



Toolkit

Thank you for downloading this tool. The tools, templates and resources provided in this online toolkit are compiled and curated by NACCHO primarily to assist those local health departments applying to Project Public Health Ready (PPHR), a criteria-based all-hazards preparedness training and recognition program for local health departments. Many of these tools were collected from the plans of previous PPHR applicants. All of the resources in this toolkit were vetted and approved as exemplary practices by a workgroup of local public health preparedness experts.

We hope you find these resources useful and engaging. For more information about Project Public Health Ready or to provide feedback on any of these tools, please contact us at pphr@naccho.org.



EMERGENCY SKILLS FOR KIDS

A **CARD** Training

Collaborating Agencies Responding to Disasters

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CARD

Collaborating Agencies Responding to Disasters

Hereby certifies that

has completed

Emergency Skills for Kids

Granted: _____



Anna-Marie Jones
Executive Director

EMERGENCY SKILLS FOR KIDS

For earthquakes and other threats:

- ❑ **Drop - Cover - Hold** (Step 1)
 - **DROP** to the ground.
 - Have a strong table **COVER** you.
 - **HOLD** on till shaking stops.

 - ❑ **Shake - Look - Listen** (Step 2)
 - **SHAKE** yourself gently to make sure no glass is on you - Do not rub.
 - While under the table, **LOOK** for an adult and look at what has happened.
 - **LISTEN** carefully for instructions.
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- ❑ **Call 9-1-1**

Dial 911. Answer their questions. Tell them your name. Tell them where you are. Tell them what has happened. Follow their instructions.

 - ❑ **Call Emergency Contact**
 - Dial trusted emergency contact.
 - Tell them what has happened.
 - Follow instructions.
 - Have back-up numbers handy.

 - ❑ **When to YELL!**
 - If you need help.
 - To stop someone from getting hurt.
 - To warn people around you.

EMERGENCY SKILLS FOR KIDS

- ❑ **How to use ANYTHING** you have to help you in an emergency.



- ❑ **Whistle Skills**

1 Blow = Yes. 2 Blows = No. 3 Blows = Help!



- ❑ **Flashlight Skills**

1 Flash = Yes. 2 Flashes = No. 3 Flashes = Help!

- Flash quickly at eyes, and then flash where you want them to go or look.
- Move the flashlight around in a circle when you are walking so that you can be seen in all directions.

