READY FREDDIE!

Coloring and Fun Activities!

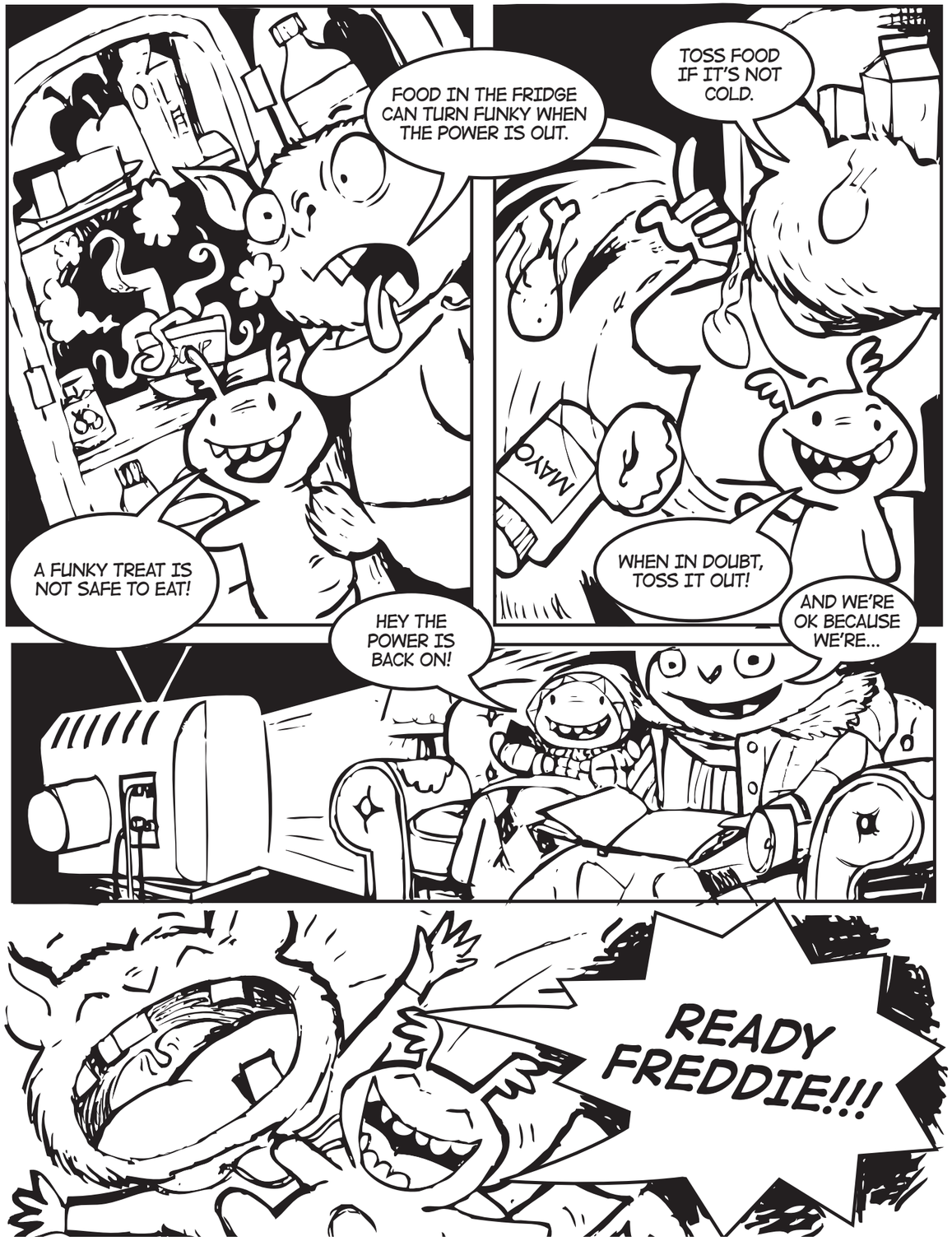
THIS BOOK WAS DEVELOPED BY A STEERING COMMITTEE OF EMERGENCY PREPAREDNESS PUBLIC EDUCATORS IN KING COUNTY, WASHINGTON REPRESENTING THE FOLLOWING AGENCIES:

AMERICAN RED CROSS SERVING KING & KITSAP COUNTIES
CITY OF BELLEVUE OFFICE OF EMERGENCY MANAGEMENT
CITY OF FEDERAL WAY EMERGENCY MANAGEMENT
CITY OF KENT OFFICE OF EMERGENCY MANAGEMENT
CITY OF SEATTLE OFFICE OF EMERGENCY MANAGEMENT
CITY OF SHORELINE OFFICE OF EMERGENCY MANAGEMENT
KING COUNTY OFFICE OF EMERGENCY MANAGEMENT
PUBLIC HEALTH – SEATTLE & KING COUNTY
PUGET SOUND ENERGY

CONCEPT DEVELOPMENT BY MEREDITH LI-VOLLMER AND KIMBERLY BEHYMER
STORY BY MEREDITH LI-VOLLMER
ILLUSTRATIONS BY THOMAS WEBB
DESIGN BY BAUER GRAPHICS, INC.

WHEN THE POWER GOES OUT
IN THE PUGET SOUND AREA, THE POWER GOES OUT A LOT BECAUSE OF WEATHER, TREES...
TIMBER!
SNAP!
SNAP!
SWOOSH
...AND BLUNDERS.
OOPS
WHEN THE POWER GOES OUT IN YOUR HOME, STAY WARM WITH LOTS OF CLOTHES AND BLANKETS.
OR FIND A WARM PLACE TO HANG OUT. TALK TO YOUR FAMILY ABOUT GOING TO A FRIEND'S HOME IF THEY HAVE POWER...
NICE DIGS.

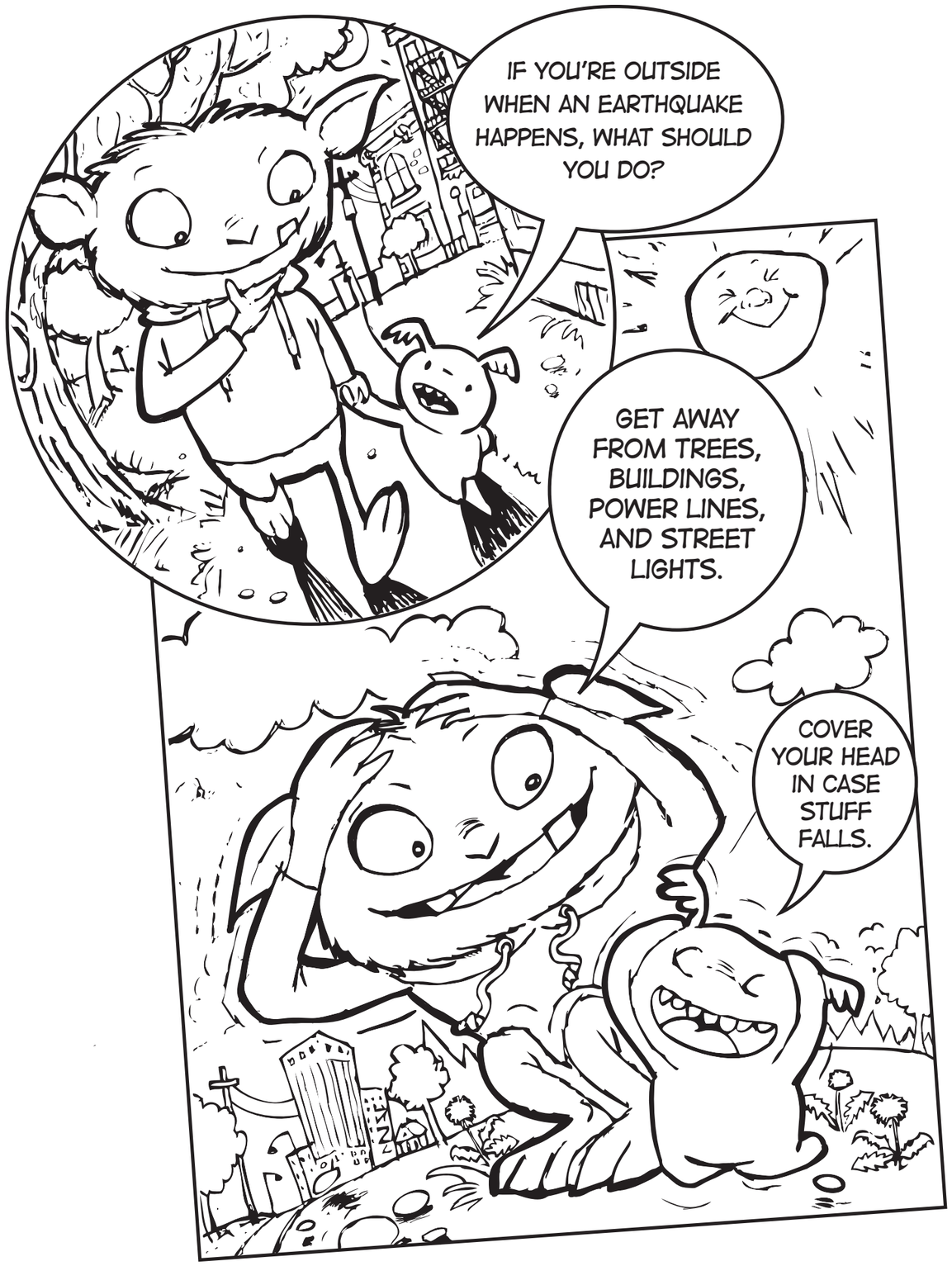
...OR A LIBRARY, MALL, OR OTHER PLACE WITH HEAT.
MONSTERS
LISTEN TO THE NEWS TO FIND OUT IF YOUR CITY HAS PLACES TO GO TO STAY WARM.
THE COMMUNITY CENTER IS OPEN AS A WARMING SHELTER.
WHEN YOU DON'T HAVE ELECTRICITY, USE FLASHLIGHTS.
FLASHLIGHTS ARE SAFER THAN CANDLES.
DO YOU SMELL SOMETHING BURNING?
LIGHTING ONE OF THESE INSIDE CREATES GAS THAT CAN POISON YOU.
NEVER BRING A GAS OR CHARCOAL GRILL INSIDE FOR COOKING OR HEAT.
A GAS YOU CAN'T SMELL, A GAS YOU CAN'T SEE, AND IT WILL BE AN EMERGENCY!
IF POWER LINES FALL DOWN, STAY FAR AWAY.
DON'T GO NEAR IT, FREDDIE!
POWER LINES ARE SHOCKING!

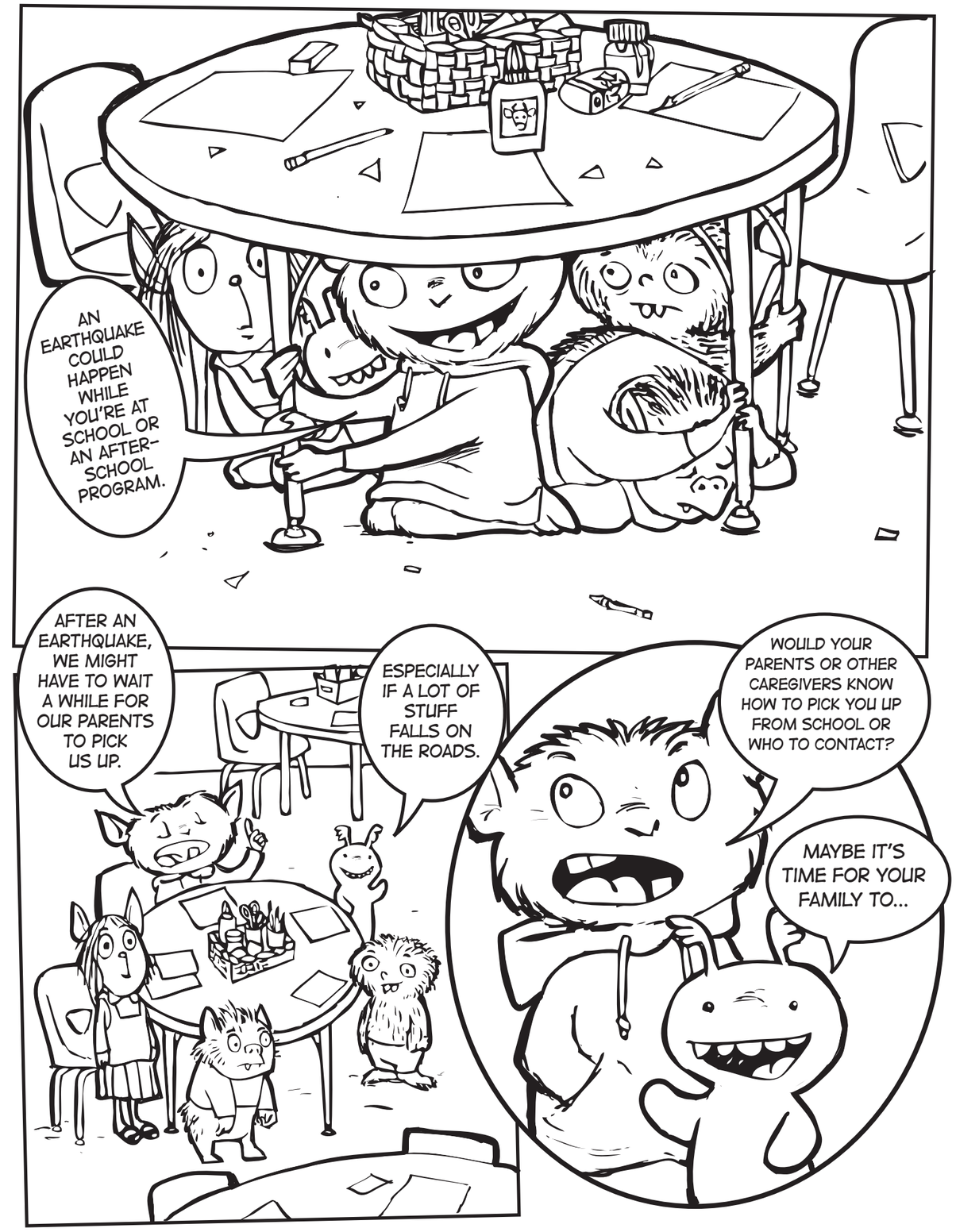

FOOD IN THE FRIDGE CAN TURN FUNKY WHEN THE POWER IS OUT.
TOSS FOOD IF IT'S NOT COLD.
MAYO
A FUNKY TREAT IS NOT SAFE TO EAT!
WHEN IN DOUBT, TOSS IT OUT!
HEY THE POWER IS BACK ON!
AND WE'RE OK BECAUSE WE'RE...
READY FREDDIE!!!

EARTHQUAKE! ARE YOU READY TO RUMBLE?
EARTHQUAKES HAVE HAPPENED BEFORE IN WESTERN WASHINGTON, SO IT'S GOOD TO BE READY.
IN AN EARTHQUAKE, THE GROUND MOVES, AND THAT CAN MAKE THE WALLS SHAKE.
FASCINATING!
WHAT WOULD HAPPEN IF THE WALLS SHOOK?
CRASH!

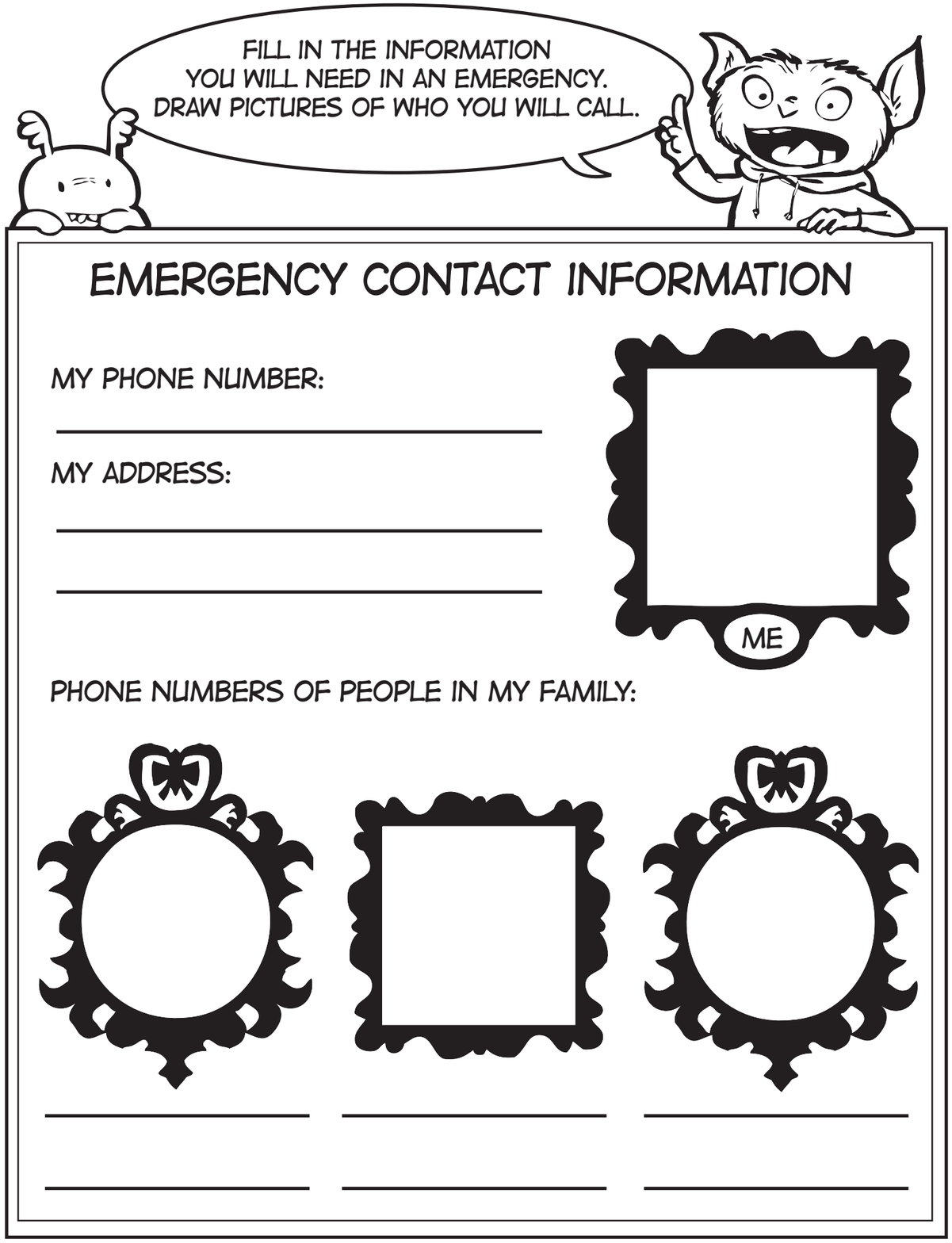
GET UNDER A TABLE AND HANG ON TO THE TABLE LEG.
DROP, COVER, AND HOLD!
PLAN AHEAD: ASK A GROWN-UP TO BOLT THIS TO THE WALL.
THAT WAY, YOU CAN MOVE WITH THE TABLE.

IN AN EARTHQUAKE, WINDOWS AND MIRRORS CAN BREAK.
WHAT IF I STEPPED OUT OF BED WITH NO SHOES?
OW!
PLAN AHEAD: PUT SHOES UNDER YOUR BED SO YOU CAN GRAB THEM EASILY.
I DON'T WEAR SHOES.
YOU SHOULD START.


IF YOU'RE OUTSIDE WHEN AN EARTHQUAKE HAPPENS, WHAT SHOULD YOU DO?
GET AWAY FROM TREES, BUILDINGS, POWER LINES, AND STREET LIGHTS.
COVER YOUR HEAD IN CASE STUFF FALLS.


AN EARTHQUAKE COULD HAPPEN WHILE YOU'RE AT SCHOOL OR AN AFTER-SCHOOL PROGRAM.
AFTER AN EARTHQUAKE, WE MIGHT HAVE TO WAIT A WHILE FOR OUR PARENTS TO PICK US UP.
ESPECIALLY IF A LOT OF STUFF FALLS ON THE ROADS.
WOULD YOUR PARENTS OR OTHER CAREGIVERS KNOW HOW TO PICK YOU UP FROM SCHOOL OR WHO TO CONTACT?
MAYBE IT'S TIME FOR YOUR FAMILY TO...

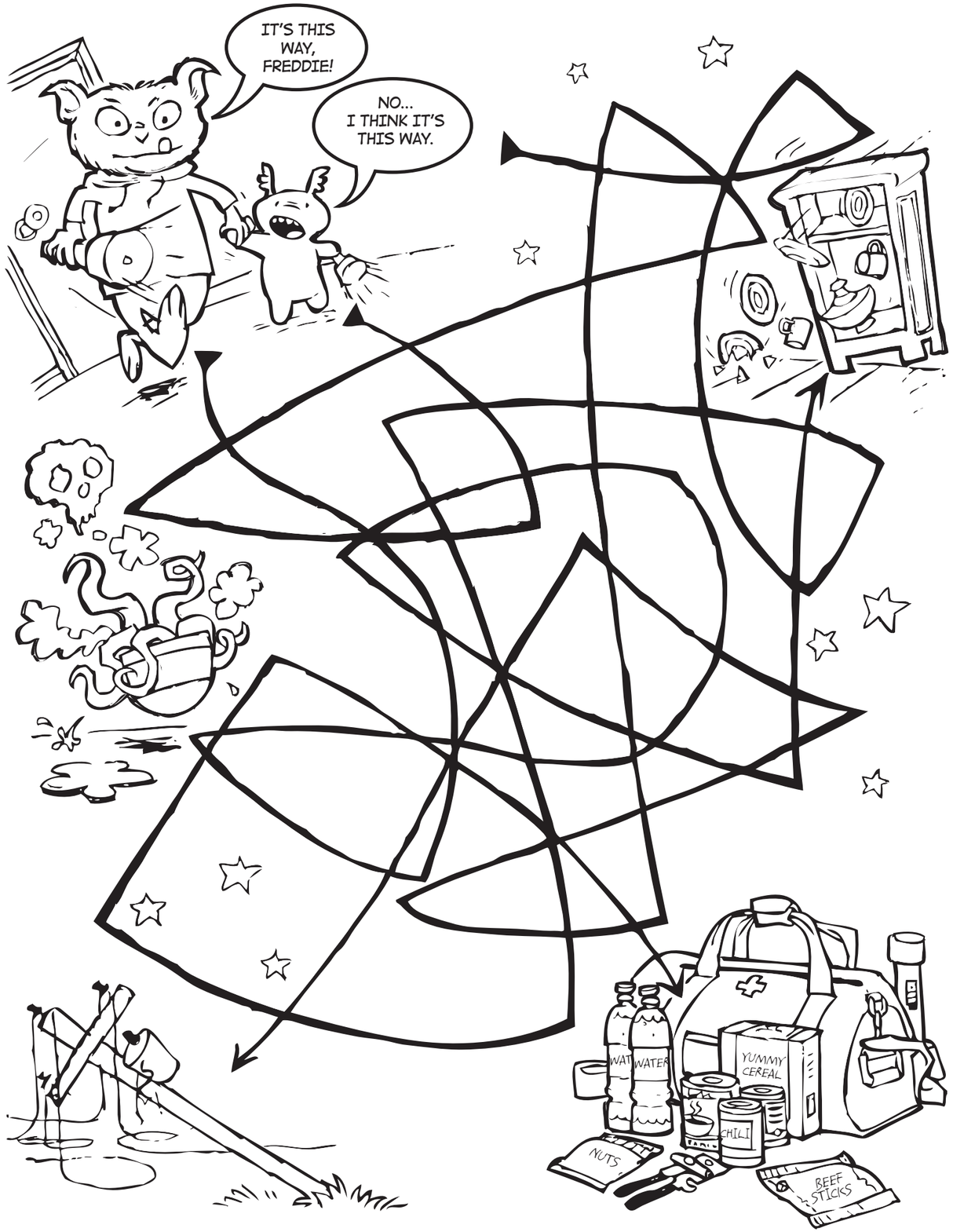
MAKE A PLAN!
FIND OUT WHAT YOUR SCHOOL WILL DO IN EMERGENCIES.
MOM! DON'T FORGET TO ASK WHO TO CALL IF THERE'S A DISASTER!
DECIDE WHO TO CALL IF AN EMERGENCY HAPPENS
THIS CARD HAS PHONE NUMBERS TO CALL. PUT IT IN YOUR BACKPACK.


FILL IN THE INFORMATION YOU WILL NEED IN AN EMERGENCY. DRAW PICTURES OF WHO YOU WILL CALL.
EMERGENCY CONTACT INFORMATION
MY PHONE NUMBER:
MY ADDRESS:
ME
PHONE NUMBERS OF PEOPLE IN MY FAMILY:

MAKE A KIT!
PUT TOGETHER STUFF YOU'LL NEED IN AN EMERGENCY.
REMEMBER, WE NEED ENOUGH FOOD AND WATER FOR AT LEAST 3 DAYS.
YEAH! AND BE SURE TO PACK A CAN-OPENER!
DON'T FORGET FOOD FOR YOUR PET!

YUMMY CEREAL
DOG FOOD
WATER
CAN YOU HELP READY AND FREDDIE FIND THE THINGS ON THIS LIST?
1 WATER
2 FOOD
3 CLOTHES
4 FLASHLIGHT
5 RADIO
6 FIRST AID
7 PET FOOD
8 TOOTHBRUSH
9 CAN OPENER
10 BATTERIES

AND NOW, FOR THE BIG FINISH.
Are you READY FREDDIE??!!!
THANK YOU, AND GOODNIGHT.
Make yourself a plan and build yourself a kit,
And if disaster comes you will be ready for it!



PARENTS AND CAREGIVERS,

HERE ARE SOME SIMPLE TIPS FOR YOUR FAMILY TO BECOME

READY FREDDIE!

MAKE AN EMERGENCY PLAN.

1. Learn what hazards can cause disasters where you live at **3days3ways.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 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 list 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

GET INVOLVED.

For more information about getting ready for emergencies:

King County Partners in Emergency Preparedness - **3Days3ways.org**

American Red Cross Serving Kitsap & King Counties - **seattleredcross.org**

U.S. Department of Homeland Security **- ready.gov**

Federal Emergency Management Agency **- fema.gov**

RF!