at least once a week. These items can be buckets, planters, toys, pools, pet water bowls, leaky hoses, or trash containers. Check inside and outside your home and help your family turn over things that are heavy!

Circle all of the items with water that need to be emptied or cleaned up.



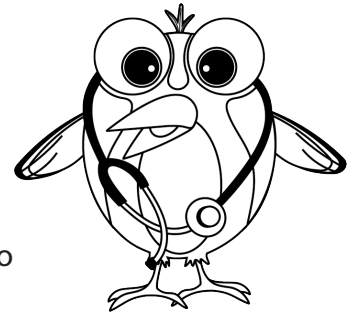
Answer: Dog Bowl, Pool, Leaky Hose, Window Screen

# Health





# VIRUSES



Viruses are tiny germs that can cause people to get sick. Different viruses cause colds, flu, chickenpox, measles, COVID-19, and many other diseases. Viruses are so tiny that we can only see them with powerful microscopes.

## Follow the Healthy Highway

Color the pictures along the path and complete the activities to learn ways to stay healthy and protect yourself from viruses. Use a small pebble or toy to play this game. Invite your friends and family to play too!

### Eat, Sleep, Play!

Eating healthy food, getting plenty of sleep, and staying active will help your body stay strong to fight germs that could make you sick.

#### Eat Healthy

Fruits and Veggies – Vitamins and minerals you need.

Whole Grains – Lots of energy to run and play.

Protein – Builds muscles to keep you strong.



Start ...

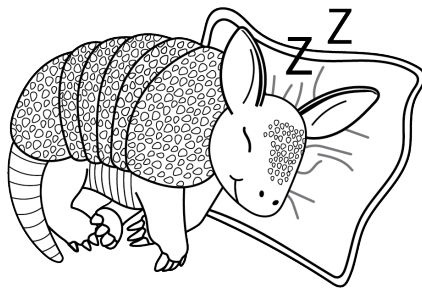
1

Name your favorite fruit.

2

Name your favorite vegetable.

**Get Plenty of Sleep** - Gives your body a tiny vacation each night so you will be ready for all the things you do every day.



3

Say what time you go to bed each night.

4

Say what time you wake up each day.

**Keep Your Body Moving** – Makes you quicker, stronger, and more flexible.

5

How long can you jump on one foot? Try it out!



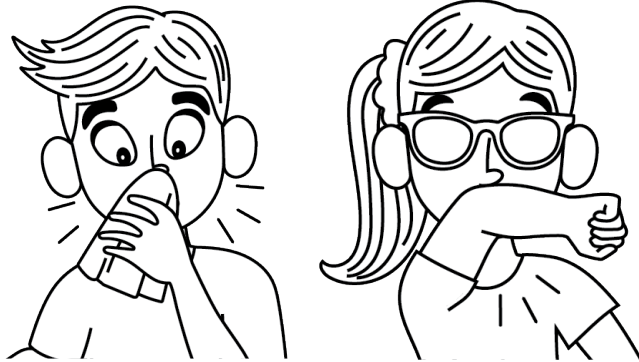
Move to the top of the next page

## Keep Your Germs to Yourself

A cough or sneeze sends tiny germs into the air which then land on things people touch. Cover your nose and mouth with a tissue or use your upper sleeve when you cough or sneeze. Try not to cough or sneeze into your hands. Put your used tissue in the trash then wash your hands. If you can't wash your hands right away use hand sanitizer.

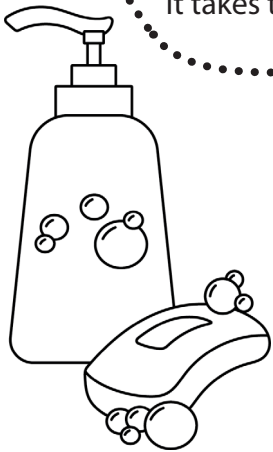
6

**Pretend to cough or sneeze into your upper sleeve to practice keeping your germs to yourself.**



## Wash Away Your Germs

Wash your hands with soap and water for at least 20 seconds, or as long as it takes to sing the "ABC Song" to get rid of germs that can make you sick.



7

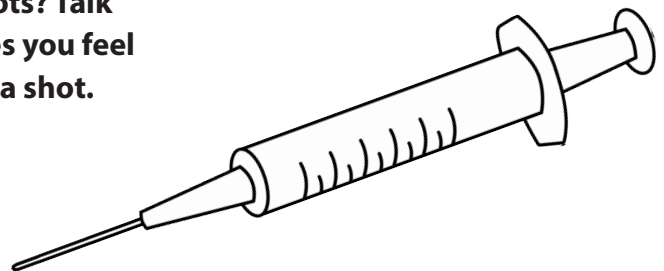
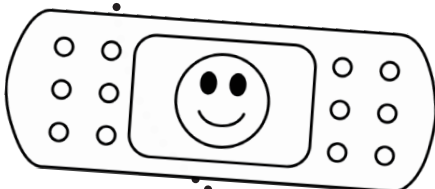
**Color the picture on the next page and learn how to be a hand washing superstar.**

## Be a Vaccine Super Hero

Doctors use vaccines to help protect us from getting sick. We get most of our vaccines through shots. Shots may pinch a little, but it's over very quickly. A little pinch is much better than getting sick. Make sure you and everyone in your family gets the vaccines they need to stay healthy.

8

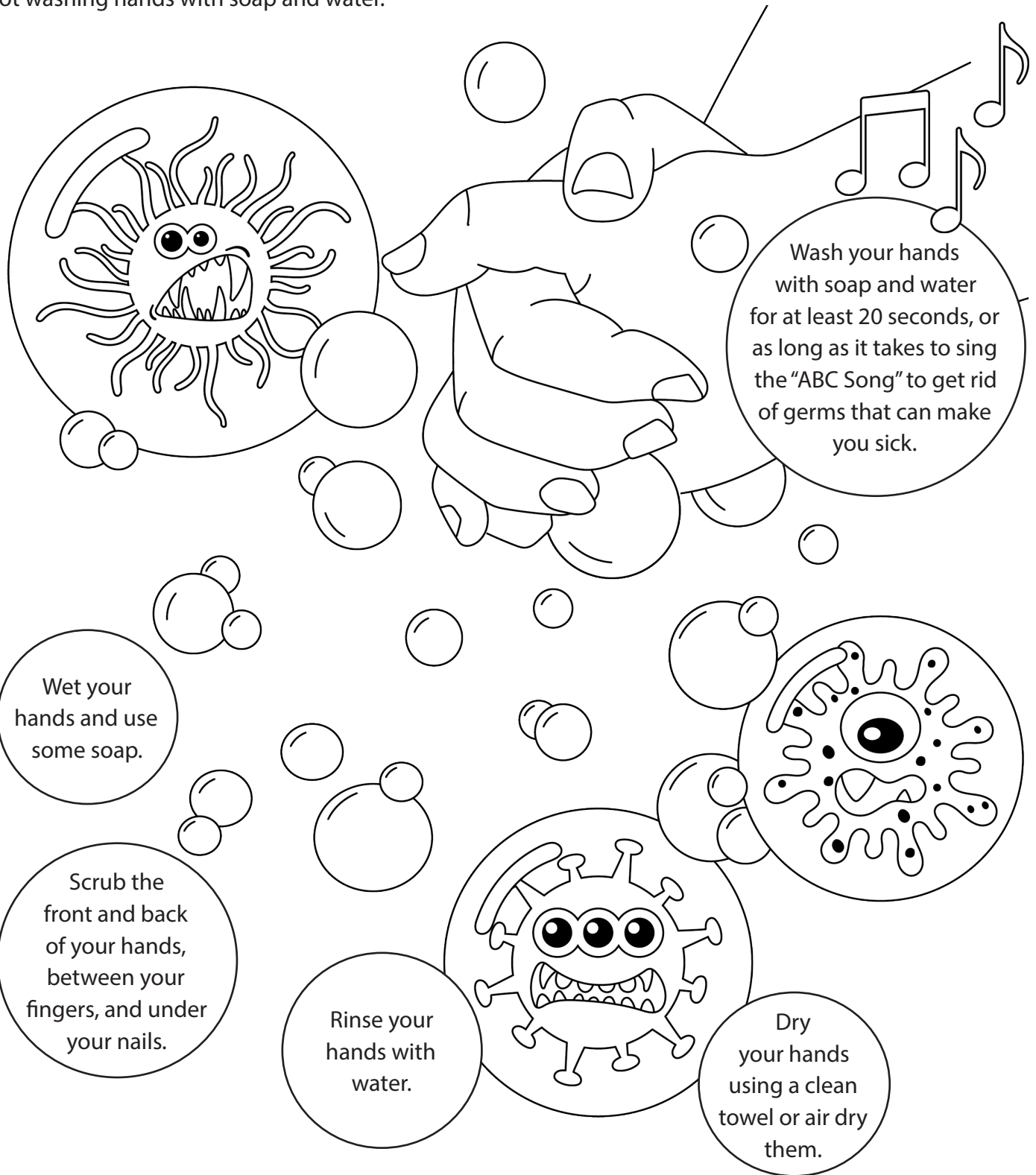
**Are you scared of getting shots? Talk to an adult about what makes you feel better when you have to get a shot.**



➔ **Move to the next page**

# Wash Away the Germs

Keeping your hands clean is one of the most important steps you can take to avoid getting sick and spreading germs to others. Many diseases are spread by not washing hands with soap and water.



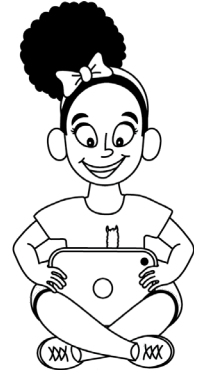
## Social Distance

Social distancing or staying 6 feet apart can help stop the spread of viruses like COVID-19. Make sure to follow all instructions if you are asked to social distance.

**9** Talk about a time you had to social distance.



6 FEET



## Wear a mask

Wearing a face mask can also help prevent germs from spreading. Wear your mask over your nose and mouth and secure it under your chin. Talk to an adult about when and where you should wear a mask.

**10**

Who is wearing their mask correctly?



Lucas



Mya



Paige



Kai

## Keep it Clean

Help keep your home clean by using soap and water or simple cleaners to wipe down anything you touch, including toys, tables, countertops, doorknobs, toilets, sinks, and other surfaces.

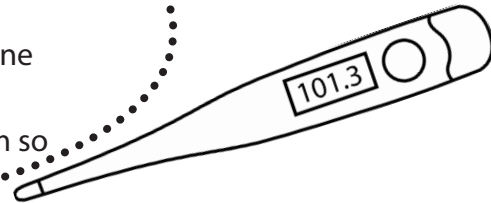


**11**

Ask an adult to show you how to clean the surfaces in your home.

## Stay Home if You are Sick

If you have a fever or are sick, stay home until your fever is gone and you are feeling better to avoid spreading your germs to others. Also, if someone you know is sick stay away from them so you do not get sick too!



**12**

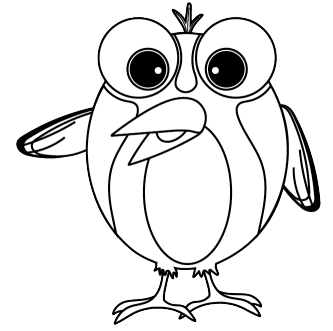
Unscramble the message: **EKEP OYUR SGERM OT RFYSLUEO**

Answer key: Keep your germs to yourself!

**Congratulations, you are a healthy highway champion!**



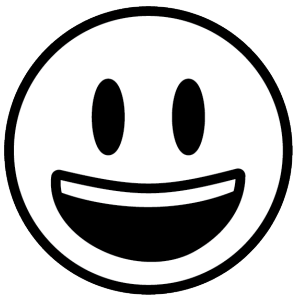
# MENTAL HEALTH



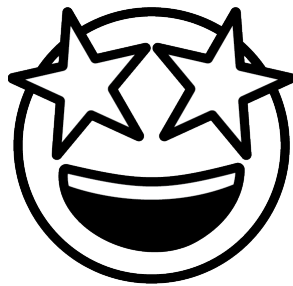
Sometimes bad things happen. It's okay if you feel sad, mad, or scared. Adults sometimes feel this way, too. But it's important to know what you can do to help yourself feel better.

## How do you feel right now?

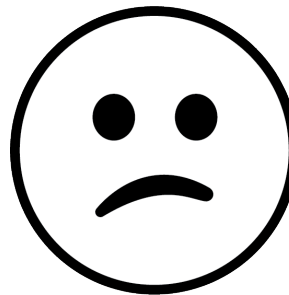
Circle the face that matches how you're feeling.



Happy



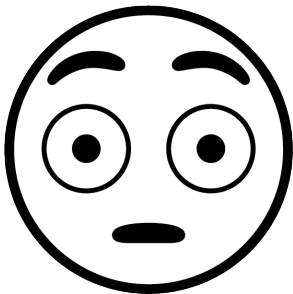
Excited



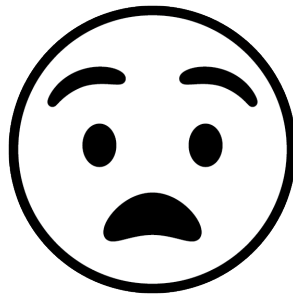
Confused



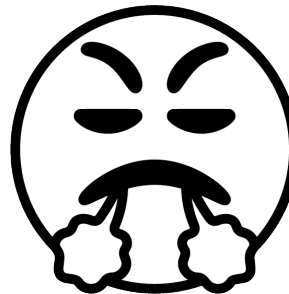
Sad



Scared



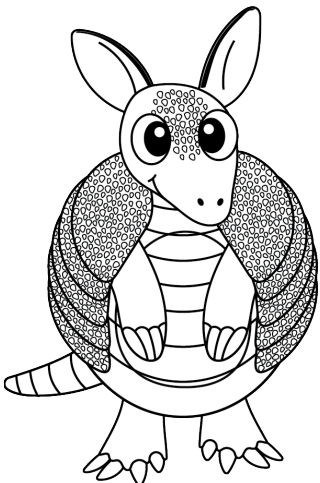
Worried



Frustrated



Angry



## What Makes You Feel Better?

Think of things that you do that make you happy. When you are feeling bad, doing things that you like to do will help you feel better and...

***Let go of what you can't control.***

# What Are Your Favorite Ways to Let Go of What You Can't Control?

Build a list of things that help you feel better. Below are some ideas. Place a check mark next to the ones you like. Keep this list and when something happens that makes you upset, do one or more of these things until you feel better.

- 1 **Take a breath.** Take several, slow deep breathes and think only about your breathing. This will help you slow down and clear your mind.
- 2 **Count to 10 (or 100).** Start counting and think only about the numbers. You can also count by 5, 10, or 20 and see how high you can go.
- 3 **Talk it out.** Let someone you trust know how you are feeling.
- 4 **Get outside in the fresh air.** You could look up at the sky and find shapes in the clouds or take a walk with a friend.
- 5 **Run and jump.** Pick two points far apart, like from your back door to a tree. Run back and forth between them. When you reach each point jump up and down 3 times then run back. How many times in a row can you do it?
- 6 **Listen to music** that makes you happy. Get up and dance or sing along.
- 7 **Laugh.** Read a comic book or watch a funny TV show. Learn a joke and tell it to someone.
- 8 **Give someone a hug.** Hugging is a great way to make you feel better and make the person you are hugging feel good as well.
- 9 **Loosen up.** Do some stretching. Touch your toes and then reach up to the sky several times. Now get wiggly. Shake out your hands, arms, and legs like you are a wiggly worm.
- 10 **Sit quietly.** Go to your favorite quiet place in your home and read a book, color a picture, or think about all the things you are grateful for in your life.

**Use the lines below to write more things that you like to do.**

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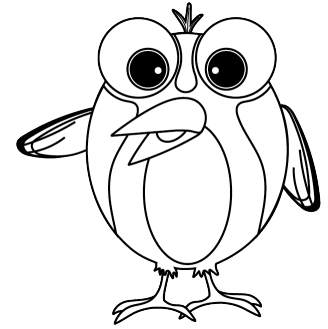
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# Action Plan



# **SHELTER-IN-PLACE / STAY-IN-PLACE**



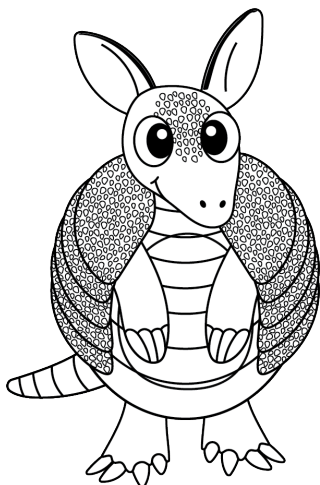
Do you know the difference between Shelter-in-Place and Stay-in-Place? Our local, state, and federal officials use Shelter-in-Place and Stay-in-Place to provide us information to help us get prepared and be safe.

**Shelter-in-Place** means there is immediate danger in your area and you should stay inside until the danger passes. Examples of when you should Shelter-in-Place are weather events, like thunderstorms, or unexpected incidents, like hazardous chemical spills.

**Stay-in-Place** is used for periods of time when you are encouraged to stay at home and take precautions when you go out like social distancing and wearing a mask. Stay-in-Place may be recommended when a lot of people are getting sick from COVID-19 or other illnesses.

## Shelter-in-Place or Stay-in-Place

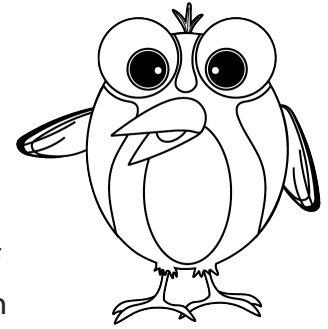
Help Arnie learn the difference between Shelter-in-Place and Stay-in-Place. Draw an arrow from the event to the action that Arnie and his family should take. The first one has been completed for you.



1.	Stay-in-Place	A tornado has been spotted near Arnie's house.	→	Shelter-in-Place
2.	Stay-in-Place	Arnie and his brother and sisters are playing outside and they hear thunder.		Shelter-in-Place
3.	Stay-in-Place	Arnie's grandmother hears on the news that there are a lot of people getting sick in the town they live in.		Shelter-in-Place
4.	Stay-in-Place	A harmful chemical has spilled on the highway close to where Arnie's dad works.		Shelter-in-Place
5.	Stay-in-Place	The office where Arnie's mom works, were asked to work from home because too many co-workers were getting sick.		Shelter-in-Place



# FAMILY EMERGENCY PLAN



Make sure your family has a plan for emergencies. Sit down together and decide how you will contact each other and where to go in an emergency. Keep a copy of this plan in your Grab-n-Go kit and keep your kit in a safe place that is easy to reach in case you need to evacuate.

## Have a Plan

### Family Information

#### Know information about your family

Your Address: \_\_\_\_\_

Your Family Member Names & Phone Numbers: \_\_\_\_\_

### In case something happens to your home...

#### Know who to call or where to meet your family in your neighborhood.

Neighbor's Name: \_\_\_\_\_

Neighbor's Phone Number: \_\_\_\_\_

Neighborhood's Meeting Place: \_\_\_\_\_

### In case something happens to your neighborhood...

#### Know who to call or where to meet your family away from your neighborhood.

Contact Name: \_\_\_\_\_

Contact Phone: \_\_\_\_\_

In-town Meeting Place: \_\_\_\_\_

### In case something happens to your town...

#### Know who to call or where to meet your family away from your town.

Out-of-town Contact Name: \_\_\_\_\_

Out-of-town Contact Phone: \_\_\_\_\_

Out-of-town Meeting Place: \_\_\_\_\_

### Work and School Information

#### Know where your family spends the most time (write down the addresses & phone numbers).

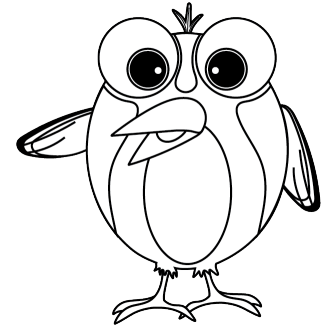
Work: \_\_\_\_\_

School: \_\_\_\_\_

Other Places: \_\_\_\_\_



# DISASTER SUPPLY KIT



Make sure your family has a disaster supply kit for emergencies. Build your kit all at once or step by step. Start with what you already have at home; then shop for the rest, as needed.

Pack these basic supplies for each person or pet in a portable container or backpack. A waterproof container is best. You'll need these supplies whether you stay in your home (shelter in place) or evacuate to another location.



## Food & Water

- 3-day supply of non-perishable food, such as canned or pouched food
- 1 gallon of water per day for each person and pet
- Manual can opener
- Baby items (baby food, formula, bottles, diapers)
- Pet supplies (listed on next page)



## First Aid, Medication, Hygiene Supplies

- First-aid kit (listed on next page)
- Medications
- Hand sanitizer, wipes
- Bleach (To purify water, mix 1/8 teaspoon per gallon. Stir and let stand for 30 minutes.)
- Toilet paper, paper towels, garbage bags
- Dental care products (toothpaste, toothbrushes)
- Hearing and vision products (hearing aids and batteries, glasses, contact lenses, contact lens solution, sunglasses)
- Soap, shampoo, personal hygiene supplies
- Sunscreen, insect repellent
- Face masks to filter air



## Communication, Lighting, Document Bag Items

- Battery-powered radio with extra batteries or crank radio (emergency alert radio is best)
- Extra cell phone battery and car charger
- Flashlights and extra batteries
- Matches and lighter - keep in a waterproof container or sealable plastic bag
- Whistle
- Document bag items (listed on next page)

Pack these basic supplies for each person or pet in a portable container or backpack. A waterproof container is best. You'll need these supplies whether you stay in your home (shelter in place) or evacuate to another location.



## Add These Items For Evacuating By Car

- Road maps
- Car repair items (tools, spare tire, tire patch kit, oil)
- Food and water
- Plastic plates, cups and utensils
- Tent, blankets, pillows
- Clothes and sturdy shoes
- Rain gear and towels
- Books, games, toys

### *Before you leave home*

- Fill your gas tank, and check your spare tire
- Take cash, checkbook, and credit cards
- Call your family emergency contact
- Charge your mobile phone
- Get a map of your route

When staying home is your safest choice, add these items to your kit and stay tuned to the news.



### Add These Items For Sheltering In Place

- Water
- Non-perishable food and manual can opener
- Pet food
- Baby food
- Fire extinguisher
- Plastic sheeting and duct tape (to seal doors, windows and air vents from contaminated air or to build an emergency shelter)



### Document Bag Contents

Imagine how hard it would be after a disaster if you couldn't prove your identity or have access to your bank account. Avoid difficult situations by making copies of important documents and keeping them in a waterproof bag.

- Current photo IDs, driver licenses, birth records, Social Security cards, passports (always keep your Social Security number separate from other documents to decrease risk of identity theft)
- Current photos of family members in case you get separated
- Health insurance and prescription cards
- Medical records, medications and dosages
- Phone numbers (family, friends, doctors)
- Bank account information
- Wills
- Insurance documents (homeowner, renter, flood, life)
- Property deeds, leases, mortgages
- Vehicle titles, insurance, leases, loan documents
- Inventory of household possessions and their value (take photos of every room, every drawer, every closet)
- Backup computer files (on a USB drive)
- Copies of important keys
- Utility bills (to prove where you live)



### People With Disabilities And Those With Access and Functional Needs

Think about your day-to-day needs for independence. Plan now for your health away from home. Label medical equipment with your contact information.

- Wheelchairs, walkers, and canes
- Cooler with cold packs for medications
- Extra medications and dosages
- Copies of prescriptions and medical alert tags
- Food for special diets
- Medical supplies (oxygen, glucose monitoring strips, syringes, etc.)
- Hearing aids with extra batteries
- Communication devices
- Supplies and documentation for service animals



### First Aid Kit Contents

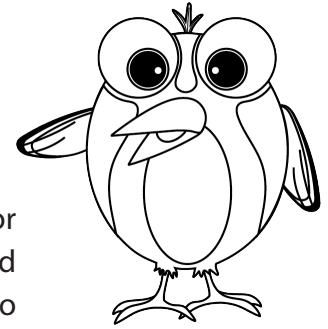
- 2 compress dressings (5 x 9 inches)
- 25 band-aids (different sizes)
- First-aid tape
- Antibiotic ointment
- Hydrocortisone ointment
- Pain reliever, such as aspirin, ibuprofen or acetaminophen
- Instant cold pack
- 2 pair of medical gloves (non-latex)
- Oral thermometer, scissors, tweezers
- 2 roller bandages (different widths)
- 2 elastic bandages
- 10 sterile gauze pads (different sizes)
- 2 triangular bandages (for making slings)
- First-aid instruction booklet



### Pet Supplies

- 3-day supply of food, water, and bowls
- Pet medications and first-aid kit
- Vaccination records
- Crate or carrier (may be required in shelters or where you spend the night)
- Leash and toys
- Cat litter and box
- Photo, in case pet gets lost

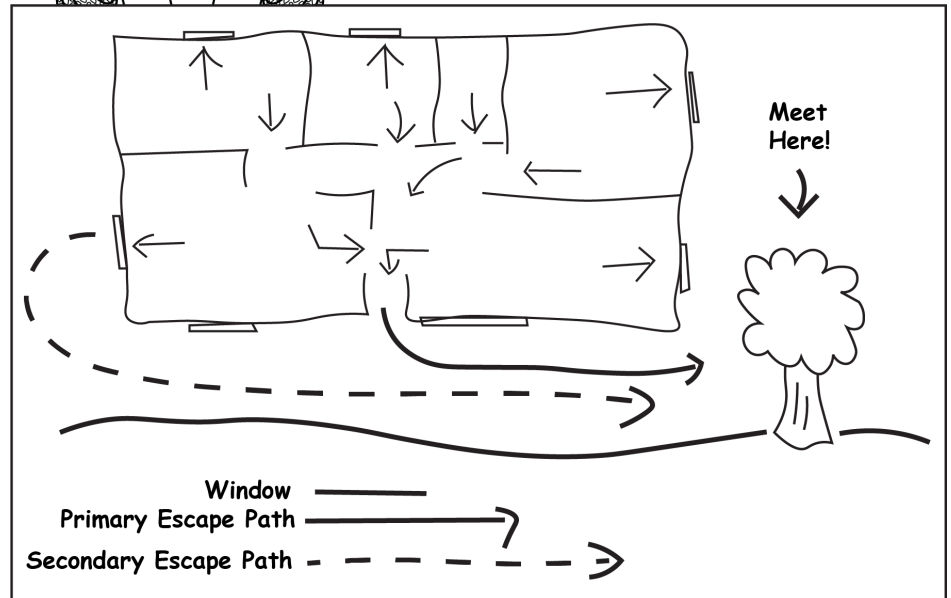
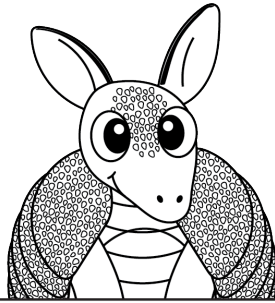
# EVACUATION PLAN



Talk to your family about the best ways to evacuate your home during a fire or other emergency. Work together to create a plan to make sure that you and everyone you live with knows how to

## **BE SAFE AND EVACUATE.**

Lucas and his family created this evacuation plan to help them evacuate their house in the event of an emergency.



## **Create Your Plan**

Follow the steps below and use the next page to draw your evacuation plan.

- 1** Find all of your home's possible exits.  
Draw your plan, including:
  - All doors
  - All windows
  - Your primary escape route
  - Your secondary escape route
  - Your safe place to meet
- 2** If you have pets, elderly or very young people in your home, have one family member responsible for getting them to safety.
- 3** Once you are at your safe place, call 9-1-1.
- 4** Wait for help. **Don't go back inside for anything.**
- 5** Practice your safety plan with all the members of your home several times a year.



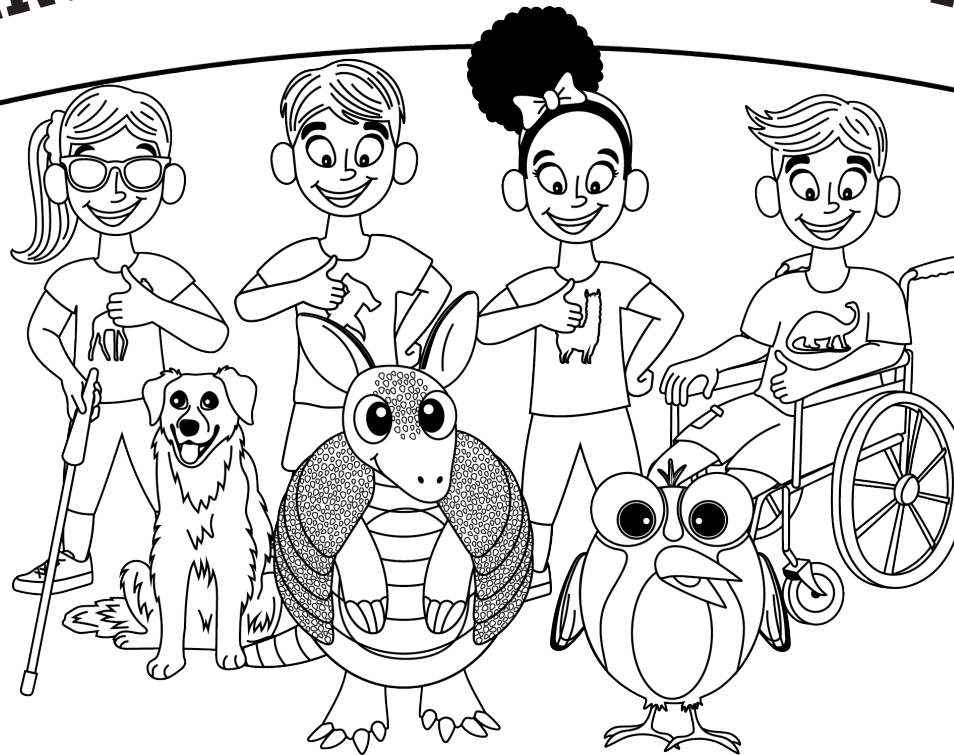
# EVACUATION PLAN

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(Your Family's Last Name)

A large, empty rectangular box with a thin black border, occupying most of the page below the header. It is intended for the user to write their family's evacuation plan.

# CERTIFICATE OF COMPLETION



**"I am Texas Ready! I pledge to help others get ready too."**

- ★ **I stay informed.**
- ★ **I made a plan.**
- ★ **I built a kit.**

\_\_\_\_\_  
Name

\_\_\_\_\_  
Age

**Is prepared for disasters**

\_\_\_\_\_  
Parent or Guardian

Texas Department of State  
Health Services

