

7. When you play outside in the snow, what will you do to make sure you don't get too cold?

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8. Who will you call for help in an emergency?  
Where can you find these telephone numbers?

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9. What are some things you want to put in your disaster supplies kit?

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10. What will you do if you see a friend playing with matches?

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**Practice your plan so everyone will remember what to do!**

## OUR IMPORTANT INFORMATION

# *EMERGENCY – 911*



Police

397-9265



Fire

397-9265



Ambulance

397-9265



My Family Name:

My Phone Number:

My Address (including the town):

My Mom works at and her work phone number is:

My Dad works at and his work phone number is:

My emergency contact:

3. How might you know that a tornado is coming?  
If a tornado is coming, where will you go?  
What will you do to protect yourself?

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4. If we are told that a tornado is coming, what  
are some of the things we will do to get ready?

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5. Why should you stay away from flood waters?

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6. What will you do if your clothes catch fire?

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# Family Disaster Plan

Practice your plan so everyone will remember what to do!

- Hold emergency escape drills.
- Test smoke detectors and change the batteries.
- Keep disaster supplies kits up-to-date.
- Quiz children every few months to help them remember what to do.

Here are some questions you can ask right now to make sure they've learned key concepts:

1. What will you do if you're in your room and smell smoke or hear the smoke detector go off? Where will you go?

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2. What will you do if you see dark clouds and hear thunder?

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# EMERGENCY HELP GUIDE

Be prepared for ....

**Fire**

**Thunderstorm**

**Flood**

**Tornado**

**Any natural disaster**



301 N. Dalmont St. – Hobbs, NM 88240  
575-397-9265

- Store enough supplies to last at least three days. Keep them in sturdy, easy-to-carry containers such as backpacks, duffle bags or covered trash containers. Store your kits in a safe, convenient place known to all family members — preferably in a cool, dry, dark place. Keep a smaller version of this kit in the trunk of your car. You should also keep important family documents in a waterproof container.
- Emergency supplies and tools including a battery-operated radio, flashlight and plenty of extra batteries.
- One change of clothing and footwear per person, and one blanket or sleeping bag per person.
- Sanitation supplies: toilet paper, soap, personal hygiene items.
- Special items for infant, elderly or disabled family members.
- An extra set of car keys and cash, traveler's checks and a credit card.

**We can keep supplies that will help us if a disaster happens. Put together a disaster supplies kit today!**

# Disaster Supplies Kit

Following a disaster, basic services — electricity, water, gas, telephones — may be cut off for days. Or, you may have to evacuate at a moment's notice. You probably won't have time to shop or search for the supplies you'll need. Gather the supplies you'll need to deal with the situation *now*, before disaster strikes.

## ***Assemble Disaster Supplies Kits with Your Children.***

### **Action Steps for Adults**

Plan an activity with children to put together disaster supplies kits.

### **At home, your kits should contain:**

- ❑ One gallon of water per person per day
- ❑ Non-perishable food: ready-to-eat canned meats, fruits and vegetables; canned juices, milk and soup; sugar, salt and pepper; high energy foods such as peanut butter, jelly, crackers, nuts, health food bars, trail mix; comfort foods such as cookies, hard candy and sweetened cereal. Don't forget a non-electric can opener!
- ❑ A first aid kit that includes your family's prescription medications (ask your doctor about proper ways to store medicine)

News stories of disaster regularly make headlines around the globe. As you've watched others deal with these emergencies, you may have wondered what would happen if a disaster struck closer to home.

For parents or teachers of young children, the thought is even more troubling. How would you and your children cope? Perhaps you've already experienced a disaster — what would you do differently next time? The answer to both questions is clear. Be prepared.

Children can learn about fire, earthquakes, floods, tornados and other disasters, as well as how to protect themselves. Work through each section with children to make sure they understand the concepts and learn important safety messages. Discuss the key points and action steps to take. You may want to review this information before meeting with children. This information ends with a "quiz" that can help you find out if they learned the information. From time to time, quiz children again and practice key steps to help them remember what to do.

Children are wonderful at adapting to situations when they know what to expect. By creating a family disaster plan, you can help children be ready to deal with emergencies.

It is our sincere hope that this guide will help to prepare you if you do find yourself in an emergency situation.

***The Hobbs Police Department***

## TOP 10 CALL 9-1-1 TIPS

DEVELOPED FOR INVESTIGATIONDISCOVERY.COM

Created by special 911 Lifeline, APCO, NENA team

1. **IS A PERSON HURT OR IN DANGER? DO YOU NEED THE POLICE, FIRE OR AMBULANCE?** Have you ever wondered whether to call 9-1-1? Since 9-1-1 is for emergencies only, it helps to understand when to call and when not to call. An emergency is any serious situation where a law enforcement officer, fire fighter, or emergency medical help is needed right away. If you are unsure of whether your situation is an emergency, go ahead and call 9-1-1. The 9-1-1 call taker can determine if you need emergency assistance or can route you to the correct location.
2. **IF YOU DO CALL 9-1-1, EVEN BY MISTAKE, DO NOT HANG UP THE PHONE.** 9-1-1 call takers are trained to get the most important information as quickly as possible to get help on the way to an emergency situation. In an emergency situation, allow the call taker to ask you all the questions they need in order to get help there in the timeliest manner before you hang up or leave the phone. If you happen to call by accident, stay on the line until you can tell the call taker that you called by accident and there is no emergency. This saves the call taker from having to call you back and confirm there is no emergency or sending police with lights and sirens to check your address for an emergency.

- Teach children how to watch for signs of frostbite and hypothermia. A loss of feeling and a white or pale appearance in fingers, toes, nose or ear lobes are symptoms of frostbite. Uncontrollable shivering, slow speech, memory lapses, frequent stumbling, drowsiness and exhaustion are symptoms of hypothermia. If you suspect frostbite or hypothermia, warm the child and seek immediate medical assistance.
- Children should also avoid overexertion. Cold weather puts an added strain on the heart.
- In your home, have available some kind of emergency heating equipment and fuel so you can keep at least one room of your home warm. If your furnace is controlled by a thermostat, and the power goes out, you will need emergency heat.
- If you are trapped in your car during a snowstorm, stay there. Leave the car only if help is visible within 100 yards. To attract attention, hang a brightly colored cloth on the radio antenna and raise the trunk. Turn on the car's engine for about 10 minutes each hour. Run the heater and turn on the dome light when the car is running. Keep the exhaust pipe clear of snow and open a downwind window slightly for ventilation.

**When there is snow outside, bundle up in lots of layers of clothing and wear a hat. Ask an adult if it's okay to play outside — and come inside often for “warm-up” breaks.**

# Winter Storms

A winter storm can range from several inches of snow over a few hours to blizzard conditions that last several days.

Winter storms can last several days and be accompanied by high winds, freezing rain or sleet, heavy snowfall and extreme cold. People can become stranded on the road or trapped at home, without utilities or other services. Most of the United States is at some risk from winter storms.

## Safety Messages for Kids

- “The best way to stay safe in a snowstorm is to stay inside.”
- “If you go outside to play after a snowstorm, dress in many layers and wear a hat and mittens. Come inside often for warm-up breaks.”
- “If you start to shiver a lot or get very tired...or if your nose, fingers, toes or ear lobes start to feel numb or turn really pale...come inside right away and tell an adult.”

## Action Steps for Adults

- There are ways to dress children in cold weather that will keep them warmer. Many layers of thin clothing are warmer than single layers of thick clothing. One of the best ways to stay warm is to wear a hat; most body heat is lost through the top of the head. Keep hands and feet warm too. Mittens are warmer than gloves. Covering the mouth with a scarf protects lungs from cold air.

3. **WHEN CALLING 9-1-1 DO YOUR BEST TO STAY CALM AND ANSWER ALL QUESTIONS.** Staying calm can be one of the most difficult, yet most important, things you do when calling 9-1-1. It is very important that you stay as calm as possible and answer all the questions the 9-1-1 call taker asks. The questions 9-1-1 call takers ask, no matter how irrelevant they seem, are important in helping get the first responders to you as fast as possible.
4. **HELP THE 9-1-1 CALL TAKER HELP YOU.** Listen and answer the questions asked. By doing this, it helps the call taker understand your situation and will assist you with your emergency until the appropriate police, fire or medical units arrive.
5. **KNOW THE LOCATION OF THE EMERGENCY.** The wireless 9-1-1 caller must be aware that the 9-1-1 center that answers the call may not be the 9-1-1 center that services the area that the wireless caller is calling from. Look for landmarks, cross street signs and buildings. Know the name of the city or county you are in. Knowing the location is vital to getting the appropriate police, fire or EMS units to respond. Providing an accurate address is critically important when making a wireless 9-1-1 call.

6. **TEACH YOUR CHILDREN HOW TO CALL 9-1-**  
Be sure they know what 9-1-1 is, how to dial from your home and cell phone, and to trust the 9-1-1 call taker. Make sure your child is physically able to reach at least one phone in your home. When calling 9-1-1 your child needs to know their name, parents' name, telephone number, and most importantly their address. Tell them to answer all the call takers questions and to stay on the phone until instructed to hang up.
7. **PRANK CALLS TO 9-1-1 WASTE TIME AND ARE CONSIDERED TO BE ILLEGAL IN MOST STATES.** Be sure all members of your household are aware that prank or harassing calls to 9-1-1 will be dealt with by local law enforcement agencies.
8. **POST YOUR ADDRESS CLEARLY AND PROMINENTLY AT YOUR ENTRANCE AND ON YOUR HOME.** Posting your 9-1-1 address at the driveway entrance and on your home will alleviate any confusion as to whether emergency responders have the correct location. Try using something reflective or illuminated so that it can be seen in the evening as well as during the day. **DO NOT ASSUME SINCE YOUR MAILBOX IS MARKED YOU HAVE POSTED YOUR ADDRESS-** mailboxes are not always at the entrance of a driveway and usually are not marked clearly on both sides. Several cities and counties have ordinances for posting 9-1-1 addresses - check with your local agency. And always report missing street signs when noted- these not only help others find your home but are essential to emergency response personnel.

## Action Steps for Adults

With children, find some safe places in your home or classroom. Make sure these places are away from windows and heavy furniture that could tip over. Also, show children an example of a safe place outside.

Know the terms used on the radio or television that warn of possible approaching tornados:

### Tornado Watch:

*Weather conditions are right for tornados to develop. A watch does not necessarily mean a tornado will develop.*

### Tornado Warning:

*A tornado has been sighted and is dangerous. This is the time to go to a safe place and listen to a battery-operated radio for instructions.*

Find out what warning system is used in your community.

If you live in a single-family home in a tornado-prone area, find out how to reinforce an interior room on the lowest level of your home (such as the basement, storm cellar, bathroom or closet) to use as a shelter.

# Tornados

Tornados are nature's most violent storms — they can devastate an area in seconds.

A tornado appears as a rotating, funnel shaped cloud, striking the ground with whirling winds of up to 200 miles per hour. A tornado spins like a top and may sound like an airplane or train. Most tornados travel a distance of about 10 miles, although "tornado tracks" of 200 miles have been reported. Tornados can happen just about anywhere in the United States.

## Safety Messages for Kids

"Wherever you are, if you can hear or see a tornado coming, take cover right away." "If you're in a house or apartment building, go to the basement or storm cellar. If there is no basement, go to the middle section of the building on the lowest level and go into a bathroom or closet, if possible."

"Get under something sturdy, such as a heavy table, and stay there until the danger has passed. Use your arms and hands to protect your head from falling or flying objects."

"If you're outside, in a car or in a mobile home, go immediately to the basement of a nearby sturdy building. If there is no shelter nearby, lie flat in a low spot. Use your arms and hands to protect your head. If you hear or see water, move quickly to another spot."

9. **KNOW THE PHONES YOU OWN.** Educate everyone about the phone system in your home as well as your cell phone. Children may need to use the devices in an emergency and will need to know how to operate them.
10. **HELPFUL 9-1-1 WEBSITES FOR ALL AGES.** Look under the Public Education tabs on the websites for further information regarding 9-1-1.

# Natural Disasters

Disasters can strike quickly and without warning. While a disaster is frightening for adults, it can be traumatic for children if they don't know what to do.

## Help children understand the concept of a disaster...

- Explain that nature sometimes provides “too much of a good thing” — fire, rain, wind, snow. Tell them that a disaster is when something happens that could hurt people, cause damage or cut off utilities such as water, telephones or electricity.
- Give examples of several disasters that could happen in your community. To get this information, contact your local office of emergency management or local American Red Cross Chapter. Ask what disasters are most likely to happen and request information on how to prepare for them.
- Talk about typical effects that children can relate to such as loss of electricity, water and telephone service.
- Explain that when people know what to do — and practice in advance — everyone is better able to handle emergencies.

**That's why we need to create a family disaster plan.**

## Action Steps for Adults

Know the terms used on the radio or television that warn of potential flooding conditions:

### Flood/Flash Flood Watch:

*Flooding or flash flooding may occur within the designated WATCH area — be alert.*

### Flood/Flash Flood Warning:

*Flooding or flash flooding has been reported or is imminent — takes necessary precautions at once.*

- Find out if you live in a flood plain. If you do, call your local emergency management office or American Red Cross Chapter to learn what types of supplies should be stored to protect your home from floodwater.
- Know the elevation of your property in relation to nearby streams and dams so that you will know if forecasted flood levels will affect your home.

**If you see flood waters, move away from them. Go to a higher place. Never play near or try to swim in flood waters.**

# Floods

Floods are the most common and wide spread of all natural hazards.

Even very small streams, gullies, creeks, culverts, dry streambeds or low-lying ground that may appear harmless in dry weather can flood.

## Safety Messages for Kids

- "If you come upon flood waters, stop. Turn around and go another way. Climb to higher ground." "Stay away from flooded areas...even if it seems safe, the water may still be rising. Never try to walk, swim or dive into the water because it may be moving very fast."

*(NOTE: Less than six inches of fast moving flood water can knock people off their feet, and two feet of water will float a car.)*

- "If you are in a car, get out immediately and move to higher ground."
- "Watch out for snakes in areas that were flooded."
- "Never play around high water, storm drains, ditches, ravines or culverts."
- "Throw away food that has come into contact with flood waters...eating it could make you very sick."

# Fire

Fire is the disaster that families are most likely to experience.

Talk with children about fire safety, and practice these activities with them. Keep in mind that children under age five are at highest risk.

## Safety Messages for Kids

- "Matches and lighters are tools, not toys. These tools help adults use fire properly. If you see someone playing with fire, tell an adult right away."
- "If a fire starts in your home or you hear the smoke detector alarm, yell 'Fire!' several times and go outside right away. If you live in a building with elevators, use the stairs. Never try to hide from fire. Leave all your things where they are. Once you are outside, go to your meeting place and then send one person for help."
- "If your clothes catch fire...stop, drop and roll. Stop what you are doing, drop to the ground, cover your face and roll over and over until the flames go out. Running will only make the fire worse."

# Fire (continued)

## Action Steps for Adults

- Show children how to crawl low, under the smoke, to escape.
- Explain that they should feel a door before opening it.
- If the door is cool, open it slowly.
- If the door is hot, find another way out.
- If they cannot get outside safely, instruct them to hang a sheet outside a window so firefighters can find them.
- Practice “stop, drop and roll” with children. Explain that running away will only make the fire burn faster.

## At home:

- Choose an outside meeting place, such as a tree, street corner or mailbox. Make sure it will be a safe distance from heat, smoke and flames. Tell children to go directly to this meeting place in case of a fire. This plan will help you know quickly if everyone got out safely.
- Make sure that children understand that once they are outside, they should stay outside. Children are often concerned about the safety of their pets, so discuss this issue before a fire starts.

- “If you are boating or swimming, get to land *immediately.*”
- “Lightning can cause electric appliances, including televisions and telephones, to become dangerous during a thunderstorm.
- Turn off the air conditioner and television, and stay off the phone until the storm is over.”

## Action Steps for Adults

- Explain what to expect during a thunderstorm. Describe the loud thunder and flashes of lightning. Make sure children understand that they can stay safe.
- Talk about the danger signs; dark, towering clouds or distant lightning and thunder can signal an approaching thunderstorm.
- Practice the “crouch down” position with children.

# Thunderstorms

Lightning always accompanies a thunderstorm.  
And lightning can strike the same place twice!

A thunderstorm is a storm with lightning caused by changes in air pressure. Severe thunderstorms can bring heavy rains (which can cause flash flooding), strong winds, hail and tornados. At any given moment, nearly 1,800 thunderstorms are in progress over the face of the earth! The sound of thunder can be especially frightening for young children. Take the “scariness” away by teaching them what to expect during a thunderstorm and how to be safe.

## Safety Messages for Kids

- “If you see or hear a thunderstorm coming, go inside a sturdy building or car.”
- “If you can’t get inside...or if you feel your hair stand on end, which means lightning is about to strike...hurry to a low, open space *immediately*. Crouch down and place your hands on your knees. Move away from tall things like trees, towers, fences, telephone lines or power lines. They attract lightning. Never stand underneath a single large tree out in the open because lightning will hit the highest point in an area. And stay away from metal things that lightning may strike, such as umbrellas, baseball bats, fishing rods, camping equipment and bicycles.”

## At home:

- Find two ways to escape from every room and practice getting out of your home during the day and at night. Chart these escape routes on your own “home escape plan.” If you have an escape ladder, show kids where it’s kept and how to use it.
- Practice your home escape plan at least twice a year. Quiz children every six months so they will remember what to do and where to meet.
- Install smoke detectors on every level of your home, especially near bedrooms. Clean and test them monthly, and change the batteries at least once a year. Make sure children know what your smoke detector sounds like.
- Check electrical wiring in your home. Fix frayed extension cords, exposed wires or loose plugs.
- Make sure your home heating source is clean and in working order. Many home fires are started by faulty furnaces or stoves, cracked or rusted furnace parts, and chimneys with creosote build-up.

# Emergencies

Even very young children can be taught how and when to call for help.

- Help children recognize the warning signs for the disasters that could happen in your community. You can get this information from your local emergency management office or American Red Cross Chapter.
  - Tell children that in a disaster there are many people who can help them. Talk about ways that an emergency manager, Red Cross volunteer, police officer, firefighter, teacher, neighbor, doctor or utility worker might help them following a disaster.
  - Teach children how and when to call for help. Check the telephone directory for local emergency telephone numbers. If you live in a 9-1-1 service area, teach children to call 9-1-1. At home, post emergency telephone numbers by all phones and explain when to call each number.
  - Even very young children can be taught how and when to call for emergency assistance. If a child can't read, the emergency telephone number chart on the back of this packet has pictures that may help him or her identify the correct number to call.
- Take a first aid and CPR course. These are critical skills, and learning can be a fun activity for older children. Contact your local office of emergency management, American Red Cross Chapter or hospital for information.
  - At home, ask an out-of-state friend to be your family "check-in" contact. After a disaster, long-distance telephone lines often remain in service even when local lines are down. Tell children to call this "check-in" contact if they are separated from the family in an emergency. Help them memorize the telephone number, or write it down on a card they can keep with them.