

# ARE YOU READY?

## EMERGENCY PREPAREDNESS ACTIVITY BOOK





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PLEASE VISIT [WWW.MONTGOMERYCOUNTYMD.GOV/OEMHS](http://WWW.MONTGOMERYCOUNTYMD.GOV/OEMHS)  
FOR MORE INFORMATION

## NOTE TO PARENTS & EDUCATORS

This activity book was compiled by the Montgomery County Office of Emergency Management and Homeland Security (OEMHS) in an effort to increase child and family emergency preparedness within the county. Every year, emergencies affect millions of people globally causing injuries, fatalities, economic losses, and emotional stress. However, simple emergency planning and preparedness can greatly decrease disaster losses.

Learning about preparedness from a young age can instill good habits in children for the future. As children grow, they become more educated about how to respond to emergencies at school, home, and eventually in the workplace.

Much like adults, children should be ready to act appropriately should an emergency arise. They should feel empowered to take suitable actions and to inform adults of options if the adult has not been properly trained. Preparedness knowledge is also crucial to reduce panic and stress in emergency situations.

OEMHS encourages parents and teachers alike to talk to children about preparedness. While this topic can often be difficult to discuss, it does not need to be. Preparedness activities can easily be turned into games or art. Children can be quizzed and rewarded for their preparedness knowledge.

More information about OEMHS can be found at:  
<http://montgomerycountymd.gov/oemhs/>



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# WHAT IS A HAZARD?

A hazard is an event or condition that might cause injuries, property damage, agricultural loss, damage to the environment, interruption of businesses, and other harm.

Some hazards are associated with a natural process that happens on Earth, such as floods, fires, and hurricanes. We call these natural hazards. Other hazards can be caused by humans and their activities, such as chemical spills, explosions, and train derailments. We call these man-made hazards.

# HAZARDS IN MONTGOMERY COUNTY

In Montgomery County, we need to think about these hazards:



THUNDERSTORMS



TORNADOES



FLOODS



HURRICANES



EARTHQUAKES



WINTER STORMS/BLIZZARDS



EXCESSIVE HEAT



MAN-MADE HAZARDS



PUBLIC HEALTH EMERGENCIES

# EMERGENCIES AND DISASTERS

Emergencies happen every day to individual people and families. We all learn about emergencies from the time we are able to call 911 and report life-threatening problems. A car accident or a house fire can be an emergency.

Montgomery County also has emergencies, like when a big storm knocks out power to most people living in the county, or when there is a large snowstorm and people cannot leave their homes.

Across the United States, we also have disasters. Disasters are very large emergencies! Sometimes, emergencies are so big that the local government needs help, so someone will call the Governor or even the President to ask for help.

We should all be prepared in case there is an emergency or disaster in the county. Although we have lots of hazards, there are ways that we can protect ourselves from hazards.



# THUNDERSTORMS

Thunderstorms are most common in Montgomery County during the spring and summer months. Bad thunderstorms include lightning, hail, strong winds, and heavy rain. Sometimes, thunder and lightning can be scary, but everyone can stay safe if you remember a few things!

Before there is a storm you may hear an alert on TV or the radio. The alert will be a watch or warning. A Severe Storm / Thunderstorm Watch means that there is a possibility of a storm. A Severe Storm / Thunderstorm Warning means that there is a dangerous storm and you should go inside immediately.

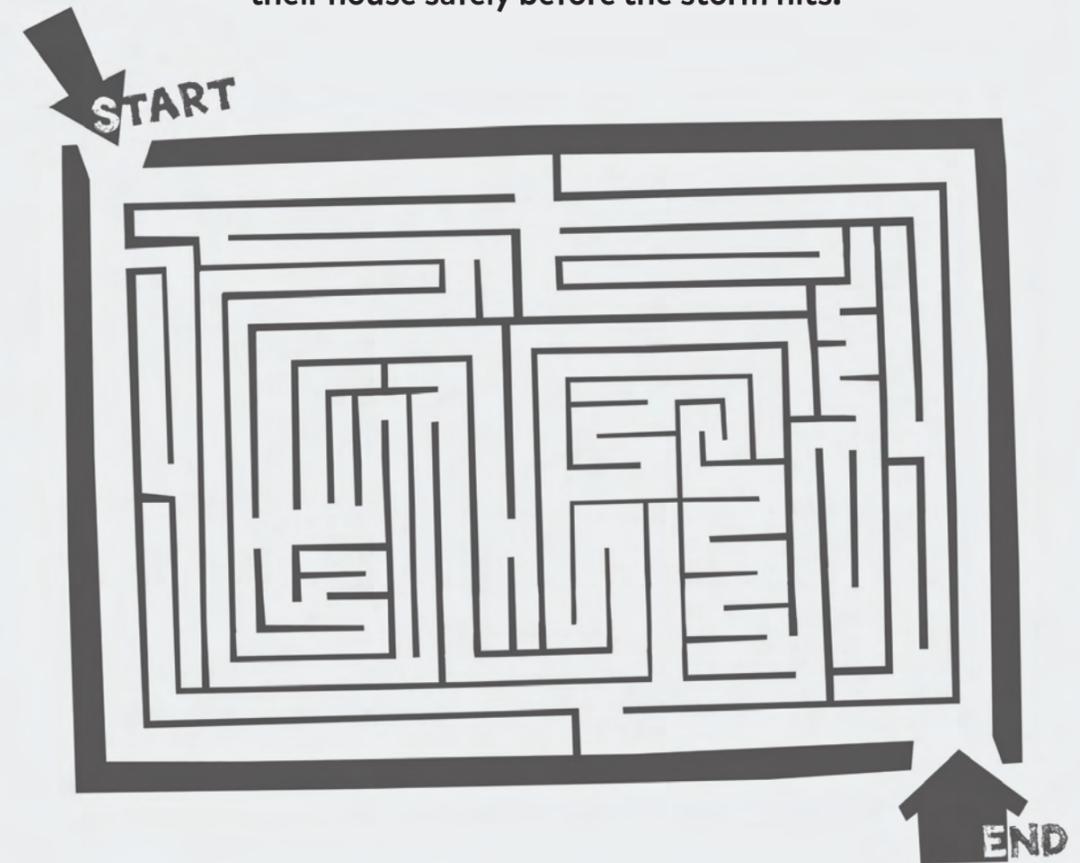
Find a game or toy you can play with inside until the storm is over. When there is a thunderstorm in the area and you are outside doing things like riding a bike or playing soccer, you need to get inside a building quickly! If there is no building, you could also go into a car.

**Stay away from windows if you are inside. Listen to the TV or radio to keep track of the storm.**



## ACTIVITY

Help the kids get from the picnic back to their house safely before the storm hits.



- If you are in a swimming pool, get out of the water right away!
- Lightning can be very dangerous in thunderstorms.
- Stay away from things like trees, fences, phone lines, power lines, and things with metal because they attract lightning.
- Wait 30 minutes until the storm passes. After that, you can go back outside.

# TORNADOES



Sometimes when there are severe storms, there may also be a chance of a tornado. Just like severe storms, there are watches and warnings for tornadoes. Tornadoes can happen with little or no warning, so it is important to remember what to do!

- **A Tornado Watch means a tornado is possible in your area.**
- **A Tornado Warning means a tornado has been spotted and you need to get to a safe spot.**

Before a tornado, make sure you find the best place to take shelter in your house. A basement is the best place! If you do not have a basement, a room on the lowest floor that is in the middle of your house and without windows is also a good place. This is probably a bathroom or closet. If you live in an apartment or building with many floors, you should go to the lowest floor.

Sometimes, there are clues to help us know if there will be a tornado. Signs of a tornado are: a dark, greenish sky, large hail, low clouds, funnel clouds, and loud sounds like a train. When there is a tornado spotted, go to the shelter area you picked immediately! Stay away from windows and doors.

After a tornado, stay away from sharp objects on the ground! This could be broken glass, nails, or metal. Never touch any power lines on the ground.

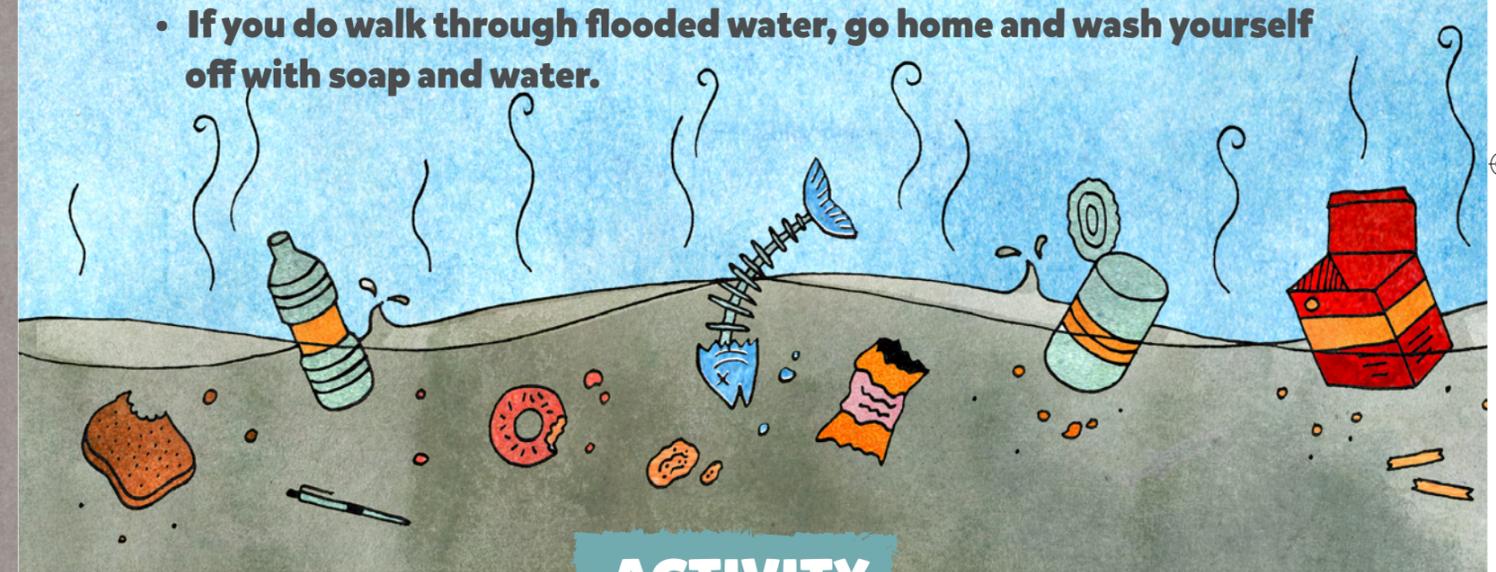


# FLOODS



Floods are most common around rivers and streams in Montgomery County. We prepare for both flooding and flash flooding in the county. Flooding generally happens when we get a lot of rain over a long period of time. If it is raining upstream, rivers will rise and that can also flood Montgomery County. Flash Flooding happens very quickly with almost no warning. If we get a lot of heavy rain in a short period of time, or if a dam or water main breaks, it can create a flash flood. Tornadoes, hurricanes, and other hazards can also create flash floods. Here are some things to remember to stay safe during a flood:

- **Never cross a flooded roadway.**
- **Don't play in flooded water. It is very dirty!**
- **If you do walk through flooded water, go home and wash yourself off with soap and water.**



## ACTIVITY

When flooding occurs with no or little warning, it is called a \_\_\_\_\_ flood  
The Potomac \_\_\_\_\_ is one source of flooding in Montgomery County.  
If you are in a car and see a flooded road, you should never \_\_\_\_\_ the road.  
A man-made source of flash flooding can come from \_\_\_\_\_ breaks.  
Other hazards like hurricanes and \_\_\_\_\_ can create flash floods.  
If there is a tornado warning, you should go to your \_\_\_\_\_.  
Tornadoes sometimes sound like \_\_\_\_\_.  
Standing near a \_\_\_\_\_ can be dangerous during a tornado.

# HURRICANES



## ACTIVITY

### Hurricane Quiz

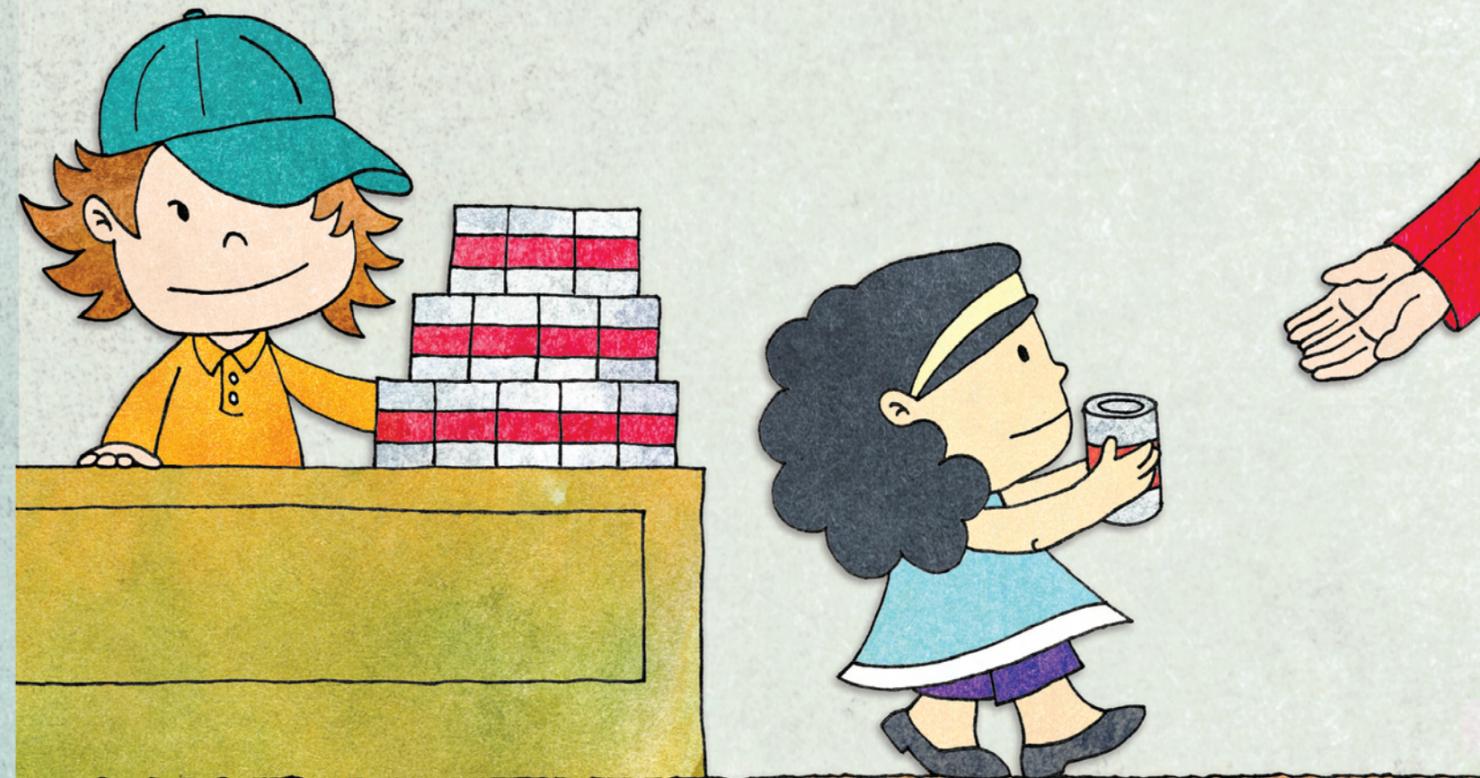
See if you can find the answers to the following questions:

1. When is Hurricane Season in the Atlantic Ocean?
2. What is a storm called that has sustained winds of 39 - 73 miles per hour?
3. Hurricanes have names, and those names are pre-selected. What order is used to name hurricanes?

Hurricanes are large storms that form in the ocean. They are organized systems of clouds and thunderstorms that gain energy from warm ocean waters. Hurricanes rotate counter-clockwise, and have wind-speeds 74 miles per hour or higher. If a storm forms in the ocean, but only has winds between 39-73 miles per hour, it is called a tropical storm.

Tropical storms and hurricanes are usually given a name, which is pre-selected by the World Meteorological Organization. Each year, storms are named in alphabetical order, starting with the letter "A." The storm names also alternate between boy names and girl names. For example, the first name on the 2015 list of names is "Ana" and the second name is "Bill."

In the Atlantic Ocean, hurricane season is from June 1 until November 30, meaning that it is the most likely time for a hurricane to form. Because of their high winds and heavy rains, hurricanes can cause trees to fall over, power outages and flooding. It's important during a hurricane to stay inside, and be very careful if you have to leave your house right after a hurricane.



# EARTHQUAKES



Earthquakes are not very common in our area, but sometimes they do happen.

If there is an earthquake, the best thing to do is to take cover under a sturdy table or your desk. Never try to run outside during an earthquake because things hanging on a wall or glass can fall and hurt you.

If you are outside when there is an earthquake, go to an open area and stay away from buildings, power lines, and trees.

Sometimes there are aftershocks after an earthquake. Aftershocks can be larger or smaller than the initial earthquake. When an aftershock happens, you should take the same actions.

**If there is an earthquake,  
the best thing to do is to  
hide under a sturdy table  
or your desk.**



## ACTIVITY

**You are watching TV after school and  
feel an earthquake.**

**Circle where you would hide.**

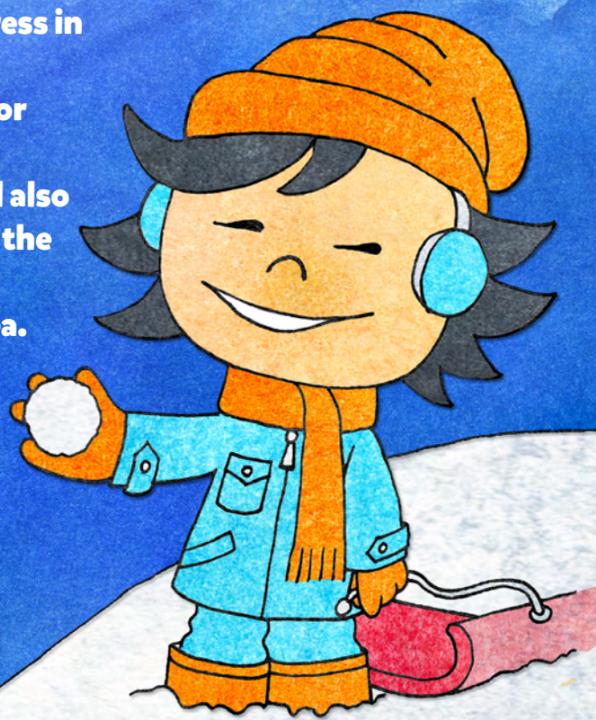


# WINTER STORMS



Winter storms are very common in Montgomery County. Generally, winter storms can be fun, especially when there is a lot of snow perfect for building snowmen, going sledding, or making snow angels. It is important to remember a few things about winter storms.

- **When you go outside to play, make sure you dress in proper clothing so you don't get sick!**
- **Wear socks and warm shoes, hats, and gloves or mittens.**
- **Make sure you don't stay outside too long, and also make sure you don't leave your pets outside in the cold temperatures.**
- **Driving during winter storms is not a good idea.**
- **Roads can be very icy and slippery, and car accidents can easily happen.**



**When you go outside to play, make sure you dress in proper clothing so you don't get sick!**

# EXTREME HEAT



Just like cold weather, we also need to be very careful in extremely hot weather. When we get several days of weather where the temperature is very hot, it is called a heat wave. Sometimes, heat waves also create problems with air quality due to things like pollen and pollution in the air. When there is a heat wave or an air quality advisory, it is important to remember a few things:

- **Try to limit time spent outside running and playing. Take some time during the afternoon to go inside and read a book or play a game.**
- **If you are outside for a sport, make sure you take breaks and drink plenty of water.**
- **Even if you don't feel thirsty, drink water.**
- **Wear sunscreen and a hat to keep the sun out of your face.**
- **If you don't have air conditioning at home, you can go to places like the library or a local recreation center for a break from the heat.**

Remember to bring your pets inside and fill their water dish often. Never leave your pet in a parked car if you are out running errands because a car is often much hotter than the temperature outside.

## Activity

**Circle the best activities to participate in during a heat wave.**

- Playing basketball outside
- Swimming
- Running
- Reading in a library
- Playing soccer



# MAN-MADE HAZARDS



Sometimes, there are accidents like train derailments or gas leaks that also cause emergencies. Law enforcement officials, firefighters, and many other people work hard to make sure that our families stay safe from these accidents.

However, if one occurs, you should remember a few things:

- **Always listen to your teacher, mom or dad, or any other adult you may be with and follow their instructions.**
- **If you see, hear, or smell something funny, tell an adult right away.**
  - **Remember the phone numbers of your parents or guardians and ask them who you should contact if you cannot get a hold of them during an emergency (aunt or uncle, grandparent, neighbor, or friend). Make sure you also know your address.**
  - **If you go to a big event with your family, like a parade, festival, or baseball game, ask your parent or guardian where you should meet in case you get separated.**



# FLU AND OTHER ILLNESSES



Every year in the Fall and Winter people get the flu. The flu is a virus that can cause fever, sore throat, coughing, runny nose, and aches. The flu travels from person to person, often when someone coughs or sneezes.

To protect yourself and others from the flu, do the following things:

- **Wash your hands frequently, especially before eating.**
- **Use the inside of your elbow to cover your coughs or sneezes.**
- **Keep your hands away from your eyes, nose and mouth.**
- **Tell your Mom or Dad if you are not feeling well.**
- **Get a flu shot.**

## Activity

Circle the correct way to cover your cough.



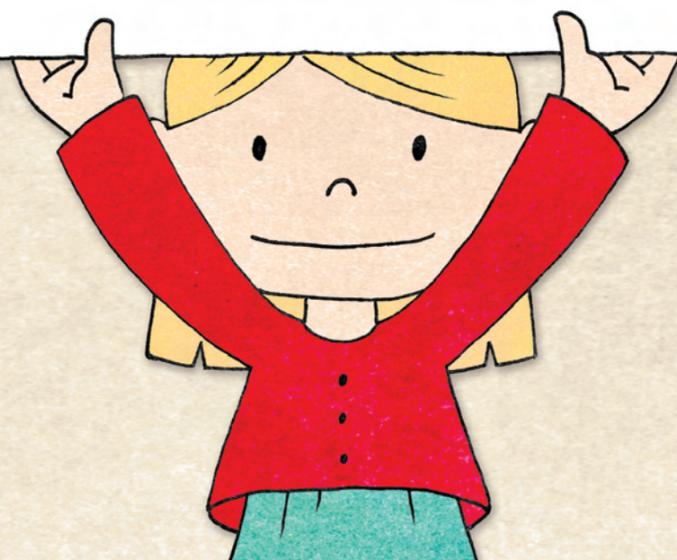
# MAKE A PLAN

Every family should have a plan to respond to an emergency. Take a few minutes to talk with your Mom or Dad about how you can plan for an emergency.

**Sometimes it's difficult to call someone in town, but you may be able to call someone out-of-town. Choose an out-of-town family member or friend who can relay messages in case you are separated from your family and cannot reach them on the phone.**

**Know at least two ways to get out of your house in case of a fire.**

**Choose a place outside of your neighborhood for your family to meet in case you are not able to get back to your home.**



# PLAN FOR YOUR PET

It is important to prepare for all members of your family in emergencies, including pets! Some things to think about are:

**If you must evacuate, you will need to take your pets with you or arrange for someone to take care of them.**

**If there is an emergency and no one is home when it happens, is there someone who can check on your pets?**

**Are your pets ID tags up to date?**

**Does your emergency kit include items for your pet, like: collar, leash, pet food, medication, treats and toys, and important documents.**



# MAKE A KIT

What items would you need if your home lost power? Would your family have the items you need to make you comfortable in case you have no heat or water?

Help your family assemble an emergency kit with important items you may need following an emergency.

**Water** - One gallon per person per day for at least three days

**Food** - A three-day supply of non-perishable food in cans or packages

**Can Opener** - Manual hand-cranking

**Radio** - Battery-powered or hand-cranking

**Flashlight** - With extra batteries

**First Aid Kit** - In case you need a bandage

**Medication** - A three-day supply

**Toiletries** - For brushing your teeth and washing your face.

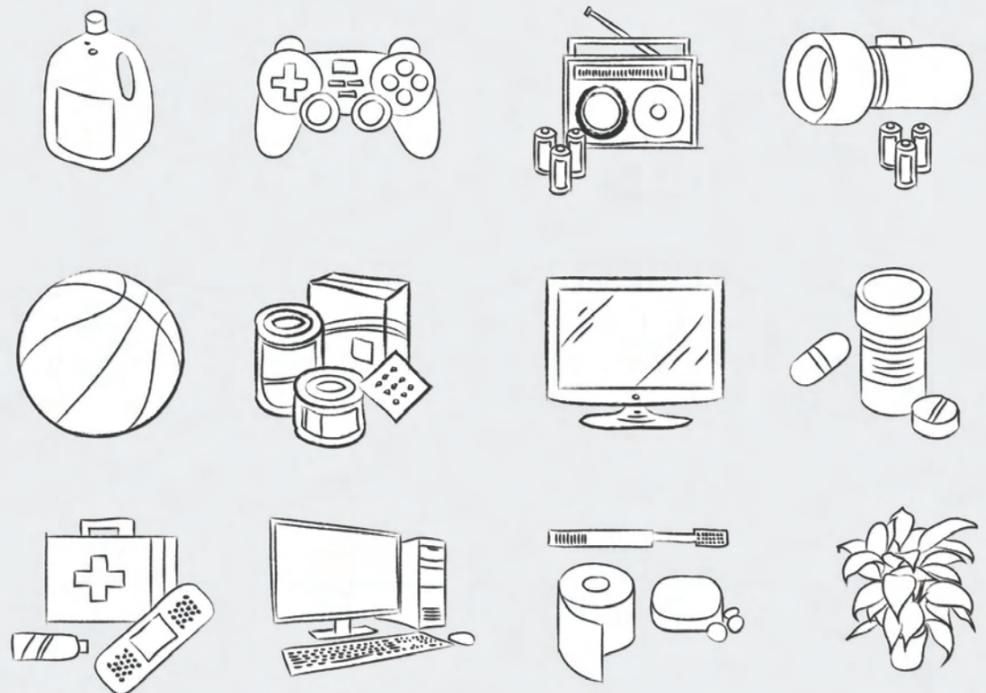
**Copies of Important Documents** - Your parents may want to include insurance policies, identification, and other information in a waterproof container

**Other Items** - Extra clothing, books or games to stay busy

## Activity

Help your friends assemble an emergency kit with important items you may need following an emergency.

Circle the items appropriate to complete an emergency kit.



# QUIZ

1. When making a family plan, what are some things you need to remember?
  - A. Your parents' phone numbers
  - B. Where to meet
  - C. What to do with your pet
  - D. All of the above
2. Where is the safest place to go during an earthquake?
  - A. Outside
  - B. Under a door frame
  - C. Under a sturdy piece of furniture
  - D. In your basement
3. What is the difference between a slow building flood and a flash flood?
  - A. One happens in salt water, the other in fresh water
  - B. One happens when there is a hurricane and the other when there is a tornado
  - C. Flash floods come from lightning storms
  - D. Flash floods happen with little or no warning, general flooding happens over a longer period of time
4. What is an example of a man-made hazard?
  - A. A train crash
  - B. A hurricane
  - C. A tornado
  - D. A tsunami
5. Which of these items should NOT be included in an emergency kit?
  - A. Water
  - B. Pizza
  - C. Radio
  - D. Medicine
6. What does a Tornado Watch mean?
  - A. A tornado is on television
  - B. A tornado should be watched from inside
  - C. A tornado has been spotted
  - D. A tornado is possible in the area

7. How many minutes should you wait before going back outside after a lightning storm?
  - A. 10 minutes
  - B. 15 minutes
  - C. 30 minutes
  - D. 1 hour
8. What is one of the best ways to prevent getting a cold or the flu?
  - A. Playing outside
  - B. Washing your hands
  - C. Preparing an emergency kit
  - D. Preparing an emergency plan
9. During a heat wave, you should not do the following:
  - A. Sit in the car while your mom runs into the store
  - B. Drink water even if you don't feel thirsty
  - C. Limit time spent outside
  - D. Wear sunscreen
10. During a winter storm, you should do everything except:
  - A. Wear warm socks and shoes
  - B. Drive on icy roads
  - C. Refrain from touching downed power lines
  - D. Refrain from leaving your pets outside for long durations of time



# CONCLUSION

Remember, sometimes we know emergencies are coming (like a snowstorm or hurricane) and other times we don't (like an earthquake). So it's important to be prepared at all times.

Work together with your family to make a plan and a make a kit. Don't forget to check your plan and kit at least a couple of times per year to make sure everything is still up to date.

Once your immediate family is prepared, help your extended family, friends, and neighbors prepare for a disaster. You can help by making sure they know what items belong in their kit and what information should go in their plan.

When every family is prepared, our community can better respond to disasters.

For more information on emergency preparedness, visit <http://www.MontgomeryCountyMD.gov/OEMHS>



# OUR PLAN

## • The \_\_\_\_\_ Family's Emergency Plan

Use this page to write down important contact information for your family members and keep track of the important people and places involved in your emergency plan.

### • Family Member Information

Full Name	Relationship
Date of Birth	Cell Phone
Medications	Allergies
Important Health Info	

### • EMERGENCY MEETING PLACE

Name of Location	Type of Establishment
Address	Phone Number

### • EMERGENCY CONTACT - 1. Out-Of-Town Emergency Contact

Full Name	Relationship
Address	Email
Home Phone	Cell Phone
Work Phone	

### • EMERGENCY CONTACT - 2. Out-Of-Town Emergency Contact

Full Name	Relationship
Address	Email
Home Phone	Cell Phone
Work Phone	

# ANSWER KEY

## FLOODS:

- Flash
- River
- Cross
- Dam or Water Main
- Tornadoes
- Basement or an Interior Room
- Train
- Window

## HURRICANES:

1. June 1 - November 30
2. Tropical Storm
3. Alphabetical order starting with the letter A, then alternating between male and female names

## EXTREME HEAT:

- Swimming and reading in a library

## MAKE A KIT:

The following items should be circled:

- Water
- Battery operated radio
- Flash light
- Medicine
- Food
- First aid kit
- Toiletries

## QUIZ:

1. D
2. C
3. D
4. A
5. B
6. D
7. C
8. B
9. A
10. B





For more information on emergency preparedness, visit  
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