



ARE YOU  
**READY?**

Become a Ready Hero and learn  
how to plan for emergencies.



Once you have completed your **READINESS PLAN** and built your **EMERGENCY KIT**, have each family member sign the certificate (see inside front cover) and declare your family as members of the **READY HERO TEAM!**

**READY**   
**HOUSTON**  
[WWW.READYHOUSTONTX.GOV](http://WWW.READYHOUSTONTX.GOV)

WE DECLARE OUR FAMILY

**READY!**

Congratulations for successfully completing the necessary steps  
to be "Ready" in case of an emergency.

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Signature

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**MAKE A PLAN.**  
**BUILD A KIT.**  
**STAY INFORMED.**



WITH THESE 3 SIMPLE STEPS, YOU CAN HELP ENSURE YOUR FAMILY'S SAFETY IN CASE OF AN EMERGENCY.

BEING PREPARED FOR A DISASTER MEANS BEING READY IN CASE OF ANY EMERGENCY, INCLUDING FIRES, HURRICANES, CHEMICAL LEAKS OR EXPLOSIONS, AND EVEN TORNADOES.



Making a family plan can help alleviate confusion in the midst of an emergency. Your children will already know the plan to stay safe. It's like doing fire drills at school – children know the plan and are safer in case of an actual emergency.

Building a family emergency kit is crucial. During emergencies, you will need to be self-reliant for a period of time. You may want to consider two types of kits: a Go Bag and a Stay-At-Home Kit. A Go Bag is one you would take with you in case of evacuation. A Stay-At-Home Kit would come into play if you were taking shelter in your home. Allow your children to be a part of this experience as they help you put together your kits.



Staying informed can require some pre-planning. How will you stay informed without electricity? Consider a battery-powered or wind-up radio as part of your emergency kit. In the Houston region, we often have warning of upcoming weather emergencies. It's important to keep informed about weather emergencies, especially if you live in an area that is evacuated.



## TALKING TO YOUR CHILD ABOUT EMERGENCIES

Talking with your child about emergencies can help ease fear in case one happens. Children should know that in our area there are many helpers in case of emergencies: fire fighters, police officers, doctors, nurses, teachers, and even crossing guards. **Consider taking your child to visit a local fire station.**



Show your children the ways we stay safe all the time. **Point out emergency exits in public.** The next time you hear a first responder's siren, take some time to **point out the reason the siren is being used.**

The most important idea for children to understand is to follow directions in case of emergencies. For example, during fire drills, students have to follow directions of the teacher. At home, that means following directions from their care givers and first responders.

# MAKE A PLAN.

Don't forget to talk about your plan with your child. Talking about your plans will help your children feel comfortable that they will be safe.

Children of all ages need to have their full names, their parents'/guardians' names, address and phone numbers memorized. You will want to consider a few other questions:

## How will we stay in touch?

Keep a list of contacts by the phone and in your emergency kit. Make sure you have a phone that is not electric in your home. Practice with your child, so he or she knows important phone numbers.

## Where will we meet?

Decide on a meeting place outside of your home. Periodically, remind your child, "Look, that's where we'll meet in case of an emergency."

## What about family pets?

Make a plan about what you will do if you need to evacuate and cannot bring your pets with you.



## MY PHONE NUMBER IS:

Practice your phone number below:

— —



# MY FAMILY EMERGENCY PLAN



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.

## Family Health and Contact Information

1. \_\_\_\_\_

**Family Member's Whole Name**

Relationship (Mother, Father, Son, Daughter, etc.)

Address

Daytime Phone

Cell Phone

E-mail

Date of Birth

Medications

Allergies/Important Health Information

2. \_\_\_\_\_

**Family Member's Whole Name**

Relationship (Mother, Father, Son, Daughter, etc.)

Address

Daytime Phone

Cell Phone

E-mail

Date of Birth

Medications

Allergies/Important Health Information

3. \_\_\_\_\_

**Family Member's Whole Name**

Relationship (Mother, Father, Son, Daughter, etc.)

Address

Daytime Phone

Cell Phone

E-mail

Date of Birth

Medications

Allergies/Important Health Information

4. \_\_\_\_\_

**Family Member's Whole Name**

Relationship (Mother, Father, Son, Daughter, etc.)

Address

Daytime Phone

Cell Phone

E-mail

Date of Birth

Medications

Allergies/Important Health Information

DIAL **911** FOR EMERGENCIES

## Emergency Contacts

### 1. Out-of-Town Emergency Contact

Name \_\_\_\_\_  
Address \_\_\_\_\_  
E-mail \_\_\_\_\_  
Home Phone \_\_\_\_\_  
Cell Phone \_\_\_\_\_  
Work Phone \_\_\_\_\_

### 2. Local Emergency Contact

Name \_\_\_\_\_  
Address \_\_\_\_\_  
E-mail \_\_\_\_\_  
Home Phone \_\_\_\_\_  
Cell Phone \_\_\_\_\_  
Work Phone \_\_\_\_\_

## Emergency Meeting Place

Meet here if you can't get home. Young children should not go to this place alone; they should stay with a caregiver and wait for their parent/guardian to arrive.

**Name of Location** \_\_\_\_\_  
Type of Establishment (Grocery Store, Bookstore, etc.) \_\_\_\_\_  
Address \_\_\_\_\_  
Phone Number \_\_\_\_\_  
Work Phone \_\_\_\_\_

## Schools or Workplaces

**Child's Whole Name** \_\_\_\_\_  
**School/Child-Care Program** \_\_\_\_\_  
School/Child-Care Program Address \_\_\_\_\_  
Teacher's/Child-Care Provider's Whole Name \_\_\_\_\_  
Phone \_\_\_\_\_  
Evacuation Location  
(in the event of an emergency, the child will go here with the teacher/child-care provider while waiting for a parent/guardian to arrive.)

**Child's Whole Name** \_\_\_\_\_  
**School/Child-Care Program** \_\_\_\_\_  
School/Child-Care Program Address \_\_\_\_\_  
Teacher's/Child-Care Provider's Whole Name \_\_\_\_\_  
Phone \_\_\_\_\_  
Evacuation Location  
(in the event of an emergency, the child will go here with the teacher/child-care provider while waiting for a parent/guardian to arrive.)

**Child's Whole Name** \_\_\_\_\_  
**School/Child-Care Program** \_\_\_\_\_  
School/Child-Care Program Address \_\_\_\_\_  
Teacher's/Child-Care Provider's Whole Name \_\_\_\_\_  
Phone \_\_\_\_\_  
Evacuation Location  
(in the event of an emergency, the child will go here with the teacher/child-care provider while waiting for a parent/guardian to arrive.)

## Trusted Adult

**Whole Name** \_\_\_\_\_  
Relationship to Child (Aunt, Friend, Neighbor, etc.) \_\_\_\_\_  
Address \_\_\_\_\_  
E-mail \_\_\_\_\_  
Home Phone \_\_\_\_\_  
Cell Phone \_\_\_\_\_  
Work Phone \_\_\_\_\_

## Doctor/Insurance Information

**Primary Care Physician** \_\_\_\_\_  
Primary Care Physician's Phone Number \_\_\_\_\_  
**Family Health Insurance Provider** \_\_\_\_\_  
Health Insurance Provider's Phone Number \_\_\_\_\_  
**Policy Number** \_\_\_\_\_



DIAL **911** FOR EMERGENCIES

# BUILD A KIT.

In case you need to evacuate, a Go Bag keeps your supplies together and ready to go. Go Bags should be easily portable like a backpack or a suitcase on wheels. Store it somewhere easily accessible.

## GO BAG:

- Copies of your important papers in a waterproof bag
- Extra set of car and house keys
- Copies of credit and ATM cards and cash
- Bottled water and snacks such as energy or granola bars
- First-aid kit, flashlight, and whistle
- Radio with batteries (don't forget to pack extra batteries)
- A list of the medications each member of your family needs and at least a one week supply of such medication
- Toothpaste, toothbrushes, wet cleansing wipes, and so on
- Contact and meeting place information for your family (see pages 4 & 5 in this booklet) and a small map of your neighborhood
- A special cuddly stuffed animal for your child and something to help occupy their time, like books or coloring books. If this includes a hand-held video game, make sure you have extra batteries.
- Rain ponchos
- Contact and meeting place:

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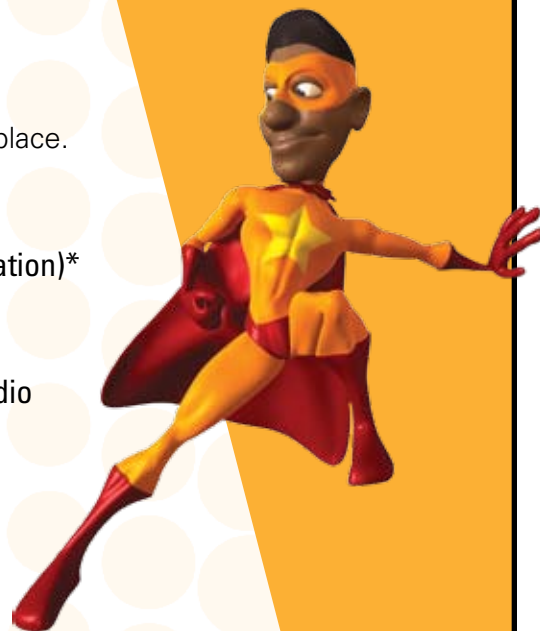
# STAY-AT-HOME KIT:

Prepare a 5–7 day\* Stay-At-Home Kit when you need to shelter-in-place.

## Recommended supplies to include in a basic kit:

- Water (one gallon per person per day, for drinking and sanitation)\*
- Non-perishable food\*
- Battery-powered or wind-up radio and a NOAA Weather Radio
- Flashlight and extra batteries
- First Aid kit
- Whistle to signal for help
- Filter mask or cotton t-shirt, to help filter the air
- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Wrench or pliers to turn off utilities
- Manual can opener if kit contains canned food
- Plastic sheeting and duct tape to shelter-in-place
- Items for unique family needs, such as daily prescription medications, infant formula or diapers
- Rain gear
- Mess kits, paper cups, plates and plastic utensils
- Cash or traveler's checks, change
- Paper towels
- Fire extinguisher
- Matches in a waterproof container
- Disinfectant
- Important family documents such as copies of insurance policies, identification and bank account records in a waterproof, portable container.
- A special cuddly stuffed animal for your child and something to help occupy their time, like books or coloring books. If this includes a hand-held video game, make sure you have extra batteries.

\* Be sure to stock enough supplies to last 5–7 days.





# STAY INFORMED.

## FOR MORE INFORMATION ON DISASTER PREPAREDNESS, VISIT:

### [www.ready.gov](http://www.ready.gov)

The federal government's disaster preparedness Web site.

### [www.readyhoustontx.gov](http://www.readyhoustontx.gov)

Houston's local site for disaster preparedness.

### [www.fema.gov/kids/petkit.htm](http://www.fema.gov/kids/petkit.htm)

Learn about pet disaster kits.

For more information on how to talk to your child about emergencies, visit:

### [www.ready.gov/kids/home.html](http://www.ready.gov/kids/home.html)

The federal government's Web site that is designed for children.

### [www.sesamestreet.org/ready](http://www.sesamestreet.org/ready)

Sesame Street's Web site that focuses on talking to children as well as activities to help with this.

### [www.fema.gov/rebuild/recover/cope\\_child.shtm](http://www.fema.gov/rebuild/recover/cope_child.shtm)

FEMA and the Red Cross's joint effort in talking to your children about disasters.

### <http://readyclassroom.discoveryeducation.com>

Learn about severe weather that can affect various regions of the country as well as how to prepare for those weather situations.



## WHEN TO CALL 2-1-1

- If you need assistance with transportation to evacuate, then you should pre-register by dialing 211.
- By registering now, if an evacuation order is issued for your area, emergency management personnel will contact you to schedule your transportation.
- If you wait until disaster strikes, it will likely be too late to get special help.

## WHEN TO CALL 3-1-1

within the Houston City Limits

- Call 311 when you have a non-emergency question.
- A city representative will answer your call from 6 am – Midnight.
- During disasters, wait time may be longer to have your call answered.
- If outside city limits, call 713-837-0311.

## WHEN TO CALL 9-1-1

- When you are in immediate danger or witness a crime in progress.
- For a serious injury or medical condition.
- Any other situation needing urgent attention.
- Do NOT call 911 for non-emergencies or to report a power outage (power outages may be urgent but should be reported to your power company).

