

# Emergency Preparedness For KIDS!



**“WHEN THE TIME FOR DECISION ARRIVES  
THE TIME FOR PREPARATION IS PAST”  
-THOMAS S. MONSON**

# Why?



Think of someone who depends on you



They say these words to you



“I’m thirsty.”

Your actions NOW  
determine how you are able to respond LATER.

# 72 Hour Kits



# 72 Hour kits



- First Aid Kit
  - Band-aids
  - Alcohol wipes
  - Tylenol (etc...)
  - Anti-itch cream
  - Benadryl
  - Chapstick
  - Insect Repellent
  - Neosporin
  - Sunscreen





# 72 Hour Kits



- Personal Care
  - Diapers and wipes
  - Diaper rash cream
  - Soap
  - Washcloth
  - Lotion
  - Toothbrush/paste
  - Hand sanitizer
  - Sunscreen
  - Chapstick



# 72 Hour Kits



- Food
  - Breakfast: Instant oatmeal (2/day), Fruit pouch
  - Lunch/Snack: Belvita cookies, Granola bar, Chips, Crackers, Peanuts, Dried fruit or fruit snacks
  - Dinner: Soup, mashed potatoes
  - Dessert: Rice Krispy Treats
  
- Tips on choosing food
  - Lasts at least 6 months
  - Consider nutrition –protein content, whole grains, etc...
  - Make sure there is a TREAT
  - MAKE SURE THEY LIKE THE FOOD

# 72 Hour Kits





# 72 Hour Kits



- **WATER**

- We have 6 gallons of water per person (2 gallons per person per day) stored in 1 gallon jugs.
  - ✦ Cheap at costco
  - ✦ See **iwillprepare.com** “Water” for more info
- Each kit has an empty water bottle- to be filled from this separate water storage
- Not a bad idea to have water bottles in packs, but it’s heavy and space is limited

# 72 Hour Kits



# 72 Hour Kits



- Other food suggestions
  - Pop Tarts
  - Individual packages of cookies (Oreos, Nutterbutter etc...)
  - Canned fruit
  - Pudding snack packs
  - Hard Candy, Gum
  - Raisins
  - Trail mix
- ALSO
  - Heat source
  - Utensils and bowl/cup

# 72 Hour Kits



- Clothes
  - If you redo kits in April and October you can alternate clothes by season- Cold: October-May, Warm: April-September
  - Make sure they will fit for the duration of the 6 months
    - ✦ Better big than small
    - ✦ Especially hard with babies- but baby clothes are small so you can fit more in their pack!
  - Goodwill!
  - Good idea to put clothes in a plastic bag in case of rain

# 72 Hour Kits



- **Comfort Items**
  - Books
  - Games
  - Stuffed animals
  - Toys
  - Coloring books
  - A note from you
  - A family picture
  - Book of Mormon



# 72 Hour Kits



- BABIES
  - Formula
  - Bottle
  - Age appropriate food
  - Toys
  - Pacifier
  - Blanket
  - Diapers and wipes



# Bonus Bucket



- Extras of whatever YOUR kids need/might want
- Layer 1
  - Diapers
  - Wipes
  - Formula
  - Cereal



# Bonus Bucket



- Layer 2
  - Blankets
  - Sleep Sac for baby
  - Towels
  - Puppy



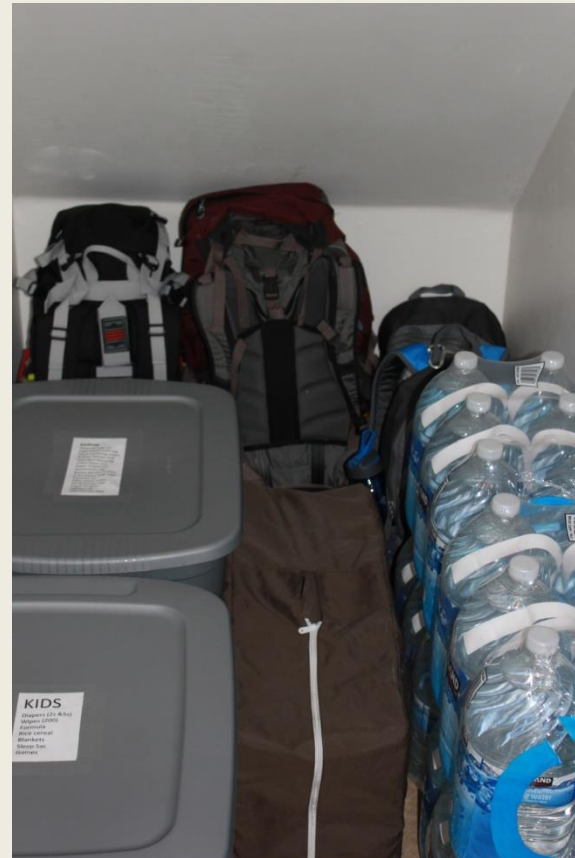
# Bonus Bucket



- Layer 3
  - Fun
  - Games



- Compile your kits and supplies and store them near an exit





# Evacuation Responsibilities



- Mom
  - Get kids ready to go
  - Grab phone chargers
- Dad
  - Move car seats to the 4 runner
  - Pack the car
  - Grab the computer
  - Grab the ham radios
- 2 Year-old Son
  - Be a good listener
- Baby
  - Be adorable

# Evacuation Procedures



- FOLLOW THE SPIRIT. DO WHAT THE BISHOP ASKS.
- IF we have to leave our house but not our neighborhood meet at the CHURCH
- IF we have to leave our neighborhood but not the city meet at the STAKE CENTER
- IF we have to leave the city but not the state meet at Brother's or Mom and Dad's
- IF we have to leave the state but not the country meet at Grandma's
- SAFE PLACES IN OUR NEIGHBORHOOD:
  - The Smiths, The Jones, The Greens

# Child ID Card



## • **Jennifer Doe**

- **DOB: 12/10/2001**    **Blood Type: O+**
- **HT: 4'2"**    **Allergies: none**
- **WT: 45 Lbs.**    **Medications: none**
- **Eyes: B**    **Medical conditions: none**
- **Hair: Blonde**    **Insurance: Blue Cross #145643**
- **Parents: John Doe (12/12/1970) Jane Doe (10/5/1974)**
- **Siblings: Jack Doe (1/1/1999)**
- **SEE [iwillprepare.com](http://iwillprepare.com) FOR TEMPLATE**

# EPPIC Preparedness



- 1.11 Teach children how to use the phone and how to call 911.
- 1.12 Help children memorize their full name, parents' full name, home address and phone number.
- 1.17 Select a family code word and teach your children how to use it.
- 1.20 Place a flashlight (with fresh batteries), a chemical light stick and a pair of shoes under each person's bed.
- 2.3 Make sure all family members know how to operate your garage door when the power is out.
- 2.6 Place a whistle under each family member's bed
- 2.7 If you have an infant in your home, buy at least a 2-week supply of diapers, wipes, formula, baby food, and
- common medications.
- 2.14 Prepare backpack/locker/school lockdown kit for each school aged child.
- 2.16 Collect recent pictures of each family member, or take new ones and place them in your Red File.
- 3.3 Find out what emergency plans are in place for your workplace and children's school.
- 3.11 Decide what contents you will put into each family member's Emergency Evacuation Kit
- 3.17 Gather the "Heat" related items you want to put in your Emergency Evacuation Kit
- 3.18 Create an identification kit for each child.

For More go to: [iwillprepare.com](http://iwillprepare.com)

# EPPIC Preparedness



- 3.19 Gather the “Water” related items you want to put in your Emergency Evacuation Kit
- 4.2 Gather the “Shelter” related items you want to put in your Emergency Evacuation Kit
- 4.4 Gather the “Communications” related items you want to put in your Emergency Evacuation Kit
- 4.6 Gather the “Sanitation & Hygiene” related items you want to put in your Emergency Evacuation Kit
- 4.9 Gather the “Clothing” related items you want to put in your Emergency Evacuation Kit
- 4.11 Gather the “Tools” related items you want to put in your Emergency Evacuation Kit
- 4.13 Gather the “Money, Documents & Direction” related items you want to put in your Emergency Evacuation Kit
- 4.15 Gather the “Survival & Protection” related items you want to put in your Emergency Evacuation Kit
- 4.17 Gather the “Miscellaneous” related items you want to put in your Emergency Evacuation Kit
- 4.18 Get a suitable container to hold your EEK supplies.
- 4.19 Place a list of the kit's contents in each EEK.
- 4.20 Place your EEK’s where they can be easily grabbed on the way out of your house in an emergency.