

AN EMERGENCY PREPAREDNESS ACTIVITY BOOK



Hawaii State Department of Health
Office of Public Health Preparedness

 facebook.com/PrepareNOWHI

Illustrated by Kealani Gangwes

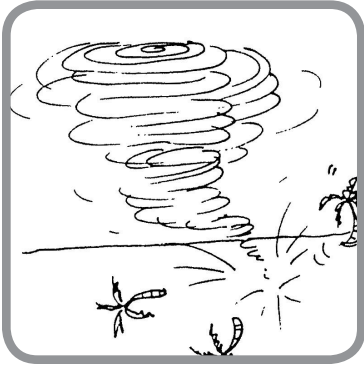


WHICH DISASTERS ARE THESE?

Draw a line to match each disaster with its picture.



Volcanic
Eruption



Hurricane



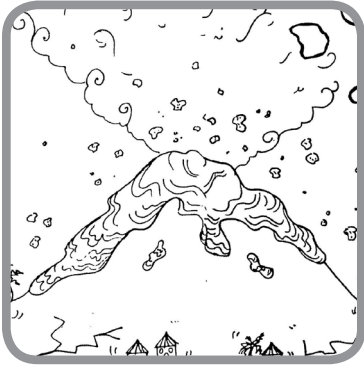
Tornado



Earthquake



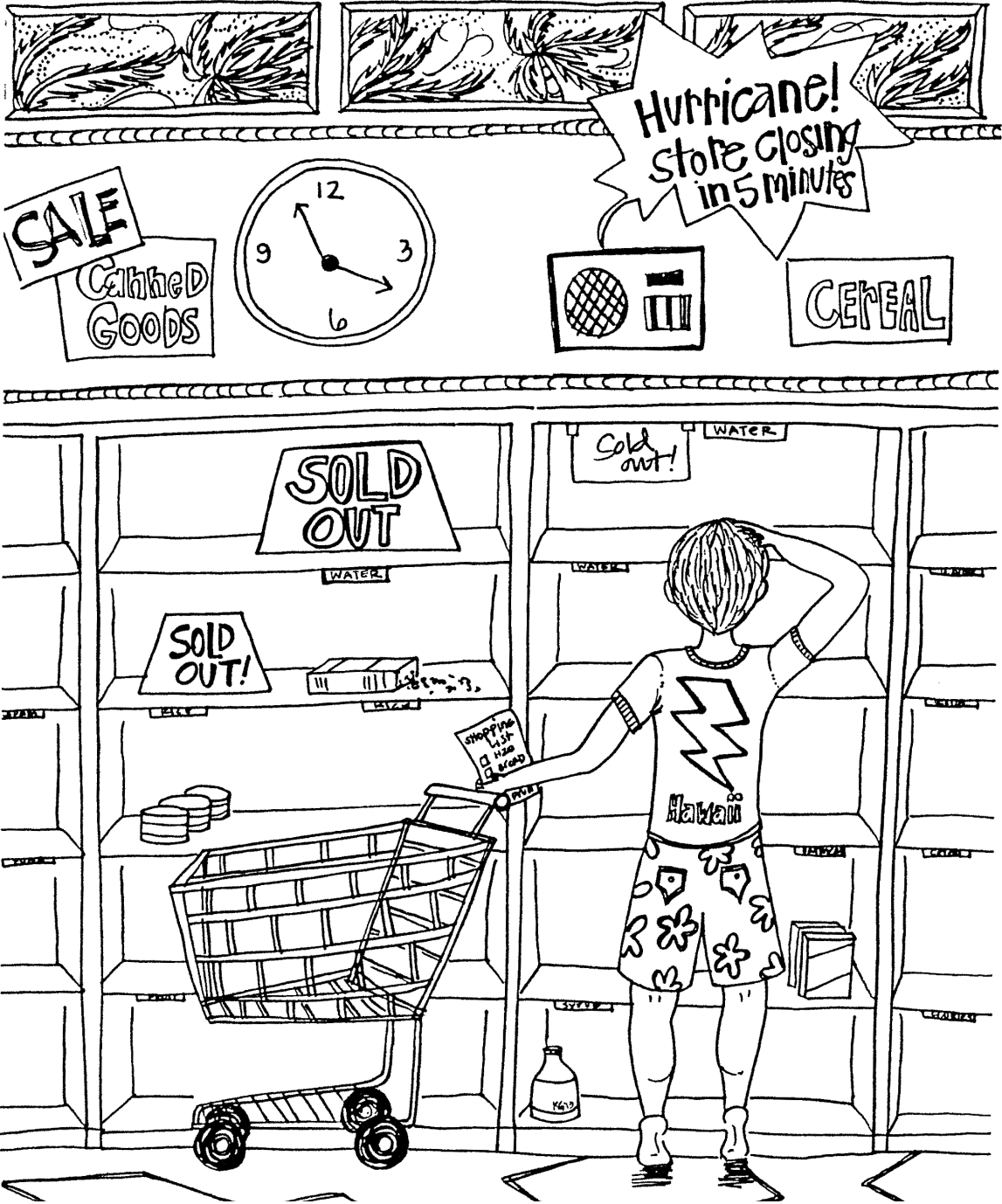
Tsunami



Flooding

SOLD OUT!

Why do you need to plan before a disaster hits? On an island, resources are very limited. You may not be able to go to the store and buy what you need immediately before, during or after a disaster hits.





PACK YOUR EMERGENCY SUPPLIES!

To create your kit, start with a large duffle bag or a sturdy box.

1. WATER

To keep your body healthy, you will need one gallon of water, per person, per day. Store enough water to last **at least two weeks**. Store the water in a cool, dark place and change to a fresh supply every 6 months.

Can you calculate how much water your family will need?

<input type="text"/>	# of family members
X	1 gallon of water per person
<hr/>	
<input type="text"/>	Total # of gallons per day!



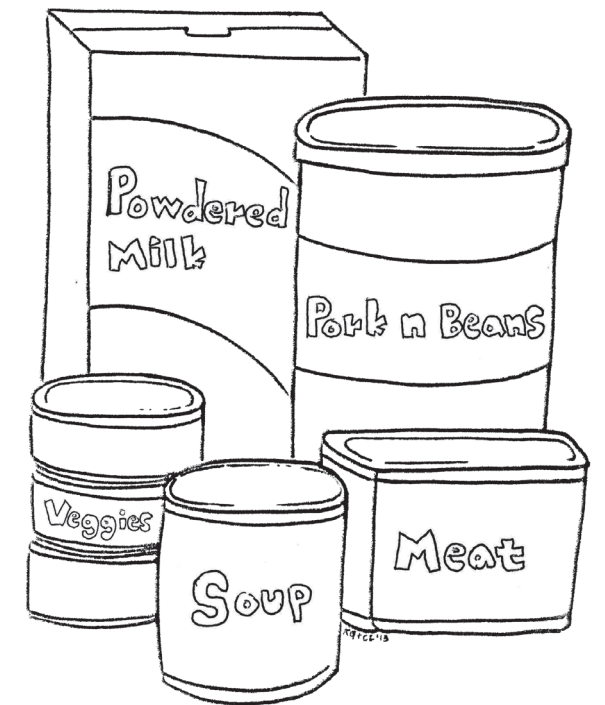
PACK YOUR EMERGENCY SUPPLIES!

2. FOOD

Each person needs **at least two weeks'** supply of non-perishable food items. Be sure to check expiration dates every 6 months.

Helpful Tip!

Choose foods low in sodium to prevent you from becoming extra thirsty. Have keiki help you buy canned goods, store them, and check the expiration dates.

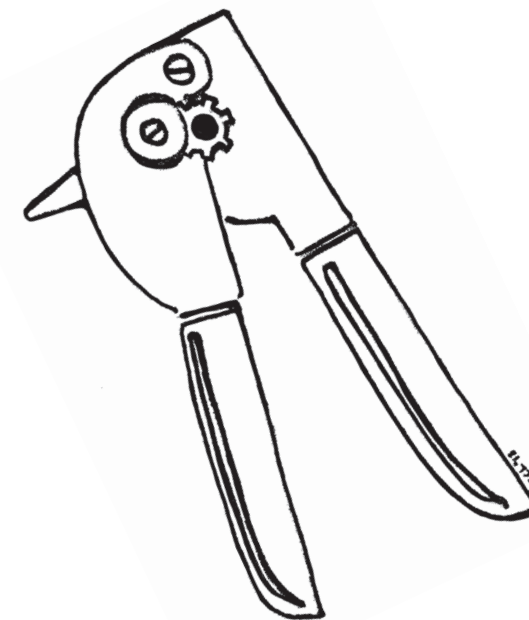


3. CAN OPENER

Make sure it's a manual can opener in case there's no electric power.

Helpful Tip!

Buy items with a pull-top opening so you won't need a can opener.

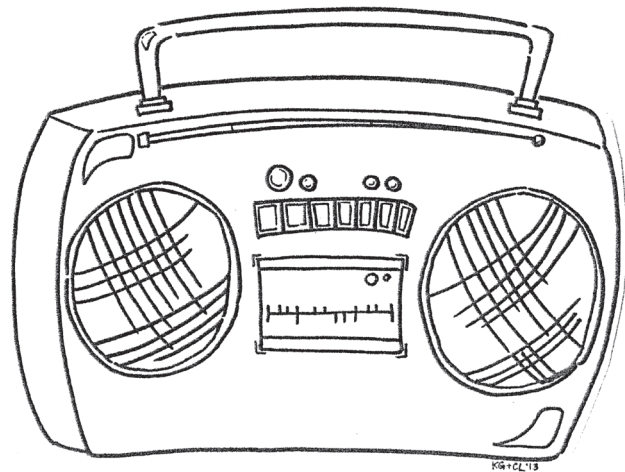




PACK YOUR EMERGENCY SUPPLIES!

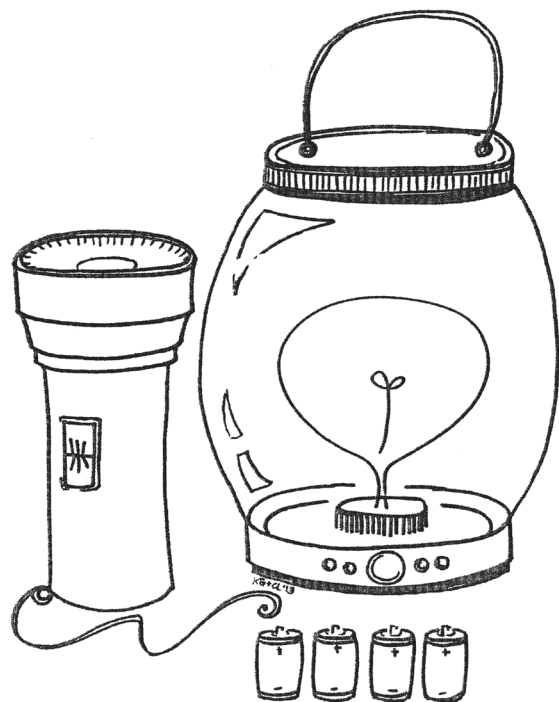
4. RADIO

Get a **National Oceanic and Atmospheric Administration (NOAA)** approved radio and extra batteries. Help keiki understand why your family should stay informed during a disaster.



Helpful Tip!

Other options are crank-operated or solar-powered radios.



5. FLASHLIGHT

Get extra batteries or crankable flashlights. Don't use candles! Candles are a fire hazard and easy to lose track of when the lights come back on.

Helpful Tip!

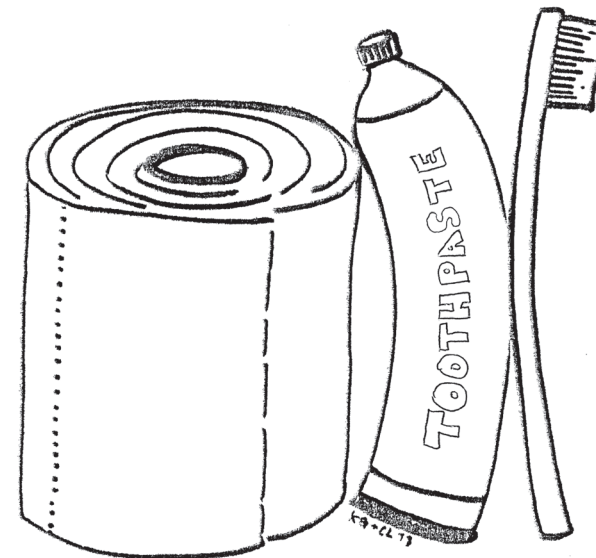
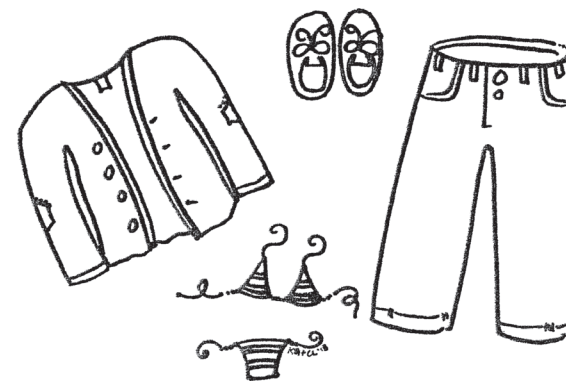
Don't forget the batteries.



PACK YOUR EMERGENCY SUPPLIES!

6. CLOTHES

Pack clothes for wet or cold weather, plus lightweight blankets. Evacuation shelters may not supply them.



7. HYGIENE AND TOILETRY

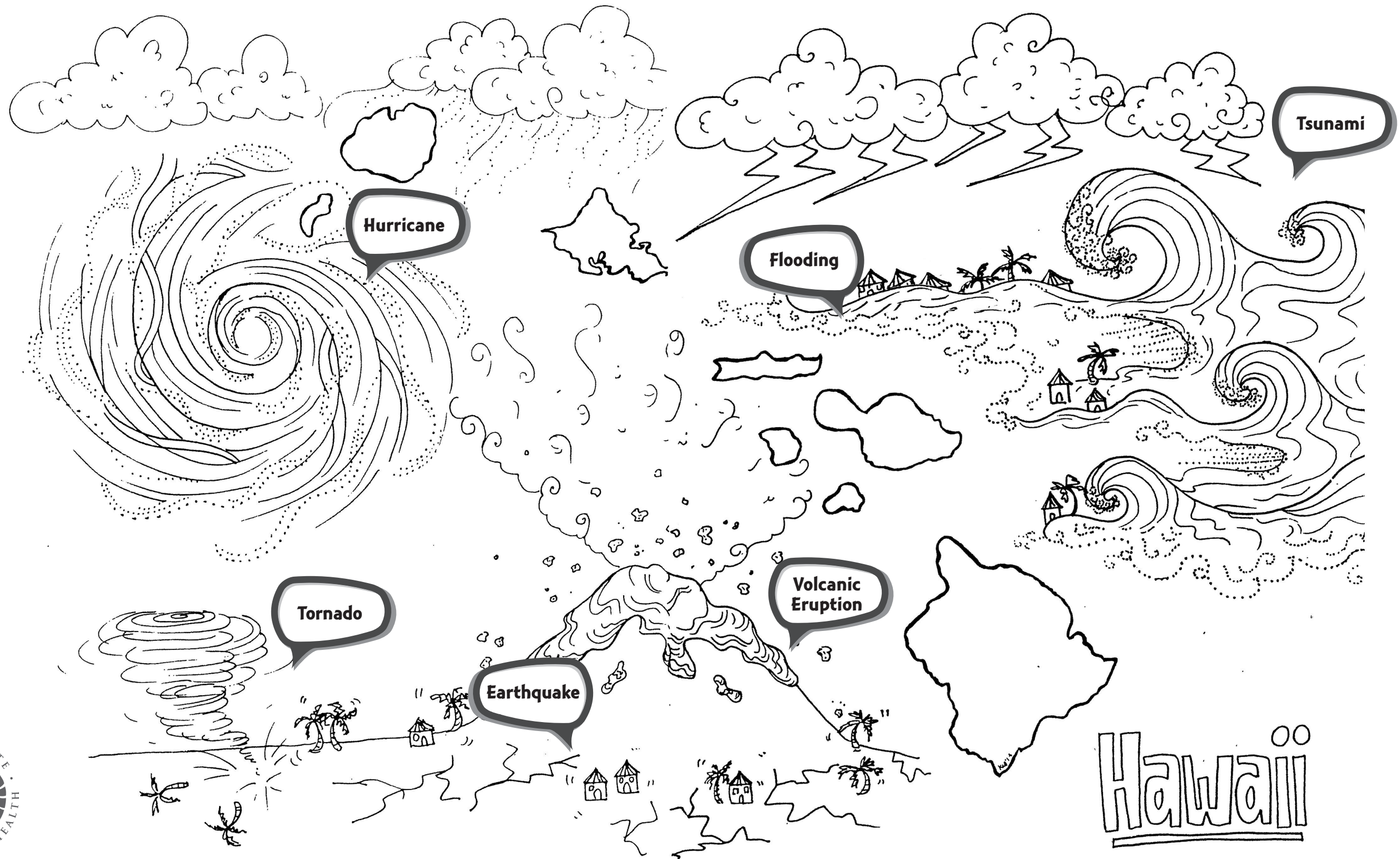
Pack toilet paper, toothbrushes, soap and other items you need to stay clean and healthy. Evacuation shelters may not supply them.

Helpful Tip!

Moist towelettes can be useful for quick cleaning.

NATURAL DISASTERS IN HAWAII

Hurricane! Tsunami! Earthquake! Hawaii is vulnerable to many natural disasters and public health emergencies. Explain to keiki why it's important to be prepared for any emergency.





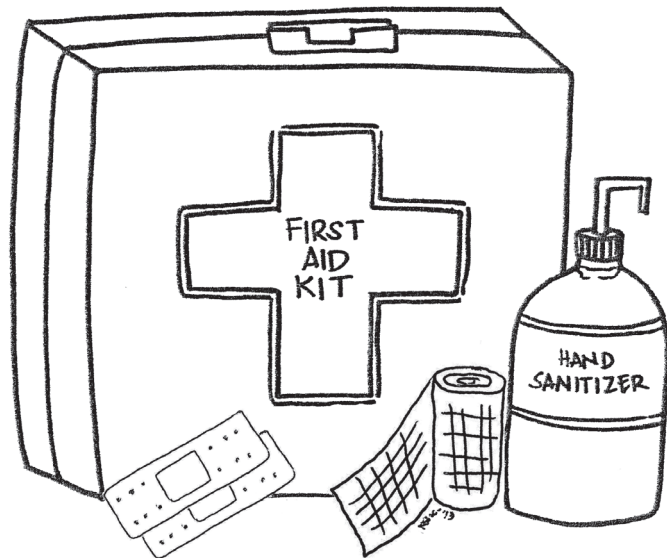
PACK YOUR EMERGENCY SUPPLIES!

8. FIRST AID

First-aid kits should have bandages, antiseptic, and other items if someone gets hurt.

Helpful Tip!

Pre-made first-aid kits are available at most pharmacies or grocery stores.



9. MEDICATIONS

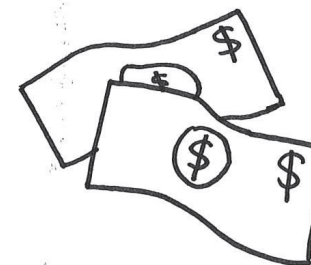
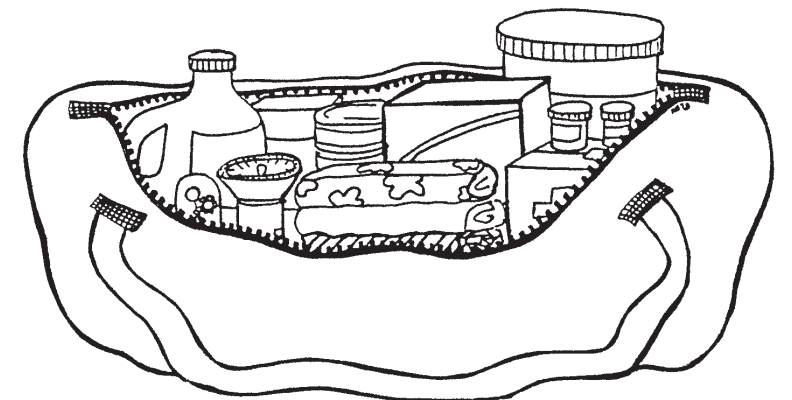
Pack all prescription medications and over-the-counter medicines you may need.

WHAT ELSE DO I NEED?

Did you pack extra diapers, pet food, or other items your family needs? Make a written list you can refer to quickly, and review it with keiki.

Keiki should pack their own personal bag with a favorite toy or book. Include your phone number in case you are separated from each other.

- ☐ Cash
- ☐ Important contact information
- ☐ Important documents
- ☐ Cell phone charger
- ☐ Diapers & wipes
- ☐ Baby food
- ☐ Contact lenses & eyeglasses
- ☐ Disposable plates & utensils
- ☐ Pet food & water dish
- ☐ Trash bags
- ☐ Sunscreen & bug repellent
- ☐ Resealable plastic bags
- ☐ Mini toolkit
- ☐ Raincoat & umbrella
- ☐ Games & toys
- ☐ Books



MAKE A FAMILY PLAN

Every family needs an emergency plan. Where will we meet if we are separated? What should we do in an earthquake? Teach keiki that disasters don't have to be scary if you are prepared!



IN CASE OF EMERGENCY

If phone lines are down after a disaster, long-distance calls or email may still work. Help keiki learn the phone number of an out-of-state relative to contact.



Name: _____

Phone: _____

Email: _____

Address: _____

Name: _____

Phone: _____

Email: _____

Address: _____

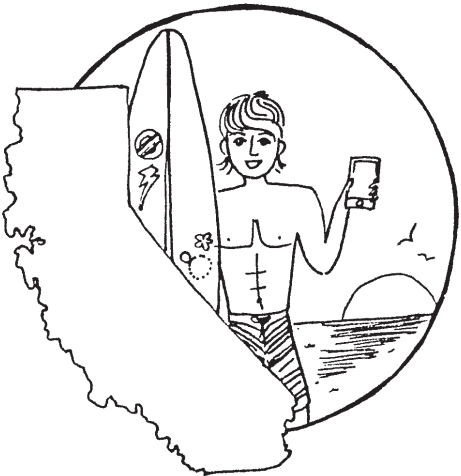


Name: _____

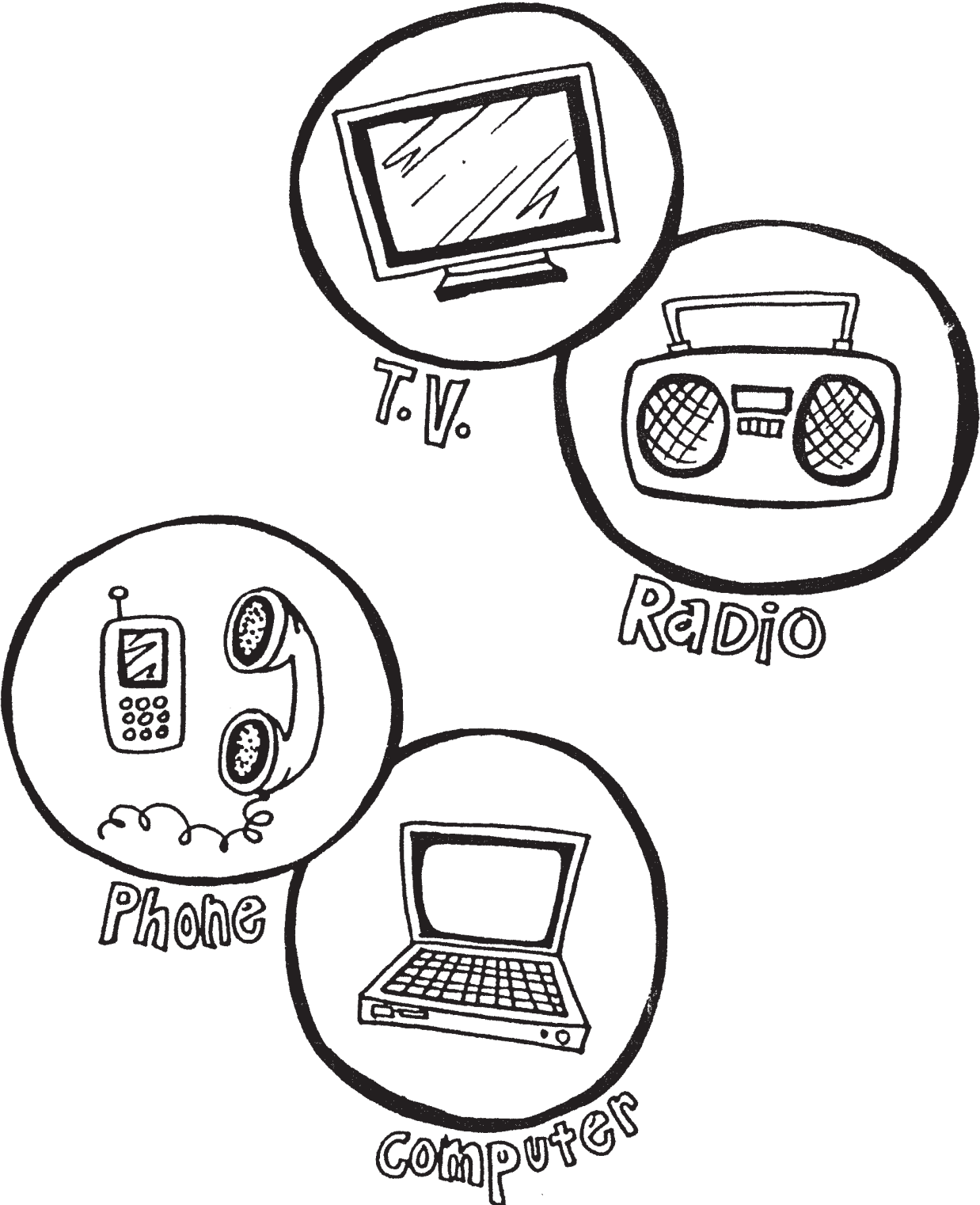
Phone: _____

Email: _____

Address: _____



Teach keiki to stay informed in a disaster through the radio, TV, cell phones, and the Hawaii State Department of Health, Office of Public Health Preparedness website at health.hawaii.gov/prepare/protect-your-family.



CHECK YOUR SUPPLIES EVERY
6 MONTHS



Circle the month you put your kit together. Then count 6 months ahead and circle the month you will be checking your emergency kit.

Remember that water, food, batteries and other items will expire. Maintain your emergency supplies by checking the expiration dates every 6 months. Be prepared year round!

JANUARY	FEBRUARY	MARCH
APRIL	MAY	JUNE
JULY	AUGUST	SEPTEMBER
OCTOBER	NOVEMBER	DECEMBER





IS YOUR EMERGENCY KIT READY TO GO?

Do you have your Plan 9 or Take 10 Go-Kit? Ask keiki to check off each item you place in the kit. If anything is missing, add it to your shopping list!

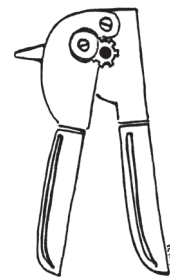
☐ 1. WATER



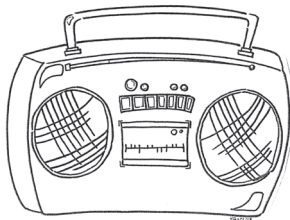
☐ 2. FOOD



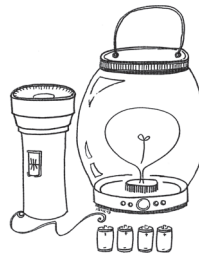
☐ 3. CAN OPENER



☐ 4. RADIO



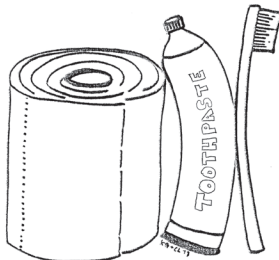
☐ 5. FLASHLIGHT



☐ 6. CLOTHES



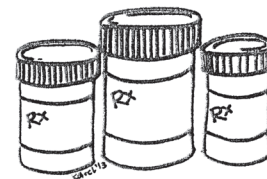
☐ 7. HYGIENE
AND TOILETRY



☐ 8. FIRST AID



☐ 9. MEDICATIONS



This Emergency Preparedness coloring book was provided by the Hawaii State Department of Health, Office of Public Health Preparedness.

To learn more about disaster preparedness, visit the Office of Public Health Preparedness at health.hawaii.gov/prepare/protect-your-family or on Facebook at www.facebook.com/PrepareNOWHI.

