

Well, there you have it!
Everything you need to
know to be a

R.A.L.

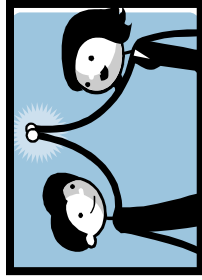
In three easy steps,

Plan

Act

Listen

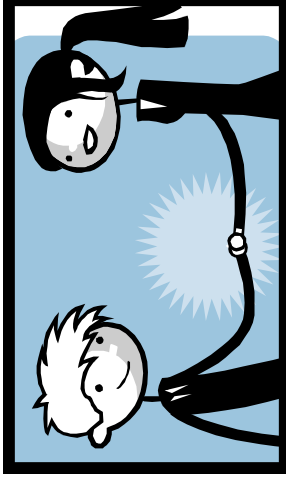
You can be prepared!



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Be A

R.A.L.



Plan

Act

Listen

Simple things

you can do

to be **prepared**

in an

EMERGENCY

Let's start with the basics...

What is an

EMERGENCY?

An emergency is a serious, unexpected situation that makes us take action. Some of the more familiar causes of emergencies are:

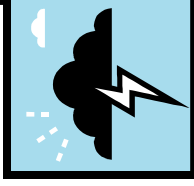
Tornadoes

Floods

Fires

Earthquakes

Terrorism



One other situation that could cause an emergency is a **FLU PANDEMIC**. A flu pandemic would be the worldwide spread of a very serious type of flu virus. This kind of flu is different from the kind of flu that people get each winter.

Who should

PREPARE

for emergencies?

The answer to that is simple.....

EVERYONE!

We all have a part to play in being ready for an emergency. Family, friends, neighbors, and teachers can all work together to be prepared.



So, the next question is, how do we get started? That's easy! Just be a

P.A.L.!

That stands for **plan**, **act** and **listen**. Here's how

it works!

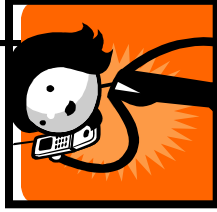


PLAN!

Every family should have a **PLAN** that will help them in any emergency. It's important that everyone in your family knows how to use the plan **BEFORE** an emergency happens.

Your family emergency plan should tell you:

- Who to Call— Include phone numbers for family members and neighbors so you have someone to “check in” with. Remember to include 9-1-1 in your plan!
- Where to Go— Know where to meet outside your home, like at a



neighbor's house, in case of a fire. Your family should also have a plan for where to go outside your neighborhood in case you need to evacuate.

ACTION!

Okay...Here's the part of being a **P.A.L.** where you get to take some **ACTION!**

- Make an Emergency Kit— A good kit should have enough of the right kind of supplies to help you and your family through any emergency for at least 3 days. Some things that your kit should include are:

- *Your Emergency Plan
- *Food and Water

*Tissues/Toilet Paper

*Weather Radio

*Flashlights

*Map

*Pet Supplies

*Blankets

*Extra Clothes/Shoes

*Money

*Copies of Important Papers

*Small Toys or Games

Your family may need extra items such as important medicines, or baby supplies—work together to be sure you have everything.

Remember to go through your kit on a regular basis to be sure foods and medicines have not expired, and that flashlight batteries still work—**ALWAYS** do this

with an adult!



LISTEN!

Now that you have a plan and you've made a kit, you need to know when to use it—right? Well, ...

LISTEN UP!

In an emergency, it is very important to **LISTEN** so you know exactly what to do to stay safe. You, your parents, your teachers and other adults will need to listen closely to information and instructions that are given by the police and fire department, the health department and other public officials. They will tell you where to go and what to do in an emergency.

We will all be safer if we **LISTEN UP!**

