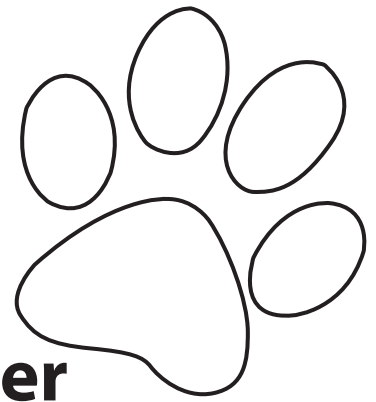


FRED THE PREPAREDNESS DOG



ACTIVITY BOOK

THE F.R.E.D. PLEDGE



Families Ready for Every Disaster

I pledge to:

☐ **Build a Disaster Kit**

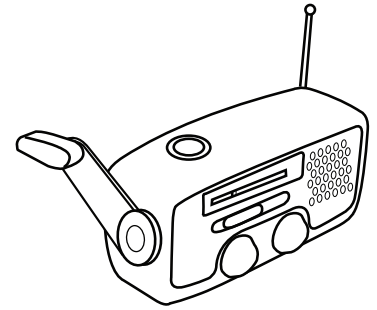
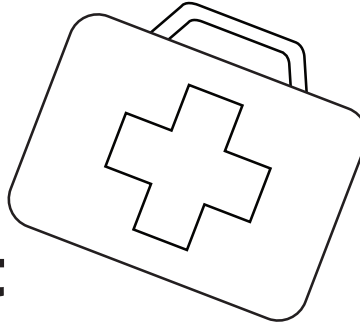
☐ **Create a Plan**

☐ **Stay Informed**

☐ **Practice Drills with Family and Pets**

☐ **Know my Community**

☐ **Help Others**



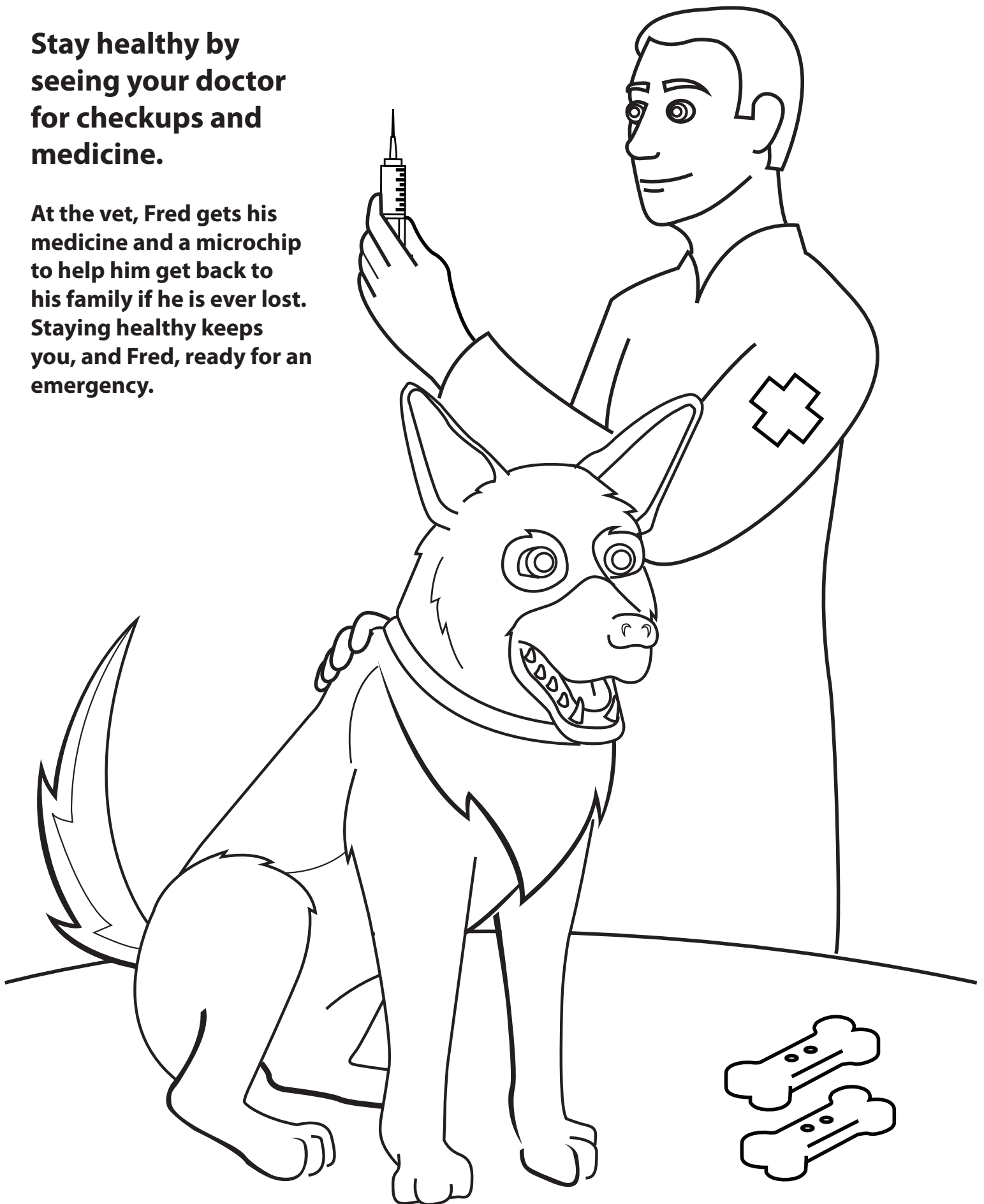
Name: _____ Age: _____ Phone: _____

Address: _____ School Name: _____

Sign: _____

Stay healthy by seeing your doctor for checkups and medicine.

At the vet, Fred gets his medicine and a microchip to help him get back to his family if he is ever lost. Staying healthy keeps you, and Fred, ready for an emergency.

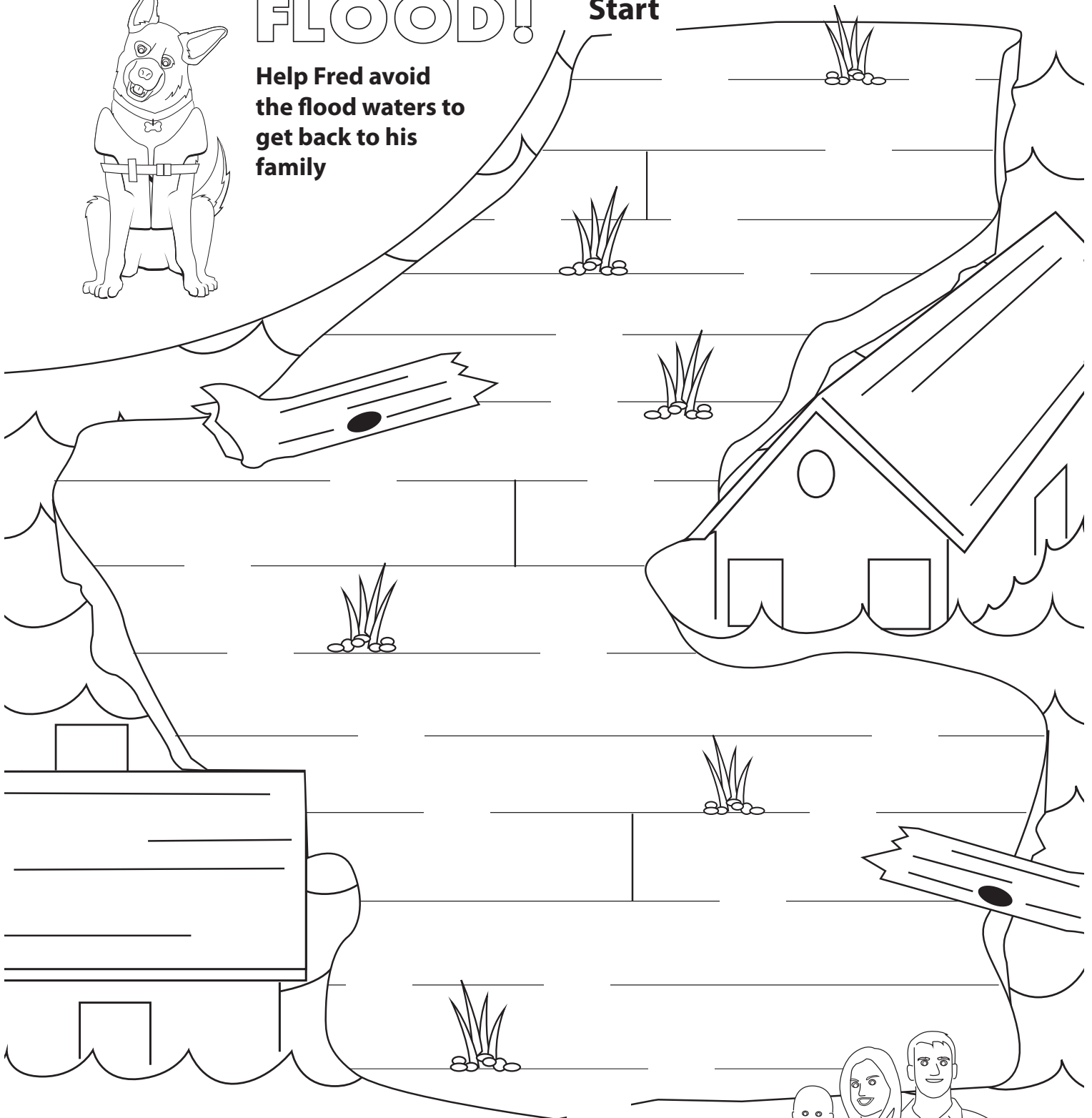




FLOOD!

Start

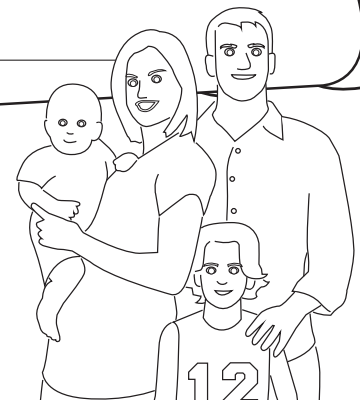
**Help Fred avoid
the flood waters to
get back to his
family**



Facts From Fred

In a flood, a car can be
taken away in as little
as 2 feet of water.

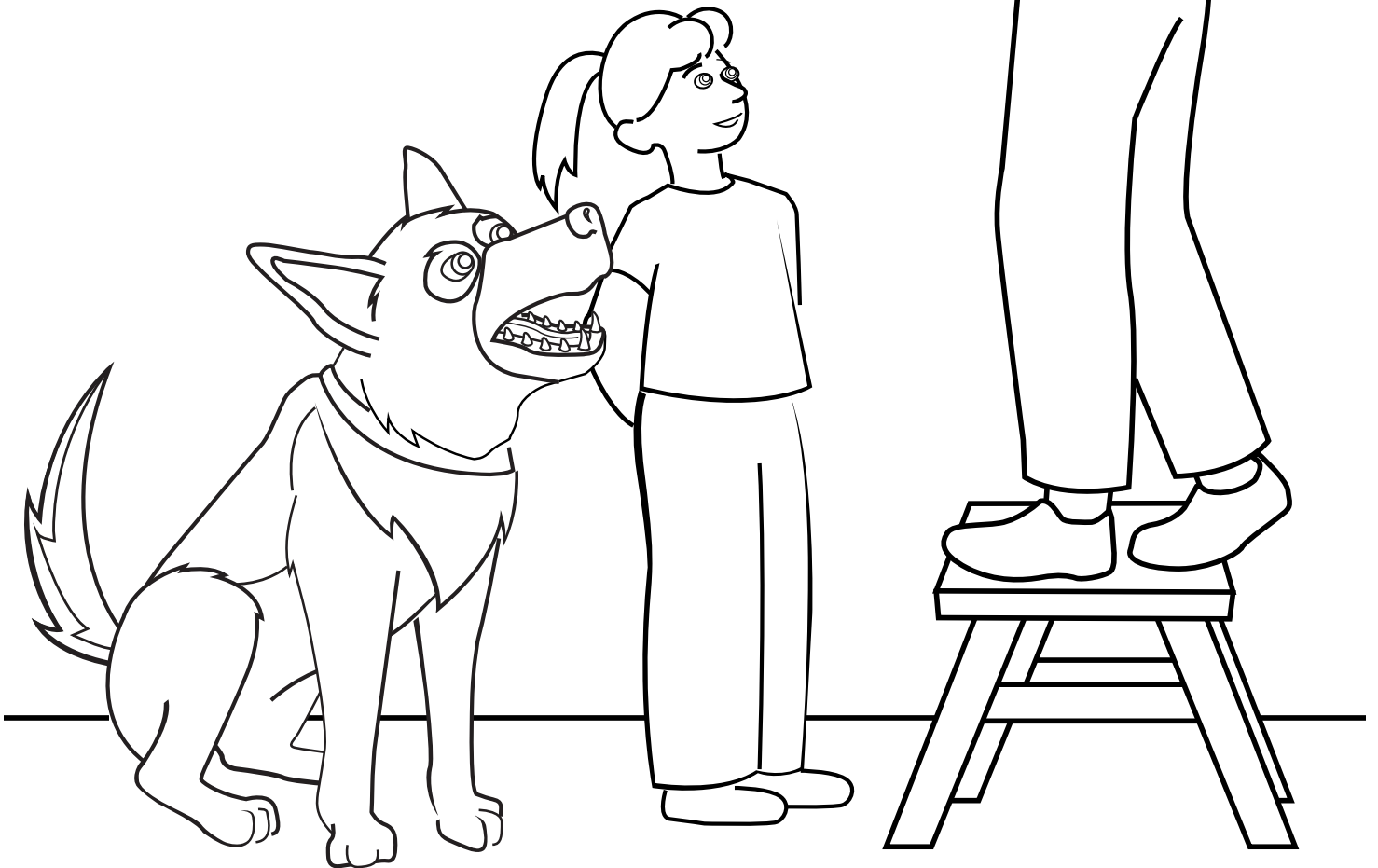
Finish



**Fred helps his family
check their smoke
detectors.**

**Facts
From
Fred**

Smoke detectors should be tested every month and batteries should be replaced twice a year at the same time you change the time on the clocks.



WORD SCRAMBLE

Unscramble the words below.
Write your answers in the circles provided.



RFIE

○ ○ **R** ○

OLODF

○ **L** ○ ○ ○

DREF

F ○ ○ ○

DOFO

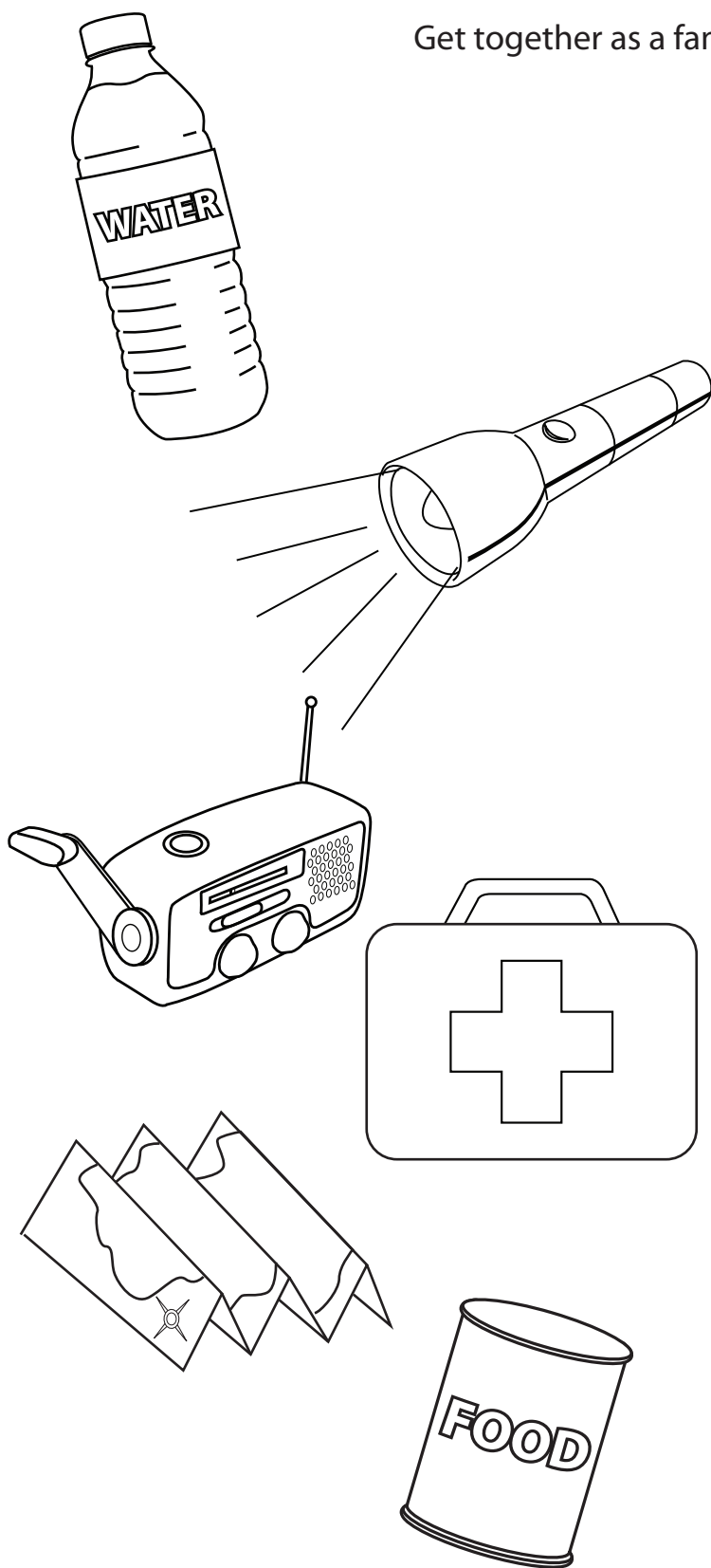
○ ○ ○ **D**

NALP

○ ○ **A** ○

HOW TO MAKE A DISASTER KIT

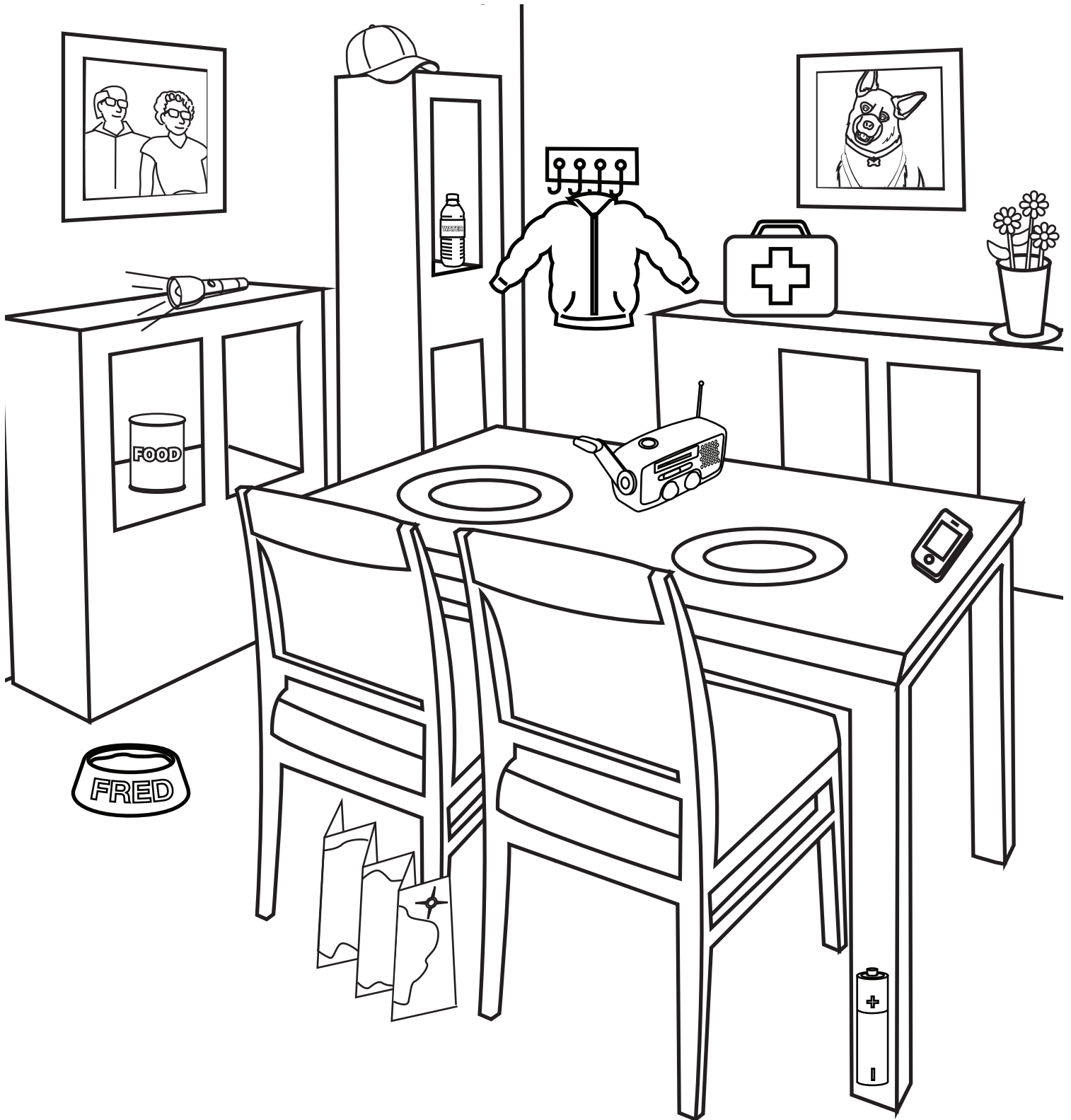
Get together as a family and make a kit.



A basic emergency supply kit could include the following items:

- Water, one gallon of water per person per day for at least three days, for drinking and cleaning
- At least a three-day supply of food that won't spoil, like canned or dried food
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both
- Flashlight and extra batteries
- First aid kit
- Whistle to signal for help
- Dust mask to help filter dirty or harmful air and plastic sheeting and duct tape to help keep you safe until danger has passed
- Baby or hand wipes, garbage bags and plastic ties for cleaning up trash and messes
- Wrench or pliers to turn off utilities
- Manual can opener for food
- Local maps
- Cell phone with chargers
- Emergency contact numbers and names (Doctor, Grandparents, etc.)

Circle the items you need to make your own disaster kit!



Facts From Fred

Your community has an emergency and disaster response team that can include police, firefighters and emergency medical workers.



TORNADO!

Go through the maze by getting to the three places you can go to be safe during a tornado

Start

Basement

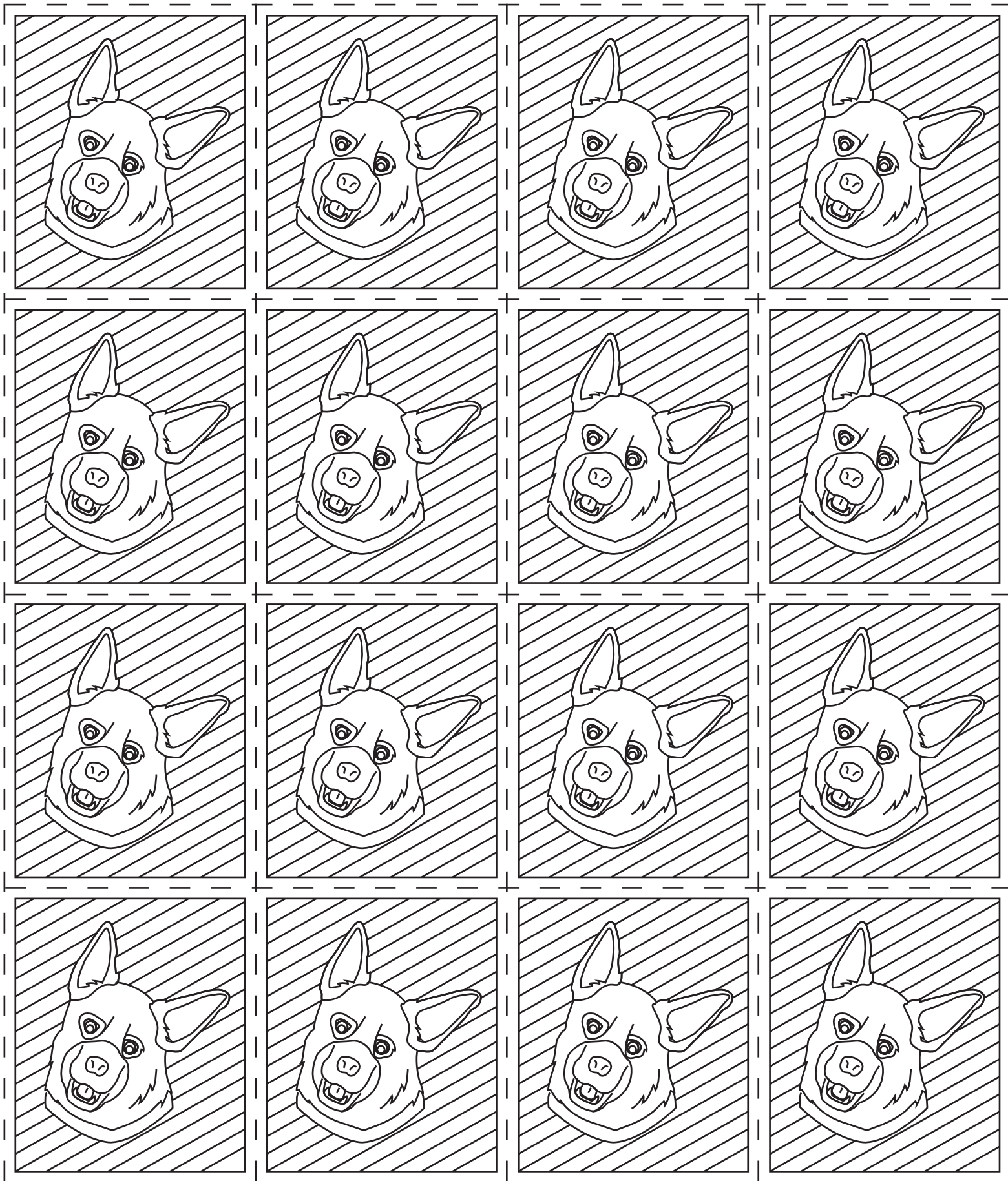
Storm Shelter

Safe Room

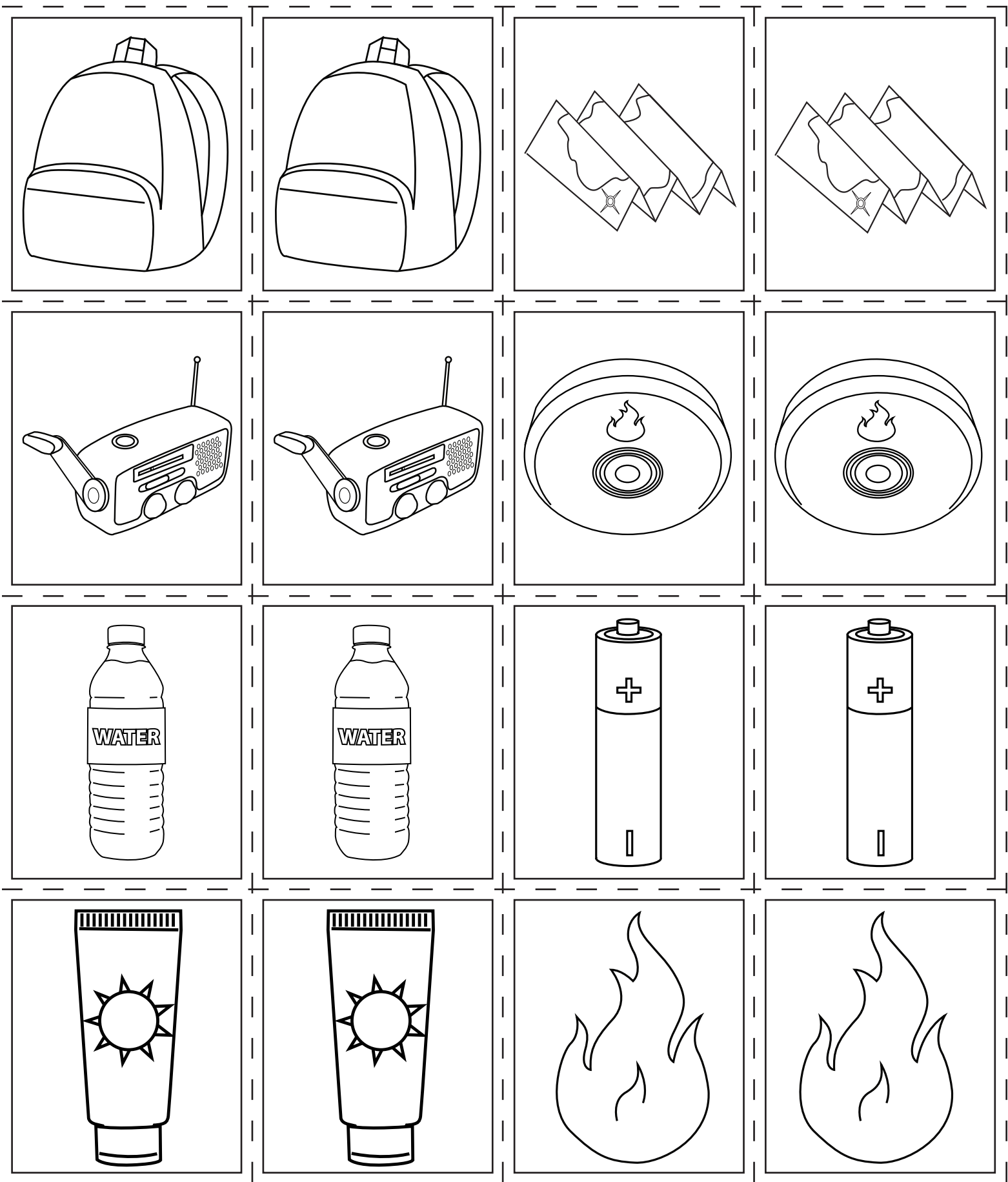
Finish

**Facts
From
Fred**

During a Tornado, you can go to a Basement, Storm Shelter or Safe Room for shelter.

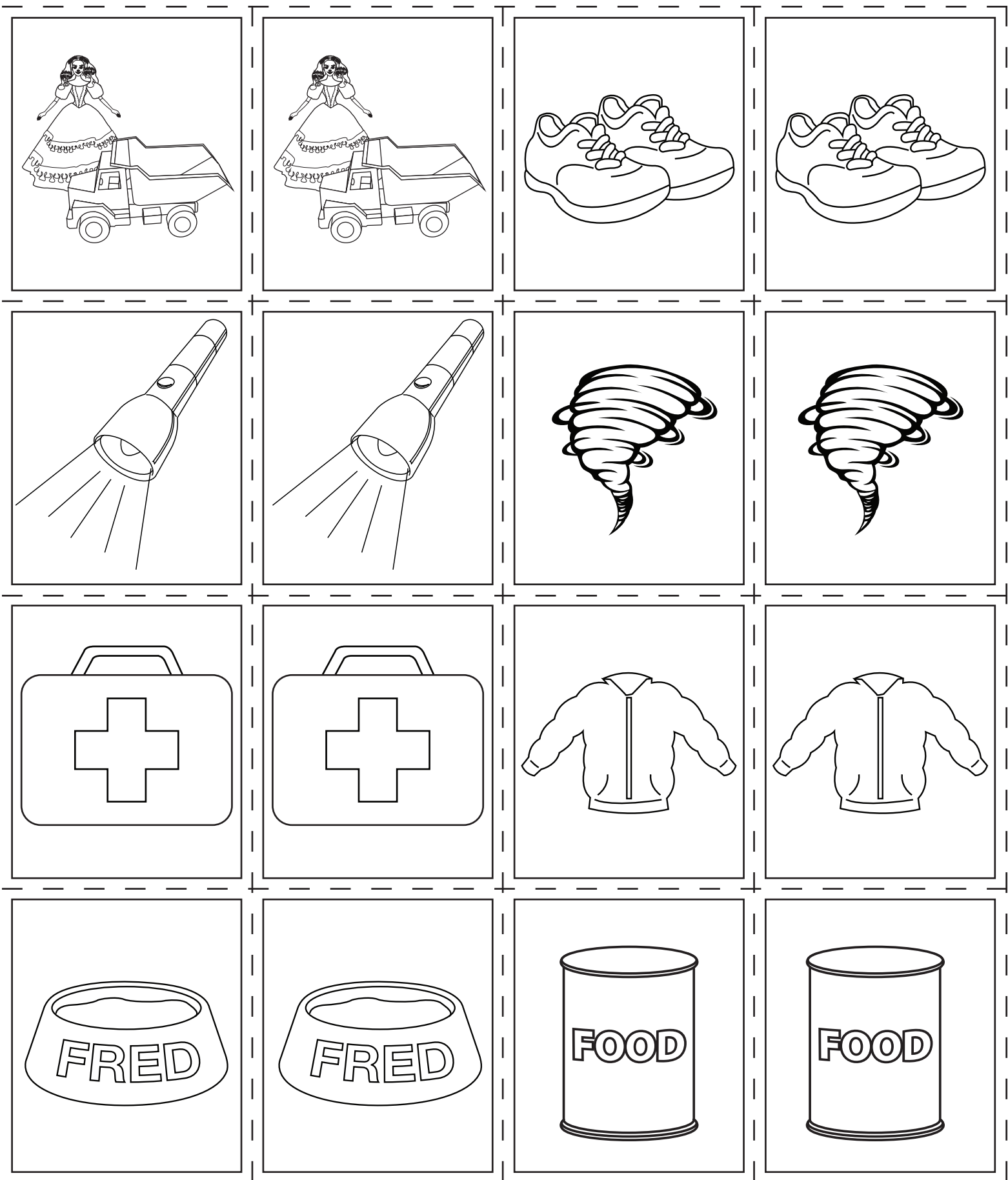


CREATE YOUR OWN MATCHING GAME!

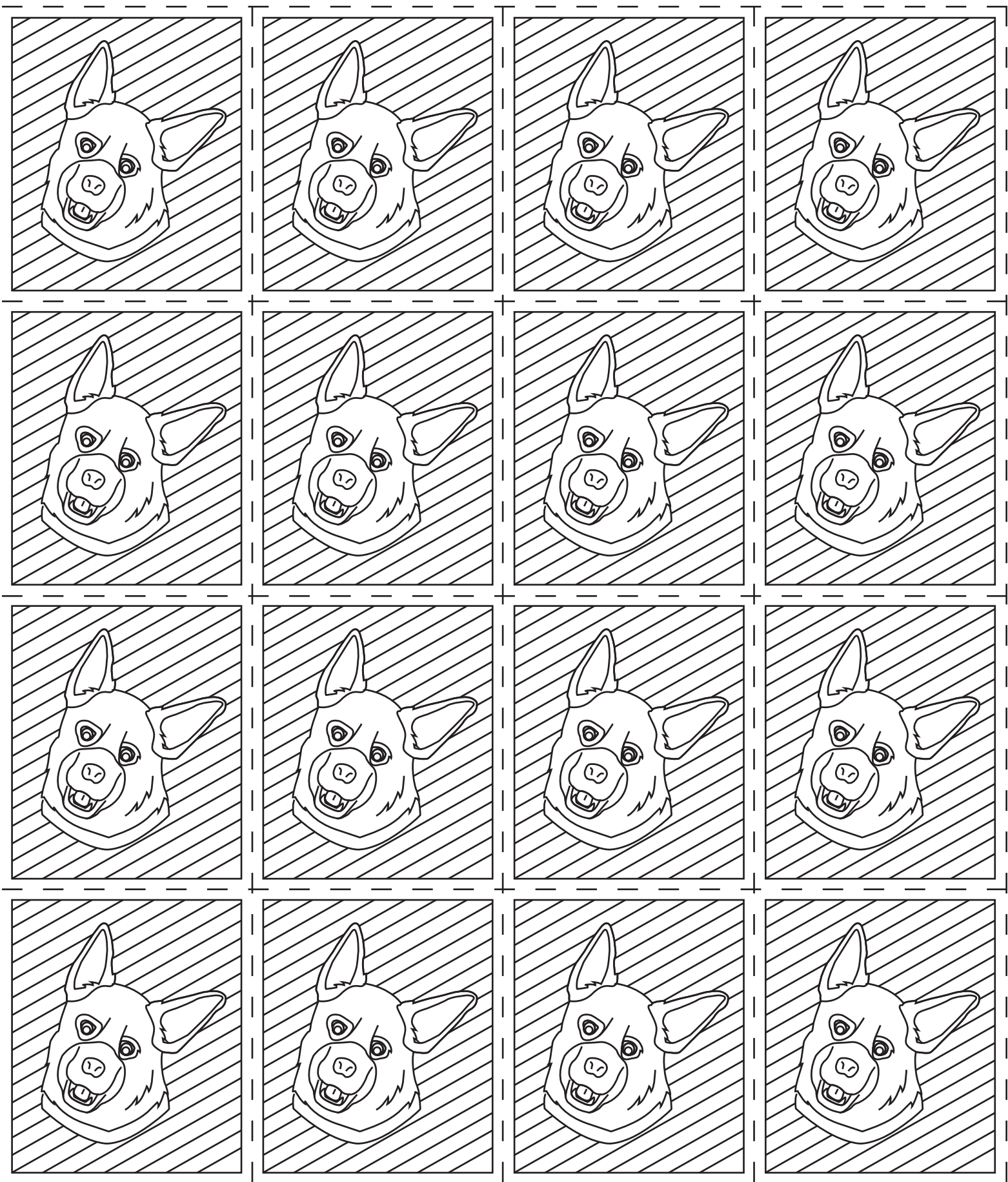


Color these cards and then have an adult help you cut them out. Lay out the cards face down in rows forming a large rectangle on the table or floor.

Make sure the cards are not touching each other.



The first player chooses two cards and turns them over. If the cards match, then they take the two cards and start a stack. The player is awarded another turn for making a match and goes again.

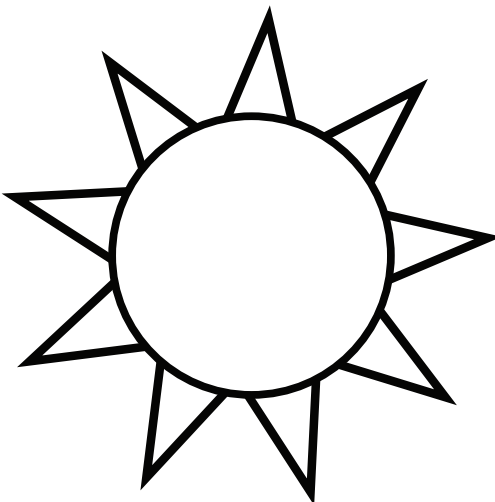
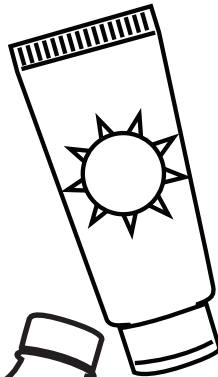
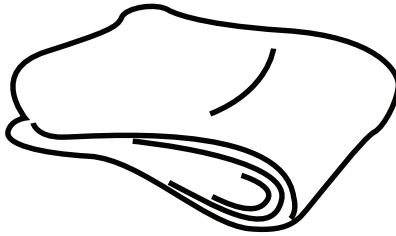


If the cards are not a match, they are turned back over and it is now the next player's turn. Once all the cards have been played, the player with the most matching pairs is the winner.

Staying safe IN EXTREME WEATHER

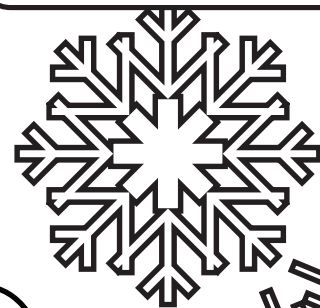
HEAT

- Plenty of water to stay hydrated
- Water bowl for pets
- Appropriate clothing for hot weather
- Weather Radio to keep track of weather headed your way
- Cell phone
- Shelter that will provide shade from the heat
- Sunscreen
- Hat
- Sunglasses



COLD

- Plenty of water to stay hydrated
- Water bowl for pets
- Appropriate clothing for cold weather
- Weather Radio to keep track of weather headed your way
- Cell phone
- Shelter from the cold if you aren't near a building
- Jacket
- Blankets
- Hat



WORD SEARCH

Find the emergency words below

E	P	S	B	G	H	F	A	D	A	R	R	H	J	J
F	L	A	S	H	L	I	G	H	T	E	E	Y	Z	D
T	T	C	L	Y	Z	R	C	S	F	T	S	S	I	R
E	A	E	D	L	B	E	B	U	C	L	C	D	L	L
D	M	A	K	P	I	A	P	N	P	E	U	Q	O	A
V	E	E	L	N	C	R	O	S	I	H	E	L	I	I
R	W	A	R	K	A	B	D	C	Q	S	C	A	D	G
B	N	B	P	G	P	L	M	R	A	L	A	N	A	Q
D	J	A	C	K	E	T	B	E	P	A	J	Y	R	S
W	C	W	L	J	V	N	J	E	S	O	L	R	A	R
K	O	A	A	C	S	Y	C	N	T	I	L	F	U	J
Y	R	E	T	T	A	B	A	Y	M	S	E	I	N	M
S	T	O	R	M	E	B	T	A	E	T	K	T	C	I
S	K	H	M	G	B	R	F	O	Y	B	O	H	S	E
F	O	I	X	Z	H	A	I	L	C	N	M	Q	Y	U

ALARM
BACKPACK
BATTERY
BLANKET
DRILL
EMERGENCY
FAMILY

FIRE
FLASHLIGHT
JACKET
PLAN
POLICE
RADIO
RESCUE

READY
SAFETY
SHELTER
SUNSCREEN
STORM
WATER

WORD SCRAMBLE

Unscramble the words below.
Write your answers in the circles provided.



MYLIFA

○ ○ ○ **I** ○ ○

ECSURE

○ ○ ○ ○ **U** ○

ONRTADO

○ ○ **R** ○ ○ ○ ○

HYLAHTE

○ **E** ○ ○ ○ ○ ○

MLAAR

○ ○ ○ ○ **M** ○

YSFETA

○ ○ ○ ○ ○ **Y** ○

Facts From Fred

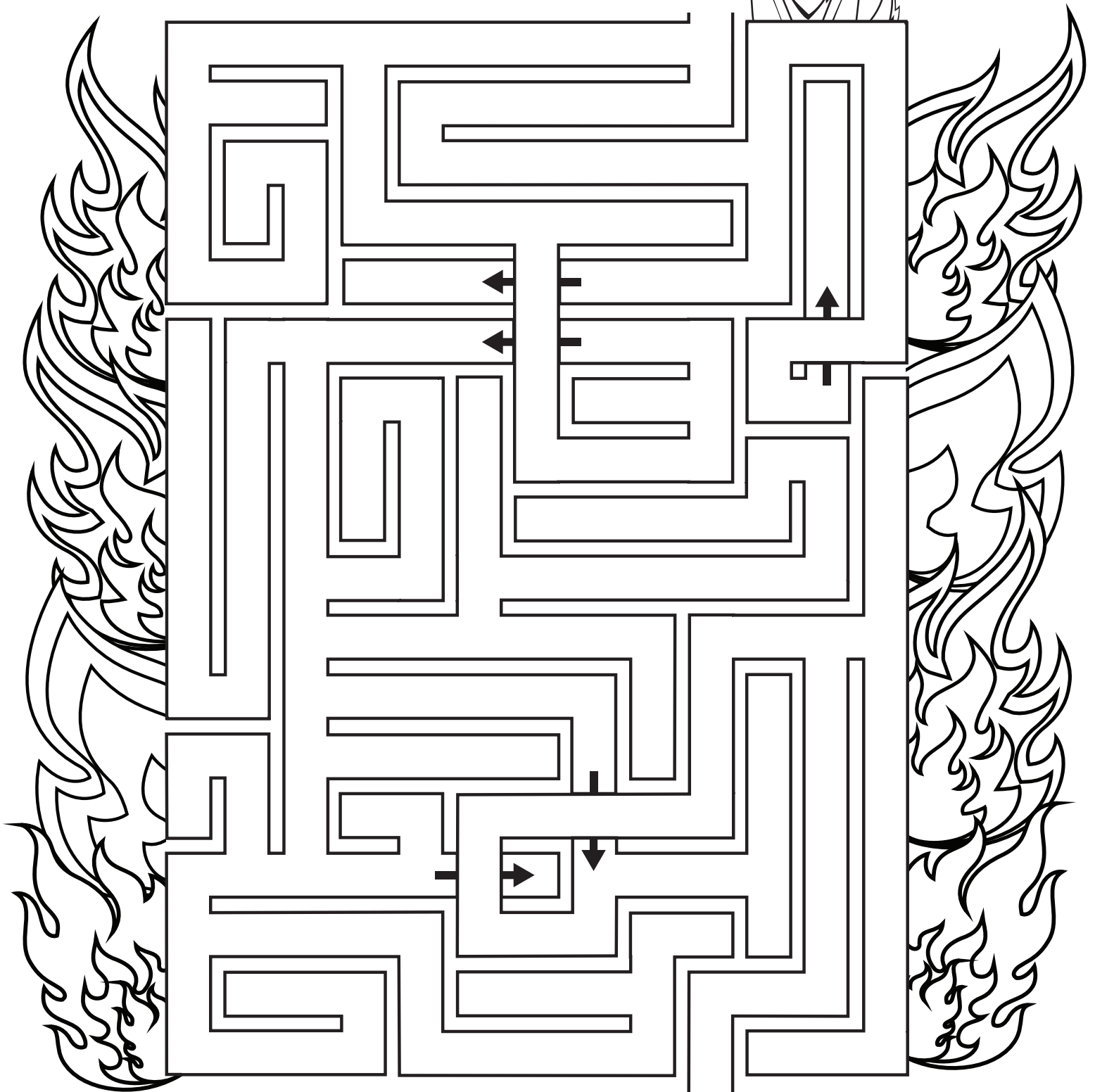
You can put your shoes in your emergency kit so that during an emergency you have something to protect your feet.

Answers: Family; Rescue; Tornado; Healthy; Alarm; Safety

FIRE!

Help Fred get through this
maze to safety!

Start

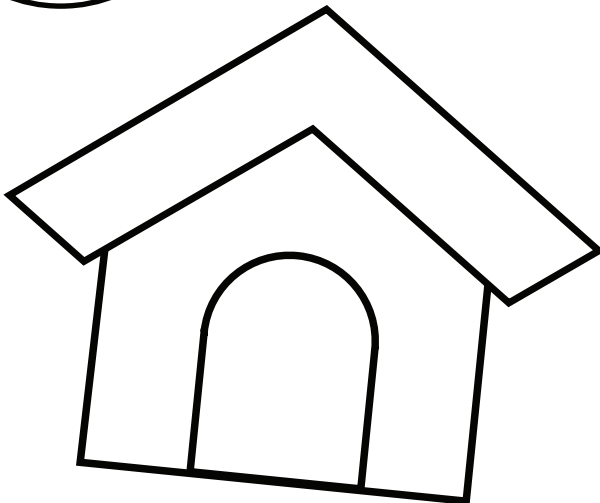
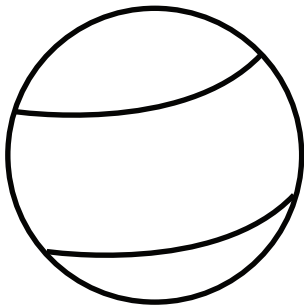
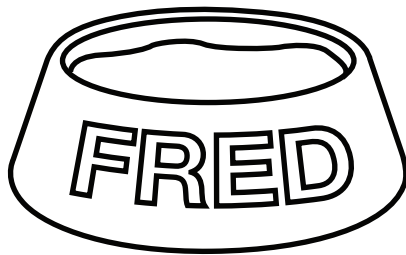
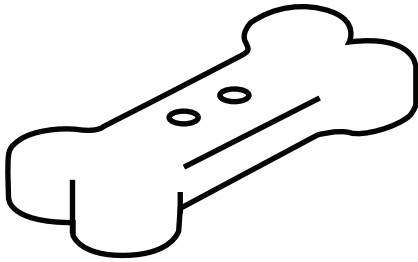


Hint: The arrow means you can go under the path

Safety

HOW TO MAKE A DISASTER KIT FOR YOUR PET

Get together as a family and make a kit.



A basic emergency supply kit for your pet could include the following items:

- Enough water for each pet for at least 3 days
- Water and food bowl
- Food, at least a three-day supply of dry or canned food
- Blanket or something warm for your pet
- Toys
- Any medication that your pet may take
- Information about your pet, such as vaccine history
- Shelter for your pet, including bedding, so that your pet feels comfortable and safe
- If your pet has been microchipped, keep that information with you
- Plastic bags to clean up after your pet
- Extra leash and collar



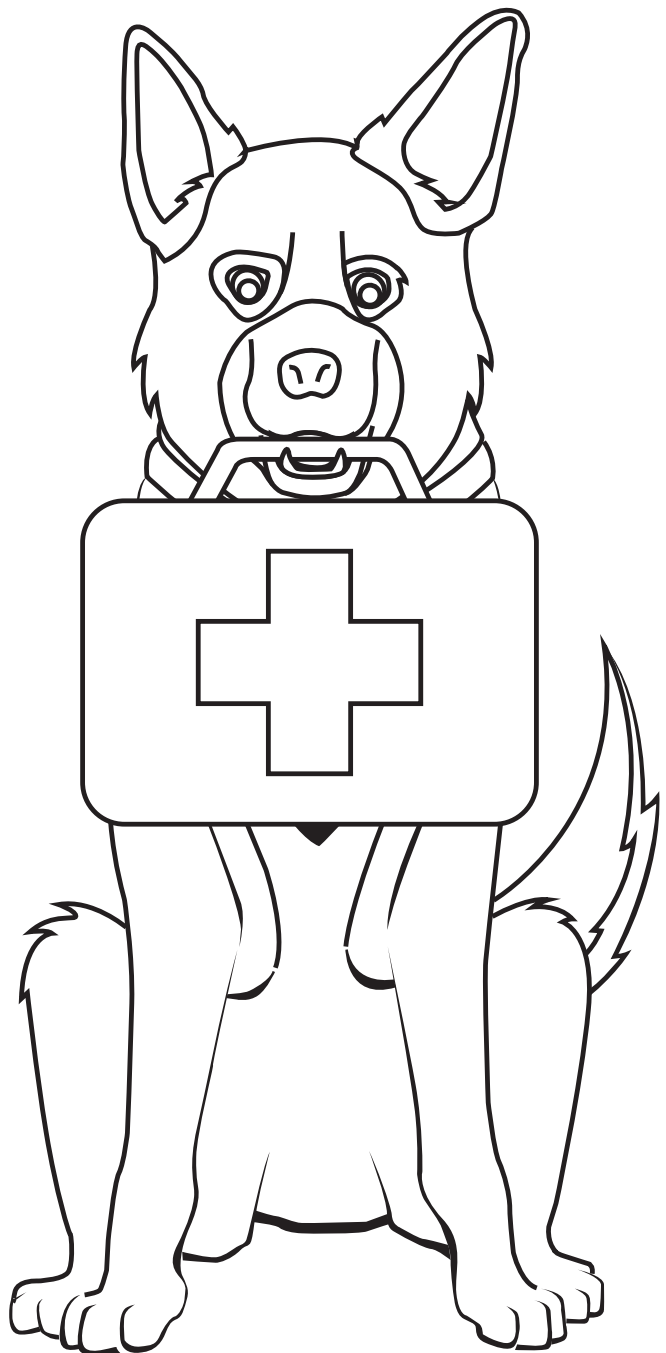
Find the Emergency items below in the mess above!

Back Pack	Flashlight	Map	Smoke Detector	Water Bottles x3
Batteries x2	Food	Medicine	Sunscreen Bottles x2	Water Bowls x2
Dog Treat	Hat	Radio	Toys	
First Aid Kits x2	Jacket	Shoes	Trashbags x2	

FIRST AID KIT CHECKLIST

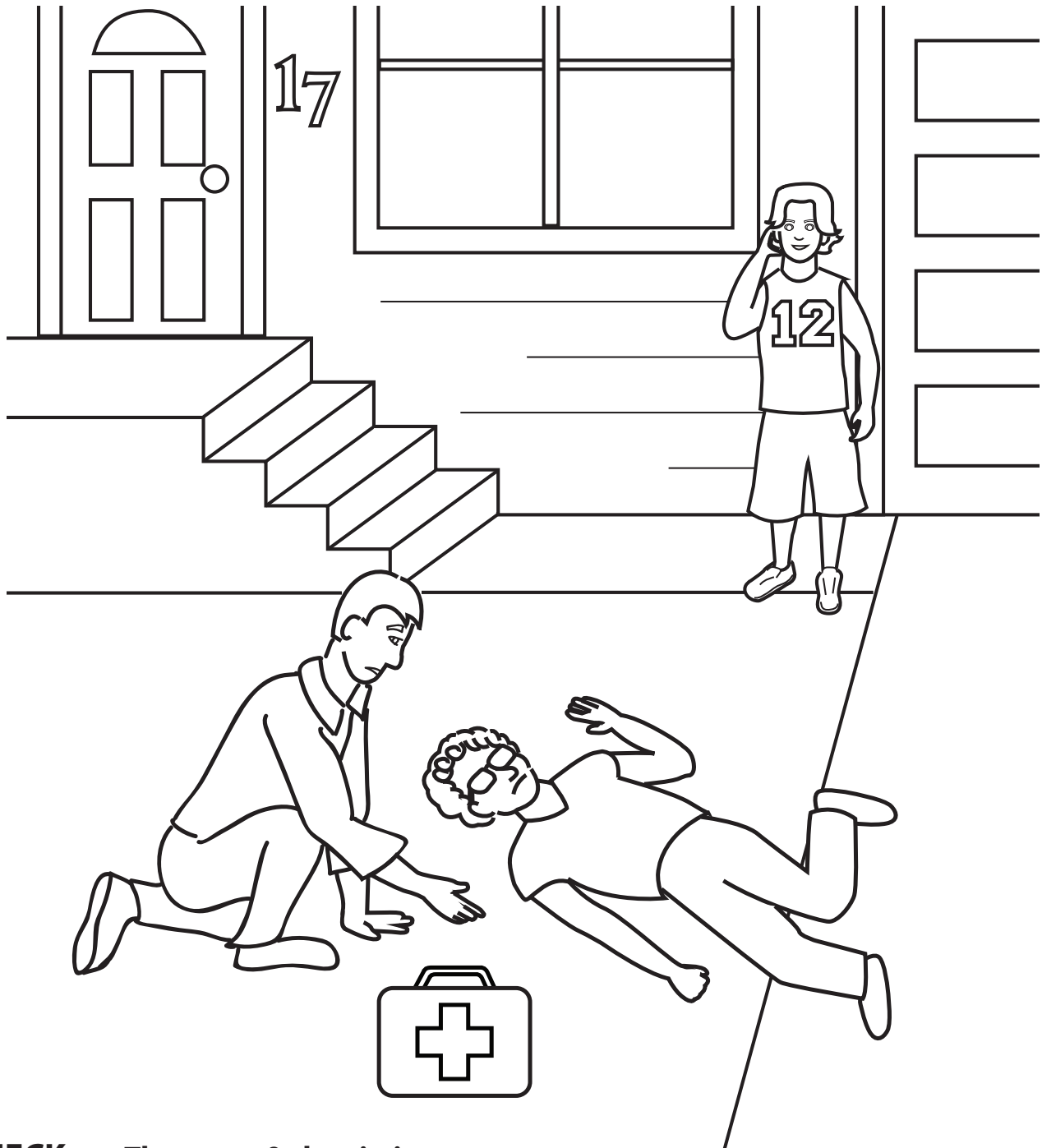
According to the American Red Cross, the following items are needed to have a proper First Aid Kit. Have an adult help you put one together and check each item off. Make sure to add your first aid kit to your family preparedness kit.

- ☐ Absorbent compress dressings & adhesive cloth tape
- ☐ Adhesive bandages in assorted sizes
- ☐ Antibiotic ointment
- ☐ Antiseptic wipes
- ☐ Aspirin
- ☐ Blanket
- ☐ Breathing barrier
- ☐ First aid instruction booklet
- ☐ Hydrocortisone ointment
- ☐ Instant cold compress
- ☐ Non-latex gloves
- ☐ Oral thermometer
- ☐ Roller & triangular bandages
- ☐ Scissors
- ☐ Sterile gauze pads
- ☐ Tweezers



CHECK • CALL • CARE

There are 3 steps to follow when assessing an emergency situation.



CHECK: The scene & the victim.

CALL: Call 9-1-1. Calling is the most important action you can do to help someone who is ill or injured.

CARE: Now you and an adult can decide if CPR or FIRST AID is needed. It is always recommended to use gloves and a breathing barrier when giving emergency care.

INFORMATION

ready.gov
fema.gov
redcross.org



