



IT'S AN EMERGENCY!

Emergencies can feel like a rollercoaster! But guess what? Not all emergencies are created equal! So, buckle up as we dive into the wild world of two totally different types of emergencies!

Personal Urgency

- Being sick
- Family or pet ill
- Cell phone broken
- Car/transportation is broken or unavailable
- Feeling sad or alone
- Favorite show is cancelled

Disaster/Emergency

- Infectious disease like Covid-19
- Large scale disaster like flood/tornado
- Fire
- Unsafe temperatures - too hot or too cold
- Feeling I want to hurt myself or others

IT'S AN EMERGENCY!

A DISASTER is a sudden situation that can be dangerous for you or others. When a disaster or emergency happens, it's important to act quickly and follow safety rules. In these situations, it's essential to stay calm and get help right away! Here are some examples of emergencies:

These two government websites have information on disasters, checklists, apps, and information to stay safe.



WWW.FEMA.GOV
FEMA (Federal Emergency
Management Agency)



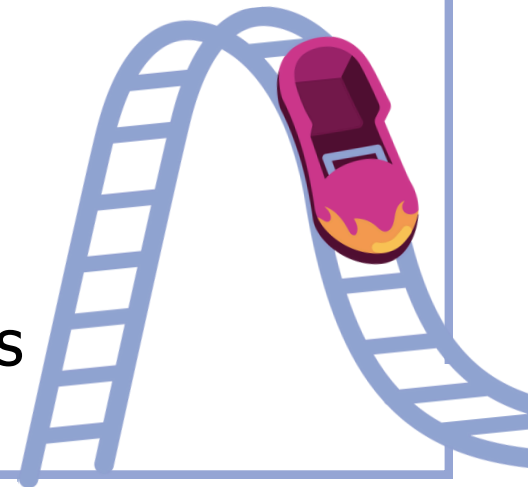
WWW.READY.GOV
U.S Department of Homeland
Security website

Personal Emergency

- Severe injury
- Unsafe location
- Car accident
- Fire in your house

Community Disaster

- Infectious disease
- Large scale disaster like flood/tornado
- Fire
- Unsafe temperatures
- High Winds
- Thunderstorms



IT'S A PERSONAL URGENCY!

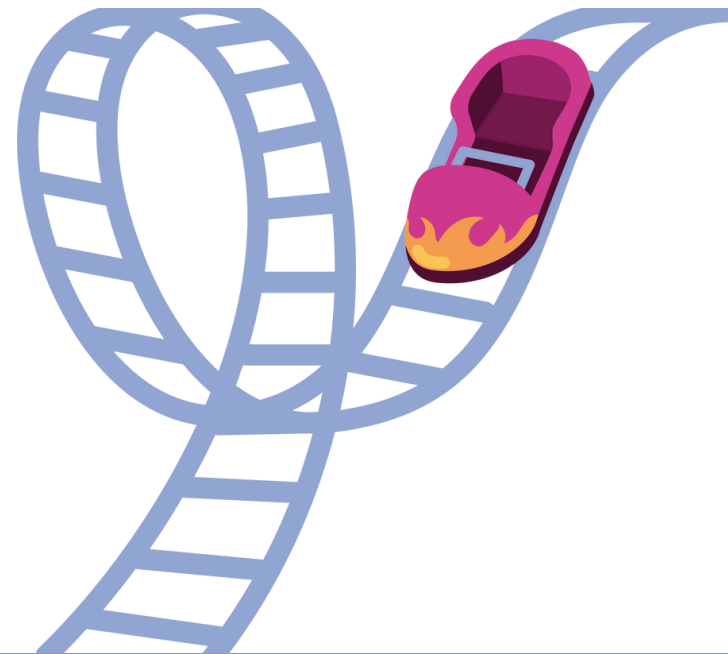
A **PERSONAL URGENCY** is an unexpected event that is not dangerous. These problems need to be resolved quickly, but there is no need to hit the panic button. Here are some examples:

Create your Specific Urgency Checklist

- **Stay Calm**
 - Take a deep breath
- **Reach out to a trusted friend or advisor**
- **Create a problem specific checklist of things to do**
 - Include things to try, who to call, and any tools or equipment you need
 - Use AI tools like ChatGPT to help you
- **Work through your checklist items by yourself or with help**
- **CELEBRATE YOUR SUCCESS**

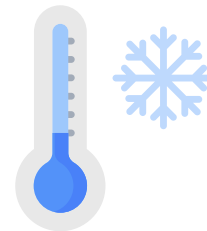
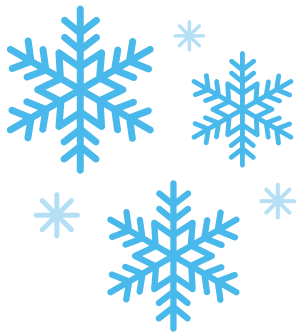
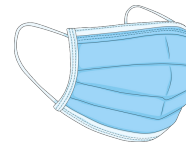
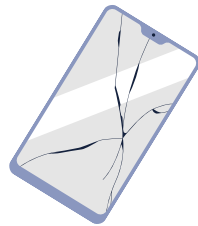
Personal Urgency

- Phone broken • Dishwasher broken
- Car/Transportation • Cold/Flu • Food I like is not in the fridge • Loss of power



EMERGENCY OR URGENCY?

Put an X on the EMERGENCIES.



Can you think of any other Emergencies or Personal Urgencies?



EMERGENCY CHECKLIST



Staying Informed

Emergency Ally: Someone you trust to help you during an emergency. This person will help you determine where you need to go, and how you will get there.

Sign up for Weather and Emergency Updates:

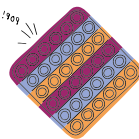
- Local TV stations
- FEMA
- Alert Sense
- NOAA



CALMING STRATEGIES

Think about what you need in different scenarios to stay calm. Examples:

- Stress balls
- Flash Lights
- Favorite stuffed animal
- Headphones



SHELTER

How can I find Shelter? Text **SHELTER Zipcode** (Example: SHELTER 42104) to 43362



MEDICINE

Understand your medicine: Talk to your doctor or pharmacist about how much medicine you need and how you need to store it safely.



KIT/DOCUMENTS

The Red Cross website has checklists for every emergency.



Red Cross website





EMERGENCY CHECKLIST

Date of Review _____

Staying Informed

My Emergency Ally is:

Phone:

Email:

☐ I have signed up for emergency alerts for my phone or tablet.

My local TV news station is:

My Local radio station is:

SHELTER

I can find my local shelters here:

MEDICINE

- ☐ I have a current list of all my prescribed medications.
- ☐ I know where my medicine is stored and can get it easily.
- ☐ I know how to safely store my medication.

KIT/DOCUMENTS

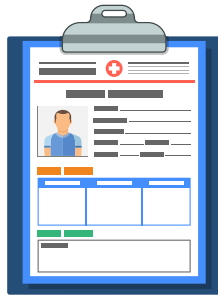
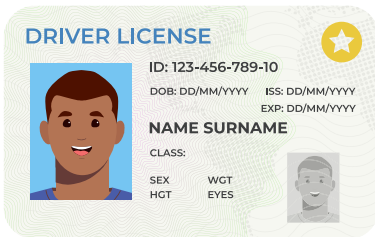
I have packed the following in my emergency kit for myself:

CALMING STRATEGIES

I have packed the following in my emergency kit for myself:

EMERGENCY DOCUMENTS

Documents, or documentation, are pieces of paper, or cards that identify you, provide information about you, or prove you own something.



Identification Documents

- Drivers License/State ID
- Military ID
- Passport
- Social Security Card
- Birth Certificate
- Marriage Certificate
- Medical or Allergen Identification Card

Important Documents

- Health Insurance card
- Debit Card
- Personal Health Care Planner
- Mortgage or Lease
- Life Insurance policy
- Personal photos and memoirs

EMERGENCY KIT

List a few things that you would pack in your emergency kit.





PERSONAL URGENCY CHECKLIST

BROKEN CELLPHONE EXAMPLE

Personal Urgencies will be different. You will need a specific plan for each one but there are **5 key things** to focus on.

What is my urgency? My cellphone broke.
Is everyone safe? Yes

1

2

How can I stay calm?

I can listen to calming music and take deep breaths.

Who can I ask for help?

I can ask my parents or a teacher to help me.

3

4

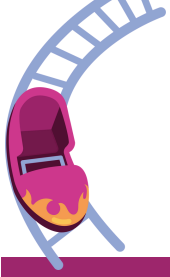
What can I try?

I can make sure it is charged. I can try turning it off and on. I can look at it to see if it is cracked or broken.

Plan Ahead

I can check to see if I have phone insurance. I can keep backups of pictures. I know a good repair place.

5



PERSONAL URGENCY CHECKLIST

BROKEN CELLPHONE EXAMPLE



Here is the checklist of things to do in case your cell phone breaks based on our 5 key things.

- Stay Calm
 - Take a deep breath
 - Count to ten
- Check if It's Really Broken
 - Try turning your phone on again.
 - See if the screen is cracked or if it's just not working.
 - Check the Battery
 - Make sure your phone is charged. Plug it into a charger and wait a few minutes.
- Try Restarting the Phone
 - Hold the power button for a few seconds to turn it off, then turn it back on.
- Ask for Help/Tell Your Parents or Guardian
 - Ask an adult or friend if they can help you figure out what's wrong.
- Look for a Fix
 - If it's a small problem (like a cracked screen), ask if it can be fixed.
 - If you can't fix it, you may need to go to a store or call a repair shop.
 - Use Another Phone
- If you need to make a call and can't use your phone, ask to use someone else's phone.
- Backup Your Information
 - If you can still use your phone, make sure you save important photos or contacts.
- Plan for a New Phone
 - If your phone can't be fixed, you may need to get a new one. Ask your parents or an adult for help.