READY & FREDDIE IN DISASTER BUDDIES

Coloring and Fun Activities!

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Coloring and Fun Activities!

This book was developed by a steering committee of emergency preparedness public educators in King County, Washington representing the following agencies:

American Red Cross Serving King & Kitsap Counties
City of Bellevue Emergency Management
City of Federal Way Office of Emergency Management
City of Kent Office of Emergency Management
City of Seattle Office of Emergency Management
Federal Emergency Management Agency
King County Office of Emergency Management
Public Health - Seattle & King County
Puget Sound Energy

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Illustrations by Thomas Webb
Design by Bauer Graphics

Hi, I'm Ready!
And I'm Freddie!
Together, we're...
Ready Freddie!

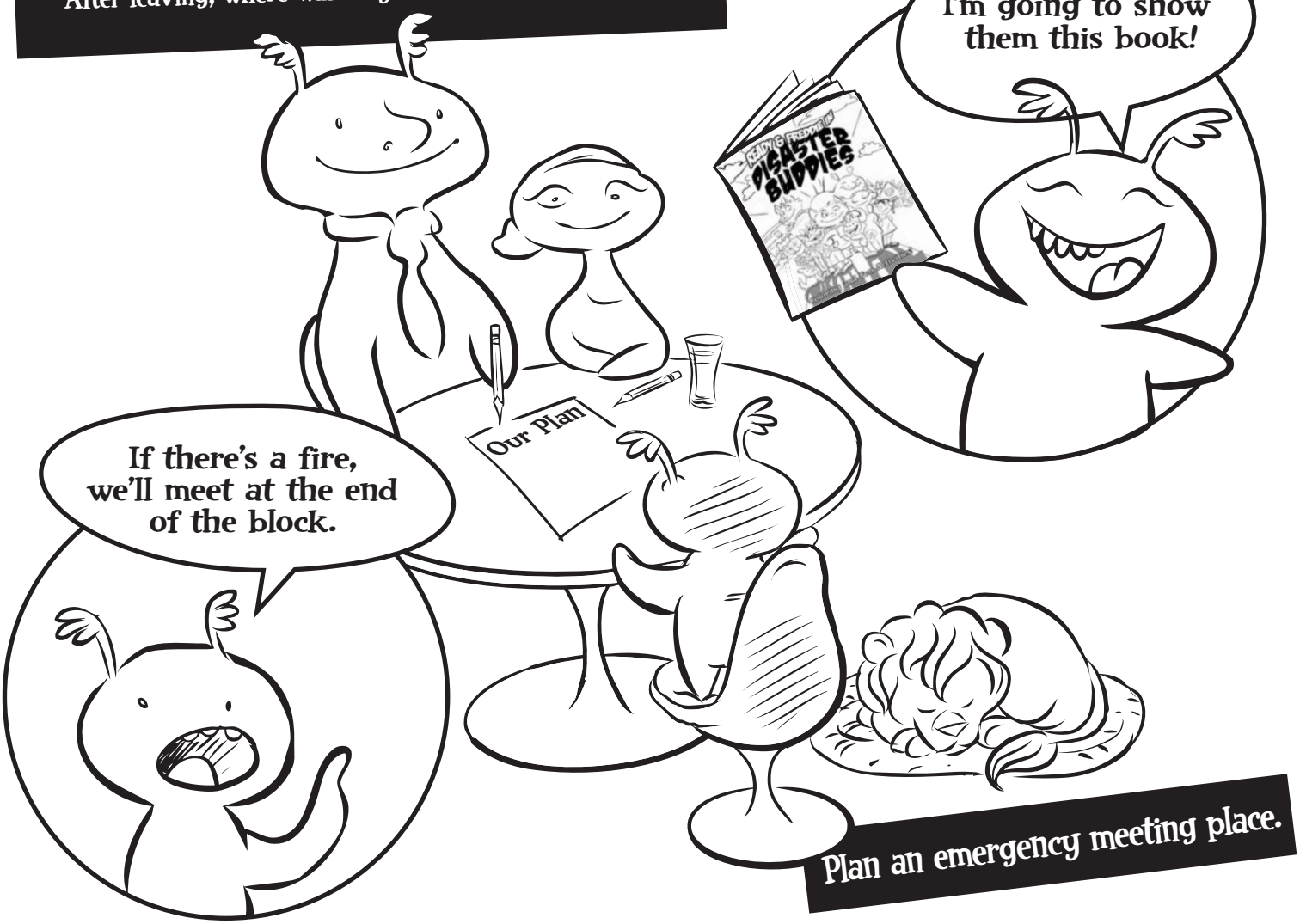
My cousin Laura sent me an email.
The one far away? Will you read it to me?
"Dear Ready, Last month we had a big earthquake. The good news is that my family is OK."
"When we felt it, we did 'Drop, cover and hold.' It kept us safe!"
Dad sent a text. He's fine.
Thank goodness! Let's check on our neighbors.
"Afterwards, we checked to make sure others were OK."

Are you OK, Mr. Garcia?
Yes, but my dog is trapped!
"There was a lot of damage. But we all helped each other out."
Thank you!
We've got peaches and crackers.
And here are beans and soup.
"When it was hard to buy groceries, neighbors shared food."
"A bunch of families worked together to clean-up our school."

"It was a difficult time, but we pulled together. Now I think our neighborhood is stronger than ever!
Your cousin, Laura"
Wow!
What could we do to get through a disaster like an earthquake?
Well, remember what Laura did when she felt the earthquake?
Ooh, ooh, don't tell me!
Drop, cover, and...scold?
Drop, cover, and...mold?
No, Freddie! I'll show you!
Drop, cover, and hold!

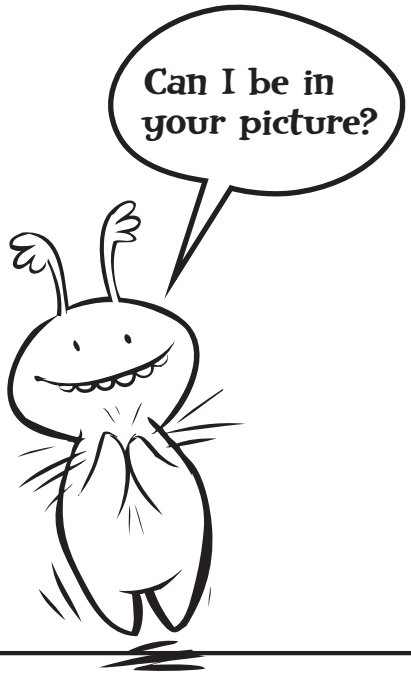
Talk with your family about what to do if there's an emergency.

In an emergency, you might need to leave your home quickly. After leaving, where will all your family members meet?

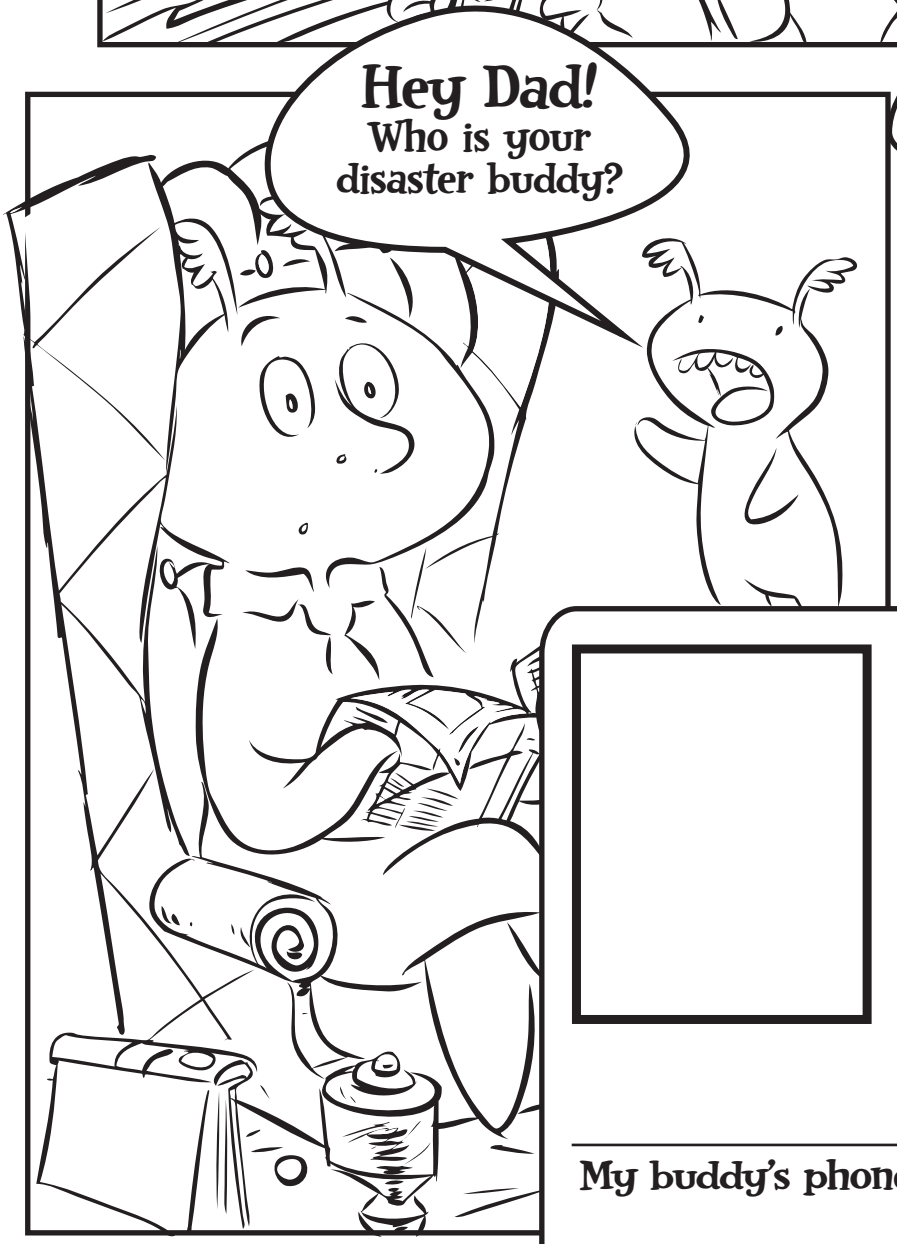


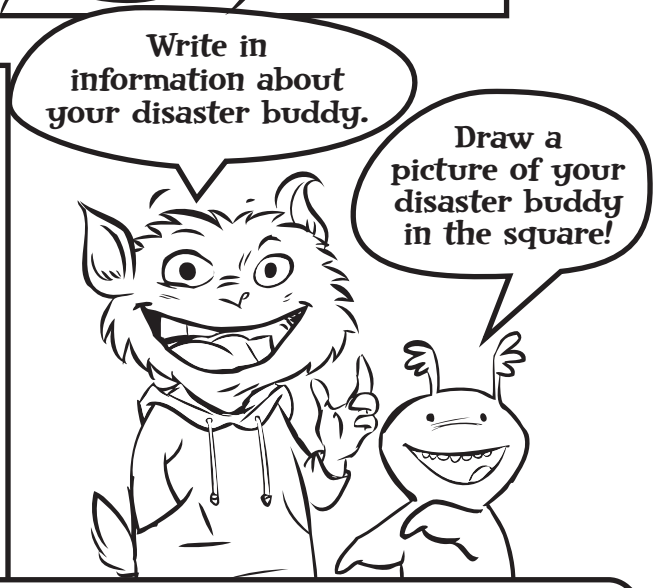
Plan an emergency meeting place.

Emergency Meeting Place!



Find a "disaster buddy." Check on each other if there's a disaster.





Disaster Buddy ID Card

I will check on

My buddy will check on me

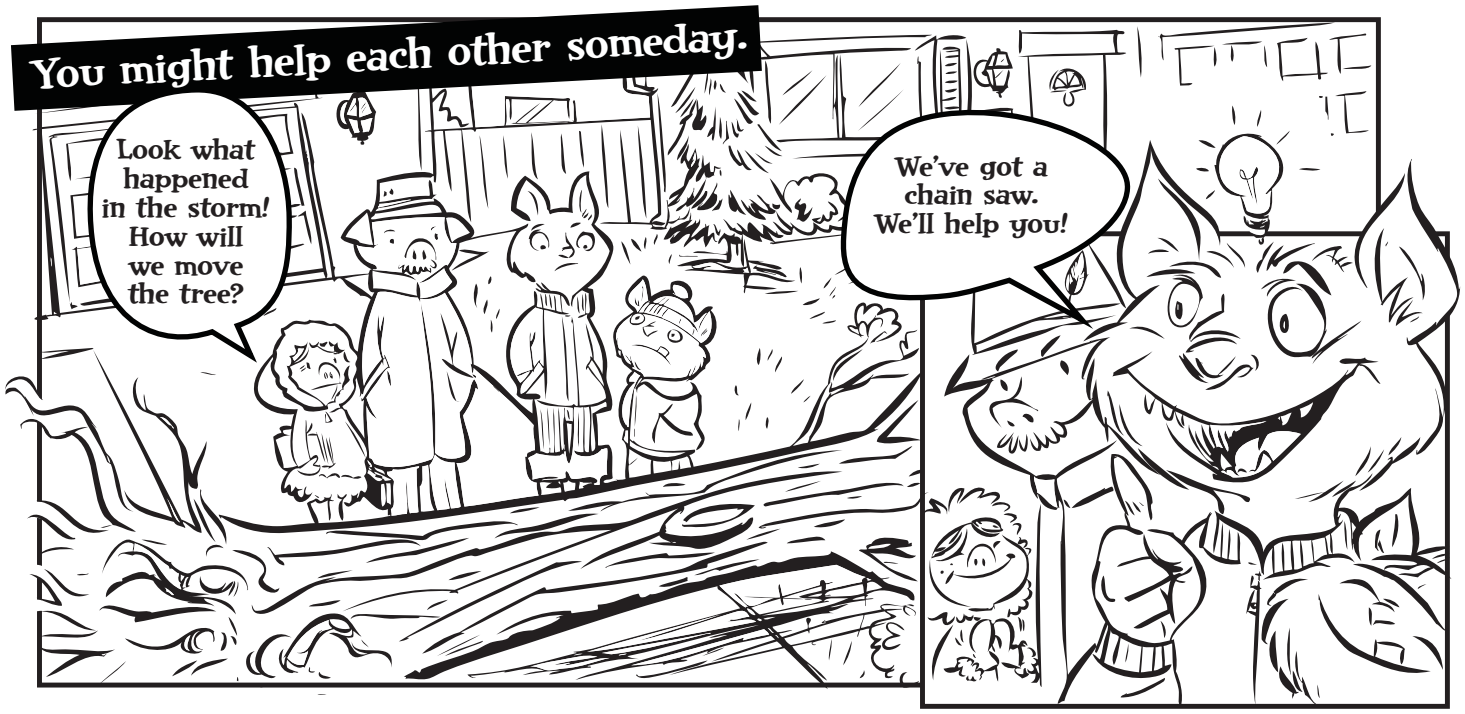
My buddy's phone number

My buddy's address

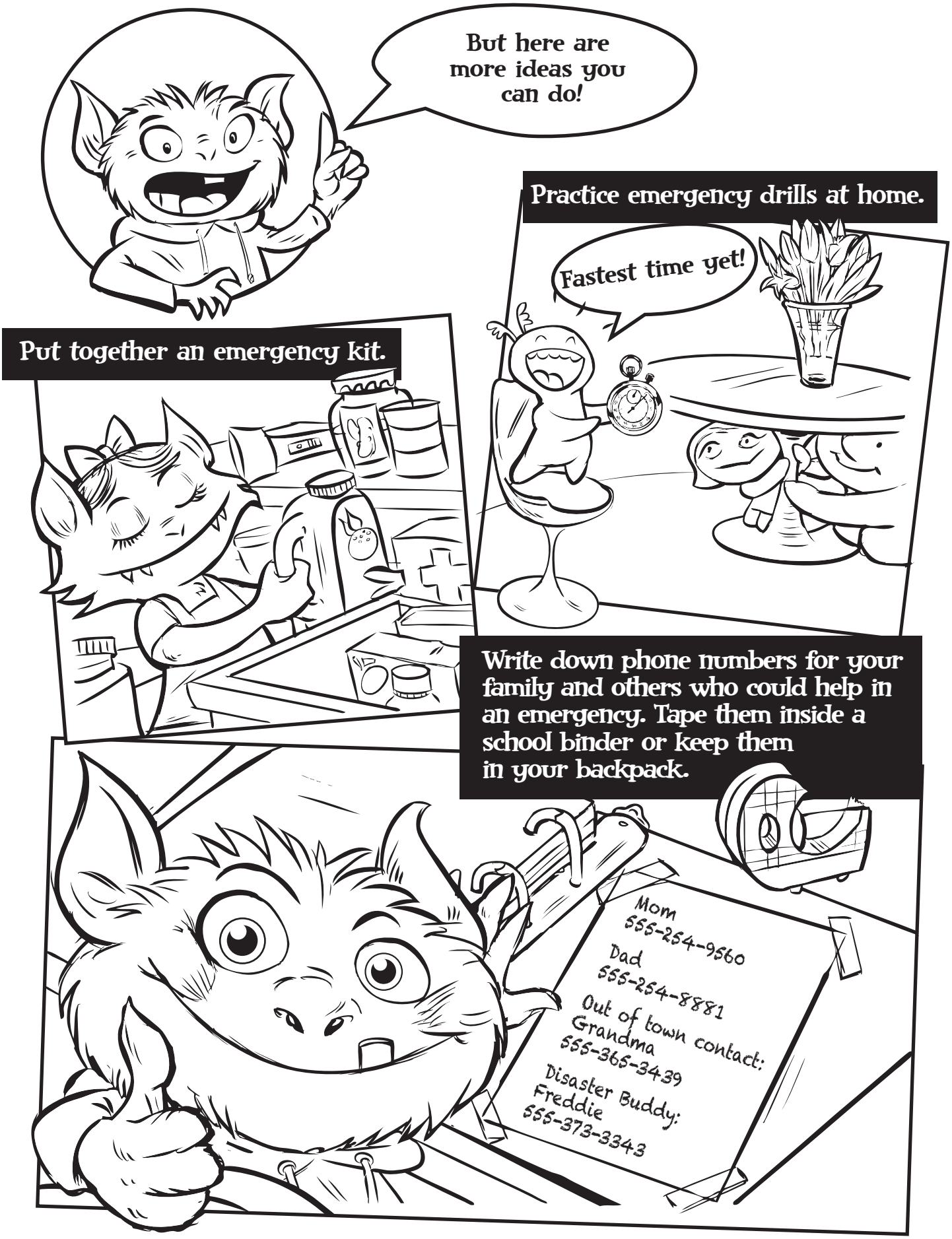
My buddy's email (or family email)

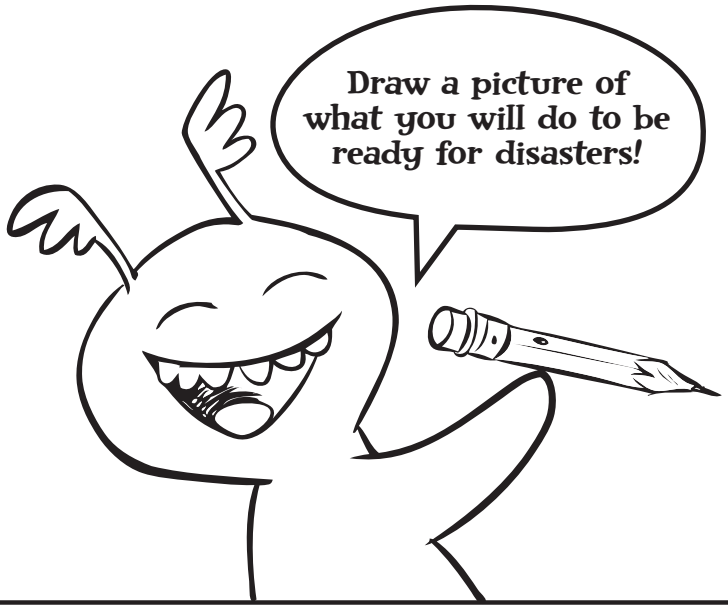
Get to know others in your school or neighborhood.

You might help each other someday.

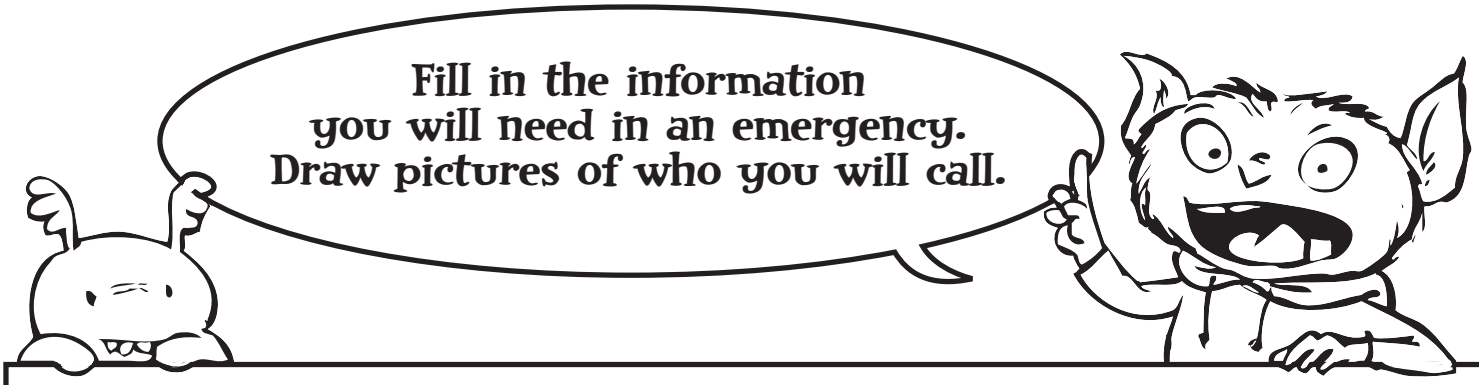


BUZZZZ
CHAINMASTER
Neighborhoods where people know each other do better when there's a disaster.
We don't need any more disasters, Freddie.
I wish I could use a chain saw!
ZIPPPP
ZOOOOM
CHAINMASTER


But here are more ideas you can do!
Practice emergency drills at home.
Fastest time yet!
Put together an emergency kit.
Write down phone numbers for your family and others who could help in an emergency. Tape them inside a school binder or keep them in your backpack.
Mom
555-254-9560
Dad
555-254-8881
Out of town contact:
Grandma
555-365-3439
Disaster Buddy:
Freddie
555-373-3343


Draw a picture of what you will do to be ready for disasters!

In earthquake,
flood or terrible weather,
Disaster Buddies will stick together
What can we do to make it through?
Check on me
and I'll check on you!
FABS



Emergency Contact Information

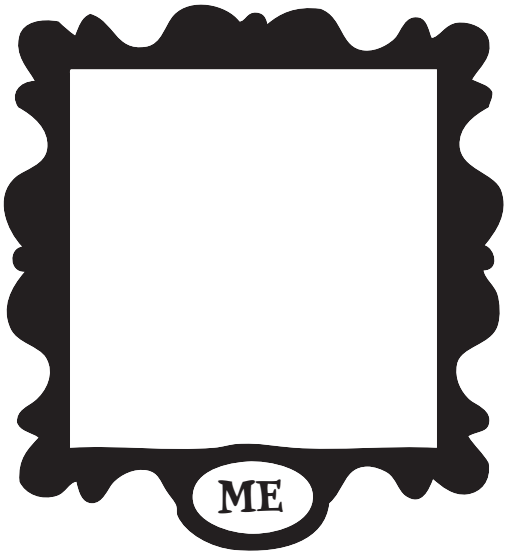
My phone number:

_____

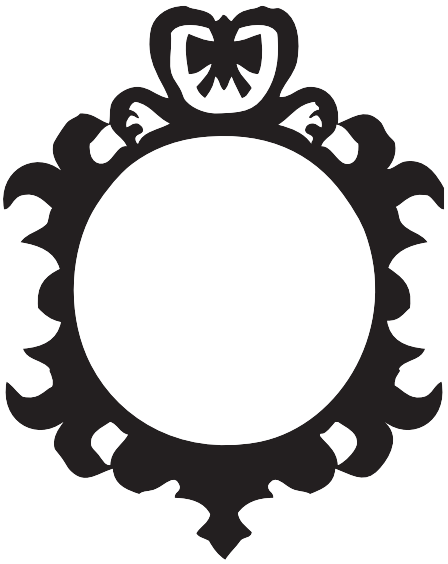
My address:

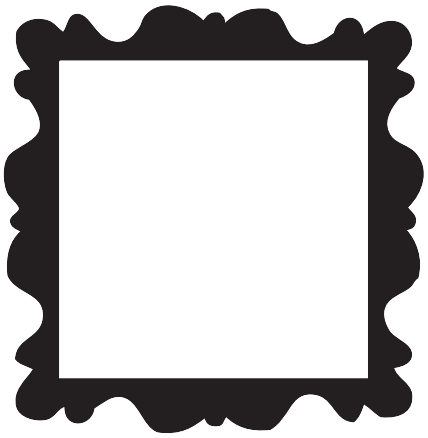
_____

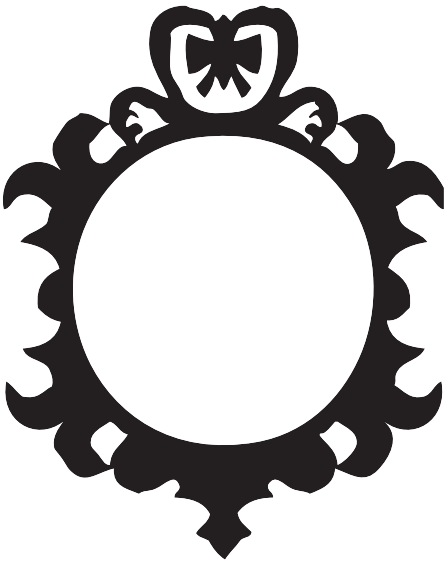
_____



Phone numbers of people in my family:







_____ _____ _____

_____ _____ _____

Parents and caregivers, here are some simple tips for your family to become

Ready Freddie!

MAKE AN EMERGENCY PLAN:

1. Learn about possible disasters where you live at MakeItThrough.org. Determine your family's needs and how you can survive these hazards. Consider the special needs of others, such as the elderly or persons with disabilities, in your planning.

2. Develop and practice a family emergency and communications plan. How will you contact each other if a disaster happens? Would you know what to do if phone lines shut down? Have an out-of-state contact for family members to call if local lines don't work.

3. Develop and practice an evacuation plan should you need to leave home. Be ready to follow evacuation requests and orders issued by local officials.

BUILD AN EMERGENCY KIT:

This is a checklist of basic items for your kit. Add more when you can.

- ☐ Water (1 gallon per person per day)
- ☐ Nonperishable food (3-5 days of food per person)
- ☐ Clothes (1 change of clothes and footwear per person)
- ☐ Medications (3 days worth)
- ☐ Flashlight and batteries
- ☐ Manual can opener
- ☐ Battery powered radio and batteries
- ☐ Hygiene items (soap, toilet paper, toothbrush)
- ☐ First aid (bandages, antiseptic, nonprescription medicine)
- ☐ Blanket
- ☐ Special needs items such as extra eyeglasses, charged batteries for wheelchairs and hearing aids, pet food, diapers

HELP EACH OTHER:

- Identify a "disaster buddy." Promise to check on that person if there's a disaster, and that person will check on you.

- Check on neighbors, friends, and loved ones if there's a disaster, especially the elderly or those who may need extra help.

FOR MORE INFORMATION ABOUT GETTING READY FOR EMERGENCIES:

King County Partners in Emergency Preparedness - MakeItThrough.org
American Red Cross - SeattleRedCross.org
U.S. Department of Homeland Security - ready.gov
Federal Emergency Management Agency - fema.gov

READY
FREDDIE