Hit A Home Run

With Emergency Preparedness

Maggie

Max

3rd - 5th Grade
Evacuate: To evacuate means to leave a place in a quick and organized way and go to a safe location. Sometimes, we evacuate during an emergency. When there is a fire drill at your school, you evacuate the school.

Shelter-in-place: One of the instructions you may be given in an emergency is to shelter-in-place. This is a precaution aimed to keep you safe while remaining indoors. Shelter-in-place means selecting a small, interior room with no or few windows and taking refuge there.

Heat Cramps: Heat cramps are muscle spasms that occur due to dehydration. Symptoms may be painful muscle cramps and spasms, usually in legs and abdomen. Heat cramps may be the first sign of heat-related illness and may lead to heat exhaustion or stroke.

Heat Exhaustion: This is a dangerous illness that can happen if your body gets much hotter than normal. Causes of heat exhaustion include exposure to high temperatures, particularly when combined with high humidity, and strenuous physical activity. Without prompt treatment, heat exhaustion can lead to heat stroke. Heat exhaustion symptoms may include heavy sweating, weakness, clammy skin, fast or weak pulse, dizziness, nausea or vomiting, or fainting.

Heat Stroke: This is the most serious form of heat injury and can occur if your body temperature rises to 104 degrees Fahrenheit or higher. Heat stroke signs and symptoms include nausea and vomiting, flushed skin, rapid breathing, racing heart rate, headache, altered mental state or behavior, slurred speech, seizures, and coma. In heatstroke brought on by hot weather, your skin will feel hot and dry to the touch.

Frostbite: An injury that is caused by the freezing of skin and underlying tissues. Skin may become very cold and red, then numb and pale.

Hypothermia: This is a dangerous illness that can happen if your body gets much colder than normal. Hypothermia can happen if you spend a long time in a very cold place without proper clothing or protection.
In order to stay ahead of the game, prepare while you can and make a plan!

EMERGENCY PREPAREDNESS
The term Emergency Preparedness refers to the steps you take to make sure you are safe before, during, and after an emergency. These plans are important for your safety in both natural and man-made disasters.

MAKE A PLAN
Do you know what to do if an emergency happens? It is important to make an emergency preparedness plan with your family. Your plan should include how you will communicate with your family, a safe meeting place, and what to do if your neighborhood is evacuated.

LET SOMEONE KNOW YOU ARE OK
Ask your parents who you should call in the event of an emergency. This person could be a neighbor or relative, but you should also choose another person that lives out of town.

COME UP WITH A FAMILY MEETING PLACE
If there is a sudden emergency, such as a fire, your family should have a meeting place outside of your home. In the event of an evacuation, or if you can not make it home, you should have another meeting place outside of your neighborhood.
Before an emergency happens, have a family discussion to determine who would be your out of town point of contact, and where you would meet away from your home - both in the neighborhood and within your town.

Let someone know that you are OK! Pick the same person for each family member to contact. It might be easier to reach someone who is out of town.

Complete the family communications plan on the next page, with the help of an adult, and update it regularly!
FAMILY COMMUNICATIONS PLAN

Name:

Address:

Telephone Number:

Family's Work and Cell Number:

Emergency Numbers: 9-1-1 and Name and number of a neighbor or relative:

Name and number of an out of town contact:
Emergency Contact Information For Your Mascot

All About Your Mascot(s)

Pet Name(s):

Pet Breed(s):

ID Tag Number(s):

Shot Types and Dates:

Veterinarian

Name:

Address:

Phone Number:

Kennel (Pet Shelter)

Name:

Address:

Phone Number:
Help your family build an emergency supply kit! Collect these items and keep them together in a safe place that you can find easily. Make sure you have enough supplies to last for at least three days.

- Water: one gallon, per person and pet, for each day
- Food: non-perishable and compact
- Extra clothes
- Batteries
- Radio
- Flashlight
- Board games
- Books
- Whistle
- Paper and pens
- Toothbrush and toothpaste
- Blanket
- Favorite small toy
Preparing an Emergency Supply Kit

List some items below that you already have at home that you could place in your emergency supply kit.

1. ____________________________________________

2. ____________________________________________

3. ____________________________________________

4. ____________________________________________

How many people are in your family? ____________________________

What will you use to get news and weather information? ____________________________________________

What would you use to signal for help? ____________________________

What are some non-perishable foods that you may put in your emergency supply kit? ____________________________________________

How much water will your family need for three days, if each person and pet needs one gallon per day?

_______ people/pets X 3 = ___________ gallons of water
Circle the items that Max and Maggie should "pitch" in their emergency supply kit!

- Baseball Bag
- Toothbrush and Toothpaste
- Home Plate
- Flashlight
- Can Opener
- Baseball Bat
- Baseball Glove
- Water
- Baseball Jersey
TORNADO

DESCRIPTION
Tornadoes are very dangerous and can pack wind speeds in excess of 150 miles per hour. These storms have the potential to bring hail, rain, strong winds, and lightning. Lightning is hotter than the surface of the sun and has the potential to extend 10 miles out from a thunderstorm.

HOW TO STAY SAFE
• Avoid contact with electrical equipment or cords
• Avoid contact with plumbing
• Stay indoors, away from windows and doors
• Seek shelter in an interior room, such as a closet, bathroom, or basement, if possible
• Get to the ground and cover your head and neck

SEASON
Tornadoes generally occur in Anne Arundel County during the summer months.
Help Maggie find the words about TORNADOES in the word search below.

Word List

ELECTRICITY  TORNADO  CLOUDS  WIND  FIRE
LIGHTNING  THUNDER  STORM  HAIL  RAIN
Max teaches you how to make a TORNADO in a bottle with some supplies at home and the help of an adult.

WHAT YOU WILL NEED:

- Water
- A clear plastic bottle with a cap (that won't leak)
- Glitter
- Dish washing liquid

INSTRUCTIONS:

1. Fill the plastic bottle with water until it reaches around three-quarters full

2. Add a few drops of dishwashing liquid in the bottle

3. Add in a few pinches of glitter (this will make your tornado easier to see)

4. Put the cap on tightly

5. Turn the bottle upside down and hold it by the neck

6. Quickly spin the bottle in a circular motion for a few seconds. Stop and look inside to see if you can see a mini tornado forming in the water

You might need to try it a few times before you get it working properly

WHAT'S HAPPENING?

Spinning the bottle in a circular motion creates a water vortex that looks like a mini tornado. Vortexes found in nature include tornadoes, hurricanes, and waterspouts (a tornado that forms over the water)
HURRICANE

DESCRIPTION
Hurricanes can produce high winds, heavy rainfall, storm surge, coastal and inland flooding, rip currents, and tornadoes.

HOW TO STAY SAFE
• Stay indoors as much as possible
• Avoid entering flood water
• Watch out for debris and downed power lines
• Shelter-in-place until further notice
• Go to a pre-selected room to seek shelter above ground level

SEASON
The Atlantic Hurricane season runs from June 1st to November 30th each year.
Start at the eye of the hurricane and make it safely to the baseball diamond for practice!
DROUGHT

DESCRIPTION
A drought is caused when there is below average rain or snow over a long period of time. Droughts can result in water shortages which can cause harmful impacts on plants, animals, and people.

HOW TO STAY SAFE
• Take short showers – only turn water on to get wet, then again to rinse off
• Avoid letting the water run while washing hands and brushing teeth
  • Operate dishwashers only when they are full
• Use clothes washers only when they are loaded fully and select the smallest water level possible
  • Avoid washing the car or watering the lawn

SEASON
Droughts can occur at any time of the year.
Help Max learn more about DROUGHTS by solving the crossword puzzle!

Across:
2. You should _______ letting the water run.
5. Droughts can result in a water _______.
7. When there is below average rain or snow over a long period of time this occurs.

Down:
1. Only operate a _________ when it is full.
3. During a drought you should avoid _________ the car.
4. Take short ________.
6. A lack of rainfall can have a harmful impact on ________, animals, and people.
EXTREME HEAT

DESCRIPTION
Individuals exposed to extreme heat can suffer heat related illnesses such as heat cramps, heat exhaustion, or heat stroke. Spend as much time indoors as possible when extreme heat conditions persist.

HOW TO STAY SAFE
• Visit an air-conditioned location at least once per day
• Electric fans provide comfort, but are not enough to prevent heat-related illnesses
  • Take a cool shower or bath to cool off
  • Eat light, regular meals
• Frequently check on friends and neighbors without air conditioning

SEASON
Extreme heat generally occurs throughout the summer months in Anne Arundel County.
Help Max choose the right thing to do during EXTREME HEAT. Circle all that apply.

- Play baseball outside
- Watch baseball inside on television
- Turn on the heat
- Turn on the air conditioning
EXTREME COLD

DESCRIPTION
Individuals exposed to extremely cold conditions for prolonged periods of time may be at risk of frostbite and/or hypothermia. During extremely cold periods, stay indoors as much as possible.

HOW TO STAY SAFE
• Store several days’ worth of non-perishable food and bottled water
• Layer clothing and wear a hat, mittens, and scarf
• Avoid getting wet or wearing cotton materials, if possible
  • Wear waterproof shoes or boots
• Call 9-1-1 at the first sign of frostbite or hypothermia

SEASON
Extremely cold weather generally occurs throughout the winter months in Anne Arundel County.
Help Maggie choose the right clothes to wear during EXTREME COLD by coloring them in.

- Boots
- Dress
- Flip flops
- Hat
- Long sleeve shirt
- Shorts
- Mittens
- Short sleeve shirt
- Scarf
- Socks
- Jacket
- Skirt
FLOODING

DESCRIPTION
When flooding occurs, it can range from just a few inches of water to several feet deep. Flooding can be a result of heavy rain, tropical storms, hurricanes, storm surge, or dams overflowing. Flooding occurs quickly and may require evacuation.

HOW TO STAY SAFE
• Immediately move to higher ground and away from the source of flooding
• It only takes six inches of water to knock a person off their feet
  • Do not attempt to cross flooded walkways, streams/rivers, or sidewalks
  • Do not enter moving water

SEASON
Flooding can occur at any time of the year.
Help Max hit a home run with flood safety and draw a picture of where you would go to stay safe in your house during a FLOOD.
EARTHQUAKE

DESCRIPTION
Earthquakes occur when rocks under the Earth’s surface break apart, causing rapid vibrations and shaking of the Earth.

HOW TO STAY SAFE
• Drop to the ground on your hands and knees
• Cover your head and neck with your arms
• Crawl away from falling objects to safety
• Hold on to a sturdy sheltering object, like a table
• Stay where you are until the earthquake has passed

SEASON
Earthquakes can occur at any time of the year.
Circle the place where Maggie should DROP! COVER! and HOLD ON! during an earthquake.
Now it's time to test your knowledge and see what you have learned about Emergency Preparedness from Max and Maggie!

1. Name three items you should place in your emergency supply kit.

2. List two family meeting places.

3. What three steps should you follow if there is an Earthquake?

4. You should wash your car and water your lawn during a drought.
   True or False

5. Name one illness extreme heat can cause.

6. Name two things hurricanes can produce.

7. Tornadoes can cause winds in excess of 150 miles per hour.
   True or False
Congratulations!

You have hit a home run with Emergency Preparedness!
This activity book was created by the Anne Arundel County Office of Emergency Management and Mrs. Laurie's 2017-2018 Fifth Grade Students at Fort Smallwood Elementary in Anne Arundel County!

For more Children's Preparedness tips and activities please visit our website at www.aacounty.org/oem and check out the kids page!

Alternate format is available upon request. Contact the Office of Emergency Management at 410-222-0600 or oem@aacounty.org. TTY users, please call via Maryland Relay 7-1-1.