

Emergency Ready!

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Even if you do not live in a region subjected to some of the natural disasters included in this kit, it is wise to learn about them, understanding what others may need to do to prepare in the event of such an emergency.

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Requirements for Emergency Readiness

1. A **meteorologist** studies processes in the earth's atmosphere that cause different weather conditions. Learn about weather maps, instruments, and how to forecast the weather by using a rain gauge, weather vane, reading the forecast, or creating a weather map. Have your participants watch the news and local weather on television and the radio. They may wish to watch the weather channel to view forecasts from different states. Explain how they would go to these sources to watch for weather alerts and forecasts in the event of an emergency. Extra credit: Create a weather vane or map etc. Visit a weather station or ask a meteorologist to speak to your group.
2. **Floods** can happen during heavy rains, when rivers overflow, ocean waves come onshore, snow melts too fast, or when dams or levees break like they did in New Orleans in 2006. Flooding may be only a few inches of water or it may cover a house to the roof. Floods that happen very quickly are called flashfloods. Flooding is the most common of all natural hazards. No matter where you live you have a chance of flooding. It can happen in every U.S. state and territory. There are three basic types of floods: River floods, Urban floods, and Flash floods, which are the most dangerous. Learn more about one of these floods, and how to keep safe during an emergency. Extra credit: Plan an emergency evacuation route, create a disaster supply kit, or learn about the National weather service.

If the participants live in an area that is a flood risk, such as a beach or river, they should thoroughly study the flood plan and create a kit for their home. If not, go over the emergency plan in case there were a flood. There will be more information in Booklet #6-About Floods. Extra credit: Create a rain gauge to see how much rain you get in your area. Check and see if the local forecast was correct. You may also wish to compare your rainfall to other areas.
3. Did you know that you always see the **lightning** before you hear the thunder? This is because light travels faster than sound. Learn how to protect yourself from lightning. Extra credit: Explain how to protect yourself from heavy rain storms or when traveling in wet weather.

View Booklet # 3 to learn a few easy steps of how you can protect yourself from lightning or storms. Talk to the participants about wearing rain gear and what items you should pack for wet weather. Examples include: Raincoats, umbrellas, rain boots, long pants, a change of clothes, and a day pack to keep their items dry while walking around.
4. **Hurricanes** are tropical cyclones with winds that exceed 74 mi/hr. They are created over the warm waters of tropical oceans, where there is humid air. Hurricane season typically is during the months of June through November, in the Atlantic area. Learn more about how to prepare for a hurricane, create a disaster supply kit, plan an emergency evacuation route, or learn more about a recent hurricane and the effects. (Booklet # 5)

5. Many people watch the **clouds** to predict the weather for their crops, trips, boating, or daily activities. Examples are: Cirrus, Cumulus, Stratus, and Nimbus. Choose one type of cloud to learn more about. Learn the shape, meaning, and the effects of the type of cloud. **Extra credit:** Study the clouds for a week making note of the types each day. (Booklet # 1 Forecasting the Weather)
6. Learning basic **first aid** could save your life or assist in emergencies that may occur in everyday life. Learn basic first aid skills such as: Dressing wounds, bandage broken bones, identify items in a first aid kit, and make an emergency contact list. **Extra credit:** Complete a first aid or CPR course.
7. **Tornados** are funnel clouds that touch the ground. When a tornado touches down on ground it gathers up dirt and items in its path. Learn how to prepare for a tornado, create a disaster supply kit, plan an emergency evacuation route, or learn more about shelter and school drills for tornados. (Book # 6)
8. A **Tsunami** is huge wave caused by earthquakes and underwater landslides. Be aware of the signs of an approaching tsunami, its warnings and prevention, causes, create a list of items needed in case of a disaster or plan an emergency evacuation plan. (Booklet #6)
<http://en.wikipedia.org/wiki/Tsunami>
9. Learn **fire** safety and how to controlling wild fires to prevent forest fires in your area. Most wild fires are started by accident or by lightning. Fires are dangerous and move quickly. Learn more about wild fires and evacuation, create a fire plan from your building or home, learn how to operate a fire extinguisher, learn basic fire safety rules, or learn more how to change the battery in the smoke detector.
<http://www.fema.gov/kids/wldfire.htm> (Booklet # 2)
10. A **blizzard** is a severe winter storm with strong winds and lots of snow. You should only go outside if absolutely necessary because of the strong winds, cold temperatures and heavy snow. Learn about how to prepare for a blizzard or winter storm. What items should you have in your disaster plan kit or supplies would you need to purchase? (Booklet # 6)
11. **Earthquakes** are sudden movements in the earth's surface. Sometimes large shimmers are followed by smaller aftershocks. They can also cause tsunamis or landslides. Execute a home evacuation plan in case of an earthquake. Where would you go? If you were in a high building, would you escape in an elevator? What if you were outside? (Booklet # 6)
12. **Avalanches** are caused when ice and snow breaks away from a mountain and slides down at high speed covering everything in it's path. How would you look for warning signs? What should you have in your disaster plan kit or which supplies would you need to purchase? (Booklet # 6)
13. **Heat waves** are caused when there are long periods of high temperatures. The heat can cause dehydration, heat cramps and other serious conditions. Learn more about how to take care of yourself during high temperature weather or heat waves. What type of clothing would you wear? What should you eat and drink and why? (Booklet # 6)

Rain or Snow Gauge

Help the participants learn about the amount of snow or rain that falls from the sky. Have them predict the amount of precipitation that will fall.

Supplies needed:

Clear Jar
Ruler

Listen to the weather and see if it is going to rain. Place the jar outside in an open area, such as your deck or outside patio. When it stops raining use your ruler to measure how many inches of water it rained.

Did you know it easier to make a snow man out of heavy wet snow than dry fluffy snow?

Make a snow gauge and place the jar outside also when it is snowing. After it has snowed measure the amount with a ruler. **Extra credit:** Let the snow melt and see how much water is in snow.

Snowflake Fun

Supplies needed:

Black Paper or Black Fabric
Magnifying Glass
Paper for drawing
Markers or Crayons

Listen to the weather and see if it is going to snow. Once it begins to snow, place the black paper or fabric in the freezer for about an hour. Then take it out of the freezer on the ground. Get ready for you magnifying glass and watch the beautiful snowflake shapes appear before your eyes. Go inside and draw the snowflakes on paper. Hang it in your house for a beautiful picture of winter.

Make a Tornado

Create a visual demonstration of what a tornado looks like by using water. Talk to the participants about how powerful a tornado can be and cover the tornado booklet located in this kit.

Supplies needed:

2 Clear large (2 liter) empty soda bottles
tornado adapter
water
food coloring (optional)

Make sure the labels are removed from the bottles and rinsed out. Remove the lids and fill one of them 3/4 full of water. Add food coloring to the water for a visual effect. Place the tornado adapter on the empty bottle. The adapter can be purchased at local craft or science stores. Turn the empty bottle upside down and screw it on top of the water filled bottle. After it is secure turn it upside down. (water filled bottle on top) Grab the middle part where the adapter is and spin it in a circular motion. Step back and view the image of a tornado or whirlpool forming in the upper bottle. Turn over and begin again.

Practice making the vortex until you're sure how to do it. If it doesn't work immediately, try reducing the size and increasing the speed of the circles you are making. Make sure that the bottles are held vertically and your circles are centered. Replace the plastic bottles if they get too bent out of shape or they won't work properly.

Moving Forward—Cars in Floods

Supplies Needed:

Small car
Shoebox size plastic container
Water
Ruler

Place the car in the bottom of the plastic container. How deep do you think you can place the water in the container before the car will float away? Once the car is floating the moving water will carry it away. Begin by pouring the water into the container watch happens when you send a gush of water in the container like a flash flood. Now try to pour it in slowly. Move the car quickly through the shallow water. Add more water and move the car quickly through it. Can you see how it is splashing on the sides of the container. This becomes dangerous when many cars are on the road and the water gets deeper and deeper. Eventually, the car will be covered up to the windows. Do you think it can move?

NOTE: Rapidly flowing water can knock a person down. Remember it only takes 2 feet of water on the ground to make a car or bus float. Therefore, NEVER drive through flooded roads.

Make a Windsock

Supplies Needed:

1 Large piece of foam (11 X 14)
Solid colored fabric ripped in 2 inch wide strips (About 12 inches long)
Stapler, scissors and (hole punch, optional)
Permanent marker (drawing face)
Googly eyes and glue (or hot glue gun)
Pre-cut foam stars (self stick or glue gun on) OR
Red white and blue foam to cut out stars to glue on

Cut strips of fabric in 2 inch wide strips about 12 inches long. Attach to the bottom of foam edge with stapler. Attach the ends together to form a cylinder. (as shown) Cut small slit on each side at the top. Attach one end of the strip to one side and complete by attaching the other end to form a handle at the top of the windsock.

Evacuation Relay

Items to gather (You can have the actual items or use the cards in the back of this book)
List of items to collect for their Natural Disaster Kit

Place the items around the room, making sure they have items to choose that they should not gather. This gives them a chance to make a decision of what and what not to bring. If you are using the cards in the back, located on pages 20-21, you can create more items by using a piece of paper and cutting it into rectangles.

Make it like a scavenger hunt and see how many things they can collect by using booklet # 4 as a guide. This will help them remember more of what to pack in case of an actual disaster. **Extra credit:** Divide the room in half and place the items on both sides of the room. See which team or person finds them first.

Make a Pinwheel

Supplies Needed:

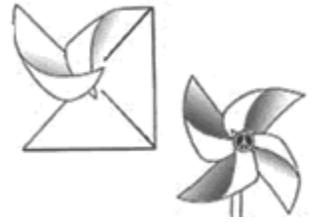
Sharpened pencil with an eraser

Pattern for pinwheel

Stick pin

Markers and crayons

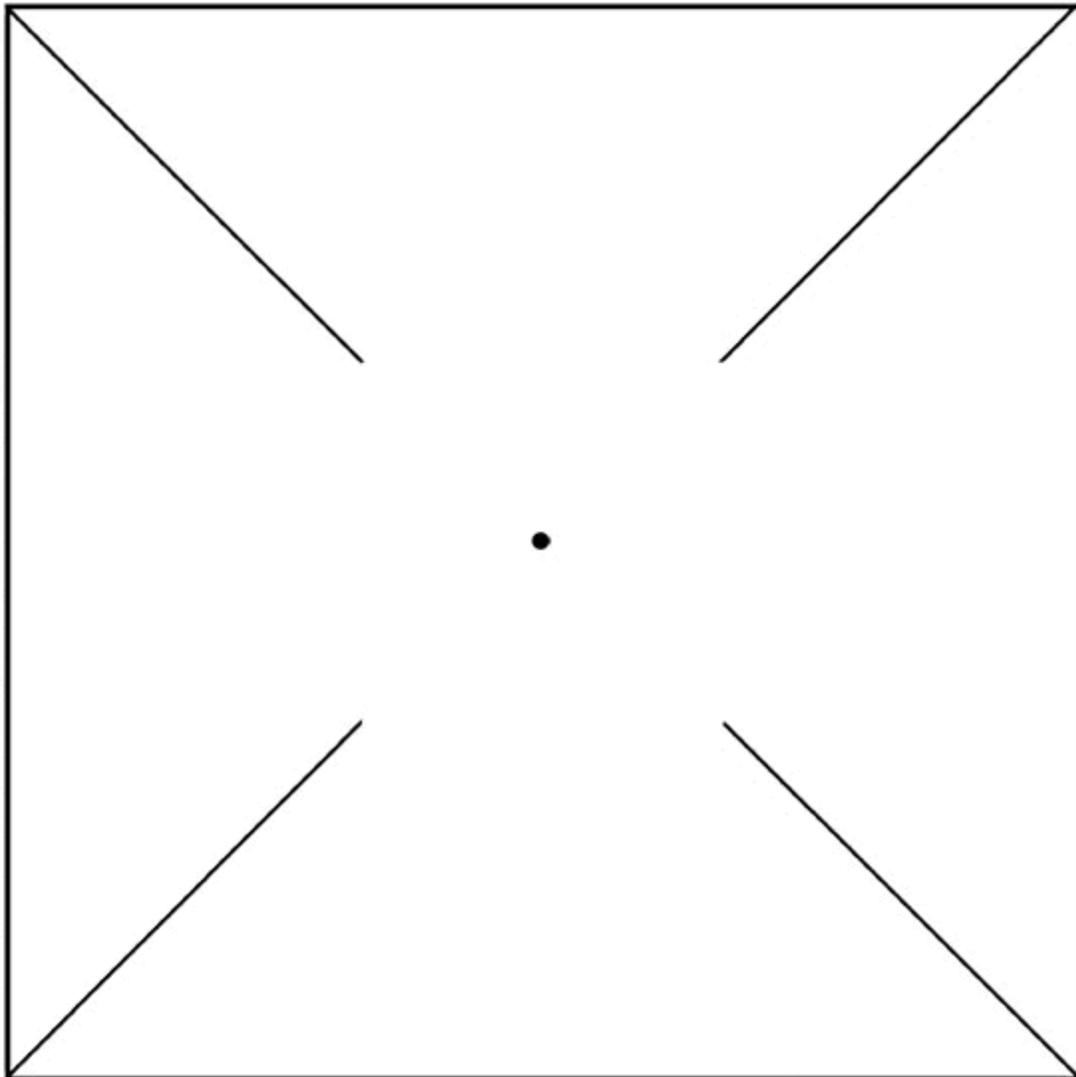
Scissors



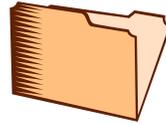
Copy the pattern for the participant or trace it on paper for them. Decorate both sides of the pinwheel.

Cut it out along the solid lines. Gently bend one of the cut corners to the center point. Skip the next corner and bend the next one until you have four corners in the center. Stick the pin through all four points and the back of the pinwheel. Stick the pin straight down in the eraser, bending it slightly over.

Take it outside or in front of a fan to learn how it moves with the wind. If you are celebrating Pinwheels for Peace...choose a special day to “plant” them and send a message to the world.



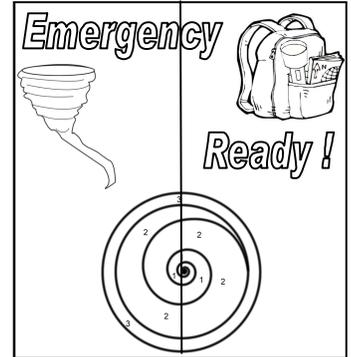
Create a "Emergency Ready !" book using a file folder.
FUN FOR ALL AGES !!



Step One: Prepare Copy all the templates and booklet pages for each participant. Have them color where needed and cut along the outside lines. Folding instructions are included on each page. **They should complete only one booklet at a time.**

Step Two: Gather your supplies Participants will need glue sticks to mount the templates or booklets on the file folder. A stapler will be needed to staple the Emergency Ready ! flip book together. Younger participants may need assistance.

Step Three: Create the cover Fold the file folder inwards (in thirds) to form a book (shown below). Younger participants will need assistance. Using the template on the next page they can decorate the cover of their book. They can also accent the cover with other items that they would wish to draw on there. Make sure they place their name on the front of the book.



Step Four: Completing the inside Distribute the booklet patterns for the inside of the book. Make sure they color all areas prior to cutting them out. **They should complete only one booklet at a time.** The other booklets can be placed inside the folder for safe keeping until the first booklet is complete. This keeps the pages from getting lost or mixed up. See the below picture for placement.

Booklet #6
 Learn about Heat Waves, Blizzards, Avalanches, Earthquakes, Tsunami, Flash Floods, and Tornadoes.

Booklet #7
 Make your own First Aid

Booklet #1
 Forecasting the Weather

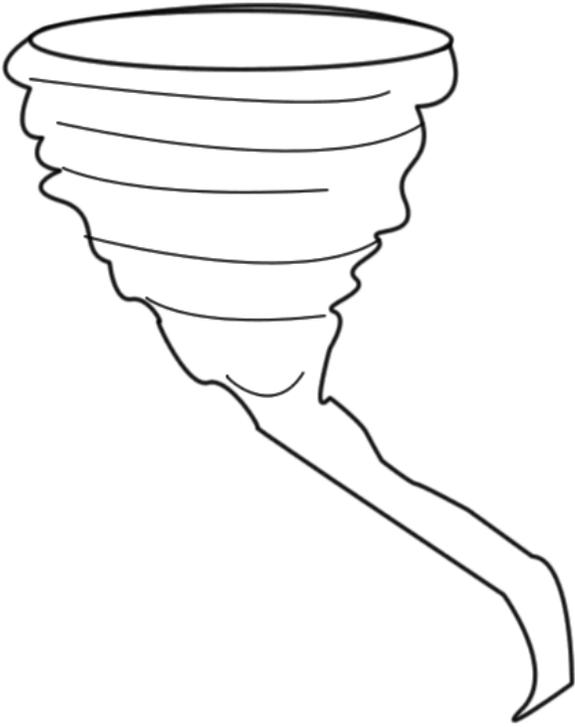
Booklet #3
 Information about Lightning.

Booklet #2
 Watch Out For Lightning!

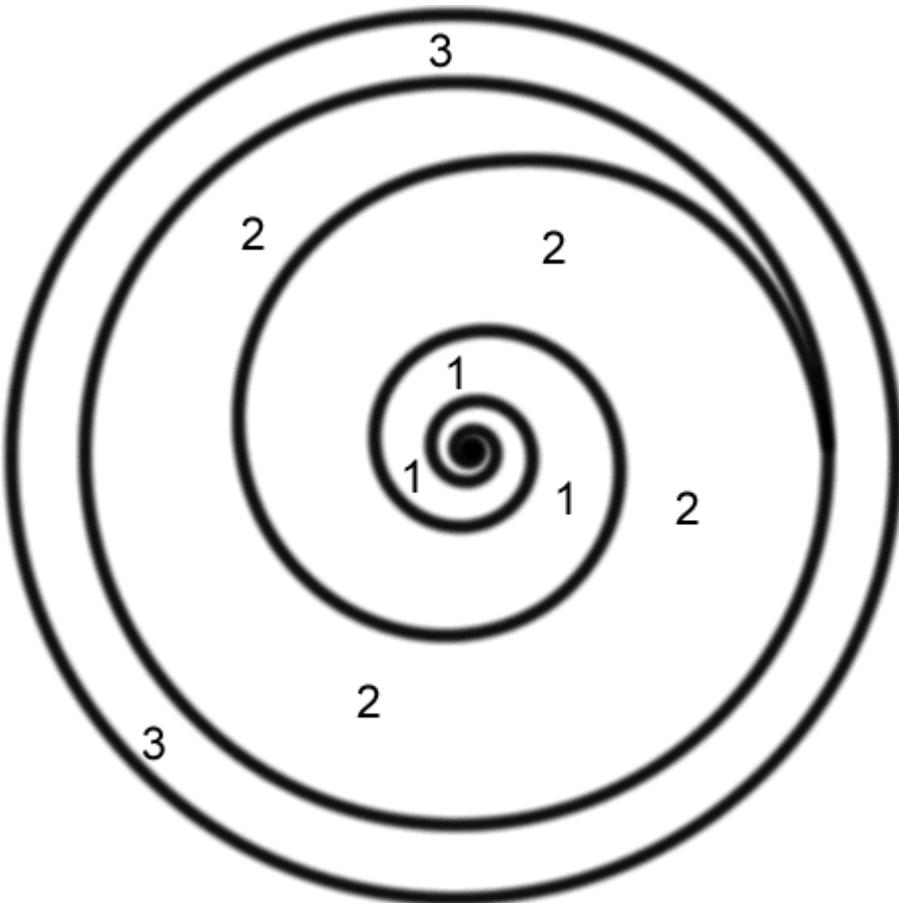
Booklet #5
 Beware of FIRES!

Booklet #4
 Be Prepared!

Booklet #5
 Hurricane



Emergency Ready !



Create your own image of a hurricane as shown on a radar screen.

If the area is **red** then that means that there is heavy rainfall in the area.

Green means the rainfall is moderate.

Blue means the rainfall is light.

1= red

2= green

3= blue

Cut along the outside of the rectangles only. Glue the inside of the book (left side with wording) inside the booklet # 1 cover. Make sure it is glued in the correct direction, so that when you open the book, you can read the words. Fold it in half on the line and glue it inside your file folder. Color the items if desired. **Covers Requirement #1**

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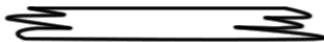
TYPES OF CLOUDS

Many People watch clouds to predict the weather for their crops, trips, boating, or daily activities.

Cirrus Clouds are high leveled clouds. These clouds are thin and wispy. Since the temperatures are so cold at 20,000 feet, they have ice crystals.



Stratus Clouds are mid leveled clouds. They are thin and flat clouds that look like a blanket on the sky.

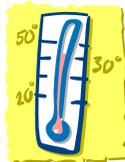


Cumulus Clouds are low leveled clouds. They look like fluffy floating cotton balls in the sky.



Meteorologists study the weather, climate, and atmosphere. They try to give accurate predictions of the weather for the next few days.

Below are some of the instruments they use to predict the weather:



Thermometer – Measures the temperature in the air.

Barometer – Measures the air pressure.



Hygrometer – Measures the amount of moisture in the air.

Anemometer – Measures the wind speed.

Weather Vane – Measures the wind direction

Rain and snow gauges – Measures the amount of precipitation.

Radar – Helps to locate and track storms.

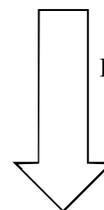
Weather Satellites – Orbits the earth and provides pictures of cloud movements.

After they gather all the information from the instruments, a huge computer prints out a weather map showing current weather conditions and predicted changes.

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Place glue on this side to adhere to the file folder.



Fold on this line

Forecasting the



Weather

Cut along the outside of the rectangles only. Glue the inside of the book (left side with wording) inside the booklet # 2 cover. Make sure it is glued in the correct direction, so when you open the book you can read the words. Fold it in half on the line, and glue it inside your file folder. Color the items if desired.

Covers Requirement #9

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Fire safety and learning how to control wild fires should be taught to prevent forest fires in your area. Most wild fires are started by accident or by lightning. Fires are dangerous and move very quickly.

How can we prevent fires outside? Once a fire starts, it is hard to get it under control. The woods contain leaves and trees that will burn quickly.

1. Never play with matches or take burning sticks out of a fire.
2. If you and an adult create a fire, make sure it is out before you leave the campsite.
3. Don't use the lanterns, stoves, or flammable items inside your tent.
4. Don't place flammable items near the fire.

What if there is a fire inside?

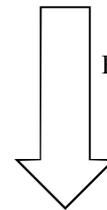
1. Plan a fire escape route for your family. It should only take you 3 minutes to get outside to your safe place, away from your home.
2. If you are inside a room, check and see if the door or door knob is warm or smoke is coming in around the door.
3. If you see or feel this, then do not open the door! If it seems clear, then open the door slowly. If a burst of smoke or heat pours into the room when you open it, then quickly shut it tight. If it is clear, follow the escape route.
4. If you are trapped, yell for help from a window so the fire fighters can see you. Call 911
5. If you see smoke, stay low to the floor and try to crawl out of the house.
6. If you need to open a window to escape, listen to your parents on how to open the window and use the ladder to escape.
7. Once you are outside go to your meeting place for your fire escape route.
8. The most important thing is that you make it safely outside. Do not bring anything!

What if I catch on fire? Remember to **STOP** what you are doing. **DROP** to the ground. **ROLL** around to extinguish the fire out. If you run around the fire will spread faster.

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Place glue on this side to adhere to the file folder.



Fold on this line

Beware of



FIRES!



Cut along the outside of the rectangles only. Glue the inside of the book (left side with wording) inside the booklet # 3 cover. Make sure it is glued in the correct direction, so when you open the book you can read the words. Fold it in half on the line and glue it inside your file folder. Color the items if desired. **Covers Requirement #3**

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Go inside! If you hear thunder, then you need to go inside. Don't be outside, because lightning could strike at any time! Quickly move away from the water, trees, high elevations, and metal objects such as pipes, bleachers, poles, etc. Do not use your cell phone and quickly find shelter or get in your car. Once you are inside, close all windows and doors.

Did you ever notice when there is a thunderstorm that the electricity flickers sometimes? Make sure you stay off the phone and unplug items not on a surge protector. If you have a surge protector, it will shut down the electricity of items plugged into it. In addition, it is not the time to take a bath, wash dishes, or be near the water. Remember to protect your animals. Don't go outside in the middle of a storm.

Is the storm near our location? You will be able to see the lightning before you hear the thunder, as light travels faster than sound. If you see dark clouds, then lightning could be present. The best thing you can do is to listen for thunder. Next time you see lightning, count the number of seconds until you hear thunder. Take the number of seconds, divide that number by 5, and that will tell you in miles, how far away the storm is.

When is Lightning going to strike me? If you hair is standing on end, it is tingling on your skin, or you hear crackling noises then you will know that lightning is near by. The best thing to do to protect yourself if you feel lightning in the air is to NOT lay flat on the ground. Drop to your knees, crouch forward, feet together, with weight on the balls of your feet, bend forward, and cover your ears.

What if someone is injured? If someone is injured from lightning call 911 and get emergency help as soon as possible.

How powerful is lightning? Even if the rain has stopped or just started, lightning can strike. Over 1,000 people die each year around the world from lightning. Lightning is about 54,000 degrees Fahrenheit. That is six times hotter than the surface of the sun!



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Place glue on this side to adhere to the file folder.

Fold on this line

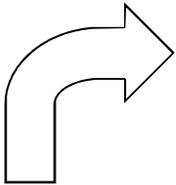
Watch Out For Lightning!

Be Prepared!

Booklet #4 Decorate the front cover of this book with wording or drawings. Cut along the outside of the rectangle only. Fold along the center line. Glue on the left side of your folder. **This booklet can be paired with any natural disaster requirement.**

BOOKLET # 4

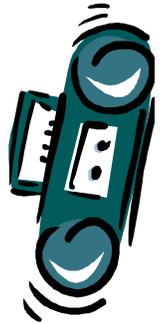
FOLD
HERE



Put together a disaster supply kit.

Beware! The electricity may go out!

1. Begin storing water for drinking, and fill the tub with water for essential needs. Usually 3 gallons per person in your home is a good gauge. Do not store water in glass or paper cartons.
2. Keep at least a three-day supply of food on hand. Store foods that are non-perishable. (Foods that do not need to be refrigerated, such as powdered milk, canned foods, peanut butter, crackers, and cookies.) Make sure you have a can opener that doesn't need electricity.
3. Make sure you have all your medications refilled, food or supplies for the elderly or babies.
4. Prepare a simple first aid kit with basic supplies of band aids, scissors, ointment etc. (Review the first aid section for more information. Booklet #7)
5. Gather flashlights and an ample supply of batteries.
6. Have a battery operated radio, so you know what is going on.
7. Have a supply of handy wipes and personal items. If the water goes out then you will be able to wash your hands, change diapers etc.
8. Make sure everyone have protective clothing and bedding.
9. Learn how to turn the electric, water and gas off. You will have to have the companies turn them back on.
10. Remember it is natural to get scared. Don't panic! Everyone will work together in your family to keep safe.



Be prepared to Evacuate your Home.

1. Make sure you listen to the local TV or radio stations for news of a possible evacuation and to determine if there is a local shelters for you to stay in. Otherwise, you should make arrangements with friends or relatives that will not be affected by the disaster.
2. Bring all your outside furniture inside.
3. If you have animals, make arrangements for them or take them to your friends or relatives. Remember most emergency shelters will not take animals.
4. During hurricanes or storms, if you do not have shutters on your house, you will need to board up all the windows to prevent the wind from breaking through them. Tarps and duck tape do not prevent windows from breaking.
5. Make sure your car is full of gas so you can leave when officials order an evacuation from your home. IF possible, store the car in the garage. Keep a key in your pocket so you will not be looking for the keys at the last minute. Bring your disaster kit with you. Do not return until the officials say it is safe.
6. Before you leave, close the windows, lock the doors, and unplug the appliances.
7. Wear protective clothing appropriate for the weather. Layering whenever possible.
8. Have your travel route, as specified by the local officials and maps for traveling.
9. Turn off your electric, water and gas.
10. Let your relatives know that you are evacuating and where you can be located.



Cut along the rectangle and fold the flaps inward. Cut out the below boxes of lettering and picture. Glue them on the front of the book making sure not to cover the opening. **Covers Requirement #4**

Hurricane



FOLD on the solid line, inward

BOOKLET # 5

Be Alert! If you live in an area susceptible to hurricanes, you should listen to weather updates when one is on the rise. Be prepared in case you need to evacuate. Beware of congestion on the road due to many coastal homes, and you may wish to have an alternative route planned. Contact friends or relatives who live out of your area in case you need to leave your house.

Review the disaster kit and evacuation plan located in Booklet #4 for more information on how to plan for a natural disaster.



How do hurricanes form? They form over warm tropical waters, and the moist warm air rises creating wind currents and clouds. When area of low air pressure exists, the wind and clouds spin around the area. When the air pressure drops, the wind speeds up, the clouds go higher, and rain begins to fall. If the air pressure stays low, the storm grows stronger and forms a hurricane. Hurricane season is usually from June to November along the Atlantic Ocean and Gulf of Mexico.

Beware! As the hurricanes approach land, a huge storm surge of water rolls towards the shore, thus washing away everything. This creates a debris of wood, plants, trees, etc.

The hurricane begins moving inward toward land, passing through with a swirl of wind, leaving a trail of destroyed buildings, trees, and scattered objects.



Stay inside your house! Keep the doors and windows shut. Don't go near them during the storm. You will be able to hear the wind and the rustling of items outside. Remember when the wind dies down it doesn't mean the danger is over. The eye of the hurricane could be moving through, so stay inside until officials give the all clear.

Who names the hurricane? Hurricanes names are chosen from a list selected by the World Meteorological Organization. One name for each letter of the alphabet is selected, except for Q, U, or Z, alternating between male and female names. For example, Hurricane Kate, then Larry, and then Mindy. The same names are re-used every six years. The only time a name is changed is if the hurricane was deadly or costly then they retire the name, and choose a new one for that letter.

The National Weather Service track the storms, issue warnings, and watches.

A B C

What is a heat wave? Heat waves are caused after long periods of high temperatures and humidity. The heat can cause dehydration, heat cramps and other serious conditions. The National Weather Service sends out warnings.

Prepare for a Heat Wave!

1. Stay inside and keep cool! Stay in the coolest area of the house and keep the sunshine out by covering the windows with curtains. If you do not have an air conditioner, use a fan, or go to a public area that has air conditioning.
2. Don't exercise or do strenuous activities. If you need to work outdoors, complete your tasks in the evening.
3. Light colored clothing reflects away from the sun and keeps you cooler.
4. Drink lots of water. This keeps you hydrated and your body cool.
5. Eat small meals throughout the day. Avoid eating protein if possible.
6. Never stay in the car during a hot day. Don't leave pets or perishable items in the car during the summer heat.
7. Heat cramps: Give a half glass of water every 15 minutes. Stay in cool, comfortable place.
8. Dehydration: You have a dry mouth, headache, and dizzy. Drink water to replenish what you have sweated.
9. Heat Stroke: You will have shallow breathing, weak pulse, and a high temperature. Contact 911 if you think someone has had a heat stroke.

Heat Waves

Page 4

What is a blizzard? It is a severe winter storm with strong winds and lots of snow. You should only go outside if absolutely necessary because of the strong winds, cold temperatures and heavy snow fall.



Prepare for a blizzard !

1. When the weather channel sends out a snow storm advisory, prepare for large amounts of snow or a blizzard depending on the amount of snow and the wind speed. If the condition persists, it will turn into a blizzard warning.
2. **Review the disaster kit located in Booklet #4.** Some additional items you may wish to add are: A snow shovel, winter clothing, mittens, hats, boots, wood for the fireplace (if you have one), and rock salt to melt the snow and ice outside.
3. If you are in your car, run the engine ten minutes, for every hour. Make sure to crack open your windows when you are running the car, to avoid carbon dioxide poisoning. In addition, make sure the exhaust pipe is not blocked and that the car is visible for rescuers. Tie something on the antenna, so that someone can find you. Never leave the car and walk. Keep a blanket in your car in the winter time.

An **avalanche** is when a large amount of snow breaks away from the mountain and rapidly slides down. Try to stay away from mountainous areas that may be danger of avalanches. If you are caught in an avalanche, get to the side of it or grab a tree. If you are swept in the avalanche, swim with it, so you can stay close to the top. Never travel alone!

Blizzards and Avalanches

Cut out the next three pages, labeled Booklet #6, to create this flip book. You will need a stapler to create this book. **Covers Requirement #13 - Heat Waves, Requirement #10-Blizzards, and Requirement #12-Avalanches.**

BOOKLET #6

Covers Requirement #11 (Earthquakes),

Page 3



Earthquakes are sudden movements of the earth's surface. Sometimes large shimmers are followed by smaller aftershocks. There are more than a million earthquakes a year. Some are strong while others are just little tremors.

Prepare for the earthquake!

1. If you are inside, stay calm and take cover under a dining room table, closet, or bathroom, away from windows, anything that could fall on you, or glass objects.
1. If you are in bed, protect your head with a pillow.
3. If you are in a car, pull over and stay inside.
4. Don't run to an exit in a public area, take cover, and protect yourself. Never get in an elevator!
5. If you are outdoors, move away from buildings, trees, and power lines. Get on the ground.
6. Remember to DROP, COVER, AND HOLD ON! Protect your eyes by pressing your face against your arm.
7. Listen to radio for instructions and be prepared to for aftershocks. Protect yourself during these tremors.

Earthquakes also can cause a Tsunami. If you feel an earthquake near the pacific coastline beware that there may be a tsunami coming. It is a series of waves, not a single wave, and the danger may not be over when you think it is. Therefore, don't think twice...move away from the shore until officials say you can return. Hawaii has an earthquake every year. **Review the disaster kit and evacuation plan located in Booklet # 4 for more information on how to plan.**

Earthquakes and Tsunami

B O O K L E T # 6

Page 2



Did you ever wonder what happens to the rain when it falls? If you live near rivers, lakes, or streams your home could be part of a flood zone and you may be in danger of flooding in your home. In addition, large rainfall over several days can create flooding. When rain falls it needs to go somewhere. Flooding occurs when we get large puddles of water, these bodies of water overflow, and the ground cannot soak it up. If it keeps raining, it may flood into homes and over the land.

Many towns or homes have created levees, which are walls constructed out of well formed soil. They are usually 5 feet high and can hold back the water from flooding houses or the town.

If it continues to rain then the National Weather Service will publish a **flood watch** in your area. Keep watching the weather because it could turn into a **flood warning** and create a need to **evacuate**. Move all of your valuable items to the highest level of your house. Leave the area and get to higher ground! Many people ignore flood warnings and find themselves in trouble before they know it. Therefore take these warnings serious and listen to the weather.

Watch out! If the rain continues to pour, there is danger of the water rising, or the levees breaking, and creating a huge gush of water pouring through the town. This is the most dangerous type of flood called a **flash flood**. At this point you only have a few minutes to get to a higher ground. Rapidly flowing water can knock a person down. Remember it only takes 2 feet of water on the ground to make a car or bus float. Therefore, never drive through flooded roads. **Review the disaster kit and evacuation plan located in Booklet # 4 for more information on how to plan.**

Flash Floods

Page 1



What is a tornado? When it rains, a thunderstorms can grow stronger. When they do, the warm air may begin to spiral up and the cold air spirals down creating a funnel cloud. As this grows, the air pressure drops, which increases the wind speed. The tip of the funnel becomes very strong. If it touches the ground it becomes a tornado.

If the funnel cloud has formed, there may be a tornado in your area. This is called a **tornado watch**. Keep watching the weather, as it could turn into a **tornado warning**. You will then need to **evacuate or head for shelter underground**.

When the funnel cloud has touched the ground, the sky begins to darken, and it may begin to hail. When the tornado is near, the wind begins to blow at a high speed. It pulls up everything in it's path like a vacuum. It begins to grow picking up rocks, cars, trees, animals and small objects. The flying debris from tornadoes causes most of the injuries.

Stay out of the tornado's path ! Do not try to out run the tornado in your car. Leave the car and search for a safe area. If you can not get to your house then go to a low lying ditch and lie flat. Make sure you are not near structures or electrical lines. If your house has a basement then go there. If you do not have a basement, go to a room without windows, like a bathroom or closet. If you live in a mobile home, evacuate to a safer location.

Where are tornados? They can happen any time of the year, anywhere. They are more likely to happen in the following tornado alley states: Arkansas, Illinois, Indiana, Iowa, Kansas, Missouri, Oklahoma, and Texas.

Tornados

Creating the Emergency Ready flip book: First, have the participants cut along the lines around five box templates to create Booklet #6.

After they have cut out all the templates, start with the bottom page, labeled page 1, stack each page on top of each other in numerical order.

Each layer gets shorter and shorter as it progresses to the top. After all the pages are layered upon each other, make sure they are straight and staple them together at the top three times to form the book.

After the flip book is completed, you can place it the middle portion of your folder about 1/2 inch from the top. This should be adhered into the book with a glue stick. Make sure you have enough to secure it to the folder. Press down firmly and let it dry. The last page will not be numbered because it is on top.

BOOKLET #6

Cut along the outside of the rectangles only. Glue the inside of the book (left side with wording) inside the Booklet #7 cover. Make sure it is glued in the correct direction, so when you open the book, you can read the words. Fold it in half on the line and glue it inside your file folder. Color the items if desired. **Covers Requirement #6Covers Requirement**

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A First Aid Kit is typically used for minor scraps, cuts, and burns. If someone breaks a bone, or has a serious injury, you may need to CALL 911. **Extra credit:** Post important numbers on your refrigerator in case of an emergency.

Have a parent or adult help you prepare the first aid kit. Never open the first aid kit unless you are old enough to use it, or an adult is assisting you.

Purchase a **plastic container** with a lid about the size of a shoebox. Follow the list below for the items you will need for your kit.

1. Band aids in various sizes
2. Disposable gloves
3. Anti-bacterial ointment.
4. Gauze pads and rolls of gauze.
5. Scissors and tweezers.
6. Triangular bandage
7. Headache or pain relievers.
8. Charcoal for ingesting poison. Only use if the poison control center says.
9. Cold pack, activated by bending.
10. Hand cleaner.
11. Small flashlight and extra batteries.

Check your First Aid Kit monthly. Ensure it is properly stocked and the batteries still work in the flashlight. Restock items that are depleted.

Have an adult teach you how to do basic first aid, according to your age.

Some topics include:

Dressing cuts and scraps.
Bandaging a sprain.
Choking

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Place glue on this side to adhere to the file folder.



Fold on this line

Make Your Own

FIRST AID

KIT

Who names the hurricane? Hurricanes names are chosen from a list selected by the World Meteorological Organization. One name for each letter of the alphabet is selected, except for Q, U, or Z, alternating between male and female names for each hurricane. For example, Hurricane Kate, then Larry, and then Mindy. The same names are re-used every six years. The only time a name is changed is if the hurricane is deadly or costly, then they retire the name and a new name is chosen for that letter.

The National Weather Service track the storms, issue warnings, and watches.

Do you see your name on the list below of the hurricanes for the Atlantic Ocean storms?

2002	2003	2004	2005	2006	2007
Arthur	Ana	Alex	Arlene	Alberto	Andrea
Bertha	Bill	Bonnie	Bret	Beryl	Barry
Cristobal	Claudette	Charley	Cindy	Chris	Chantal
Dolly	Danny	Danielle	Dennis	Debby	Dean
Edouard	Erika	Earl	Emily	Ernesto	Erin
Fay	Fabian	Frances	Franklin	Florence	Felix
Gustav	Grace	Gaston	Gert	Gordon	Gabrielle
Hanna	Henri	Hermine	Harvey	Helene	Humberto
Isidore	Isabel	Ivan	Irene	Isaac	Ingrid
Josephine	Juan	Jeanne	Jose	Joyce	Jerry
Kyle	Kate	Karl	Katrina	Kirk	Karen
Lili	Larry	Lisa	Lee	Leslie	Lorenzo
Marco	Mindy	Matthew	Maria	Michael	Melissa
Nana	Nicholas	Nicole	Nate	Nadine	Noel
Omar	Odette	Otto	Ophelia	Oscar	Olga
Paloma	Peter	Paula	Philippe	Patty	Pablo
Rene	Rose	Richard	Rita	Rafael	Rebekah
Sally	Sam	Shary	Stan	Sandy	Sebastien
Teddy	Teresa	Tomas	Tammy	Tony	Tanya
Vicky	Victor	Virginie	Vince	Valerie	Van
Wilfred	Wanda	Walter	Wilma	William	Wendy

Write down the names off the list of people you know.

Emergency Phone Numbers

Know your local emergency numbers. 911 is not always the first number to call. If you do need to call 911, remember to tell them your name, address, let them know what the emergency is, and stay on the line until help arrives, if needed.

Fire Department _____ poison control center: 1-800-222-1222

Police Department _____ Dr.'s Office _____

Mother's Cell Phone _____ Mother's Office Number _____

Father's Cell Phone _____ Father's Office Number _____

School Office Phone _____ Animal Control _____

Babysitters Phone _____ Scout Leader or Coach _____

Relative or Neighbors Number

Name _____ Number _____

WATER

THREE gallons per person in your home.

Radio

Operated by batteries so you can hear what is happening if the electricity goes out.

Batteries

You will need these to operate your flashlight and radio. Make sure you have the correct type on hand.

Flashlight

You will need this in case the electricity goes out.

First Aid Kit

Prepare a simple first aid kit with basic supplies of band aids, scissors, ointment, etc.

Can Opener

Make sure the can opener doesn't need electricity.

Food

Keep at least a three-day supply of food on hand. Store foods that are non-perishable. (Foods that do not need to be refrigerated such as: Powdered milk, canned foods, peanut butter, crackers, and cookies.)

Protective Clothing

Make sure you have the proper type of clothing according to the weather. Rain boots, coats, etc.

Bedding

THREE gallons per person in your home.



What if the electricity goes out? Do you NEED it?

Electronic Game

This might be nice to have to pass the time, but do you NEED it.

Puzzle Book

This might be nice to have to pass the time, but do you NEED it.

Special Needs

Make sure you have all your medications refilled and special needs food or supplies for the elderly or babies.

DVD Player

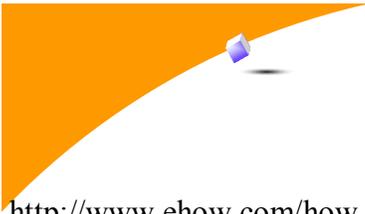
Do you NEED it? Remember we are gathering things that we need for our emergency kit.

Food

Keep at least a three-day supply of food on hand. Store foods that are non-perishable. (Foods that can stay good without a refrigerator such as powdered milk, canned foods, peanut butter, crackers, and cookies.)

Extra Clothing

Have extra clothing on hand to change into if needed.



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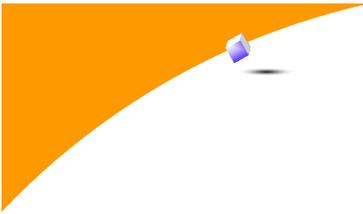
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Name _____
 Address _____
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 Email Address: _____
 Discover/Mastercard/Visa# _____ - _____ - _____ or Check # _____
 Expiration Date: _____ Have you ordered before? _____

Item #	Description	Quantity	Unit Price	Total Price
EMR06	Emergency ready patch!		\$1.75	\$
			\$	\$
			\$	\$
			\$	\$
			\$	\$
			\$	\$
			\$	\$
			\$	\$
			\$	\$
			\$	\$
			\$	\$
			\$	\$
SUBTOTAL				\$
Regular Shipping & Handling (view chart on the next page)				\$
Special Shipping (next day, priority mail etc)				\$
TOTAL ENCLOSED				\$



Shipping Chart

If you would prefer Priority Mail, please add \$2.00 to the \$4.99 or above shipping category.

Next day service is an average cost of \$28.00 (USPS determines the pricing according to the zone and weight.)

Patches	
1-5	\$3.55
6-20	\$4.99
21-30	\$5.99
31-50	\$6.50
51-70	\$6.99
71-100	\$9.55
101-150	\$10.55
151-200	\$13.00
201-400	\$15.99
401-500	\$17.50
Over 500	Contact us for pricing

Kits or Manuals (shipped Priority Mail)	
1	\$6.99
2	\$9.25
3-5	\$10.75
6-8	\$12.75
10-12	\$15.75
13-20	\$22.25
21-23	\$24.00
Over 24	Contact us for pricing

Kits and manuals range from 30 to 62 pages in length (except the Patch Program Book, that is over 100). Therefore if you are ordering more than 2 kits or manuals, please use the above shipping chart. Patches, bracelet kits, and stamps can be added to any order falling within that price range. Otherwise, use the highest shipping amount on the chart according to the items ordered.