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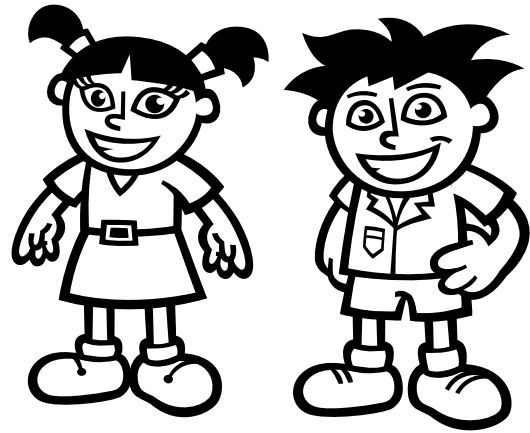


Welcome to Get ready! The book to help you get ready for an emergency.

An emergency is something that happens which can cause damage to things like houses and cars, or sometimes hurt people. Floods, storms and bushfires are all examples of emergencies, which can do things like cut off the power and phones, flood roads or make trees fall down.

Emergencies can happen at any time, and there are lots of things you can do to be prepared and stay safe. This book has fun activities to help you get ready for an emergency.

Let's get started!



Yes You Can!

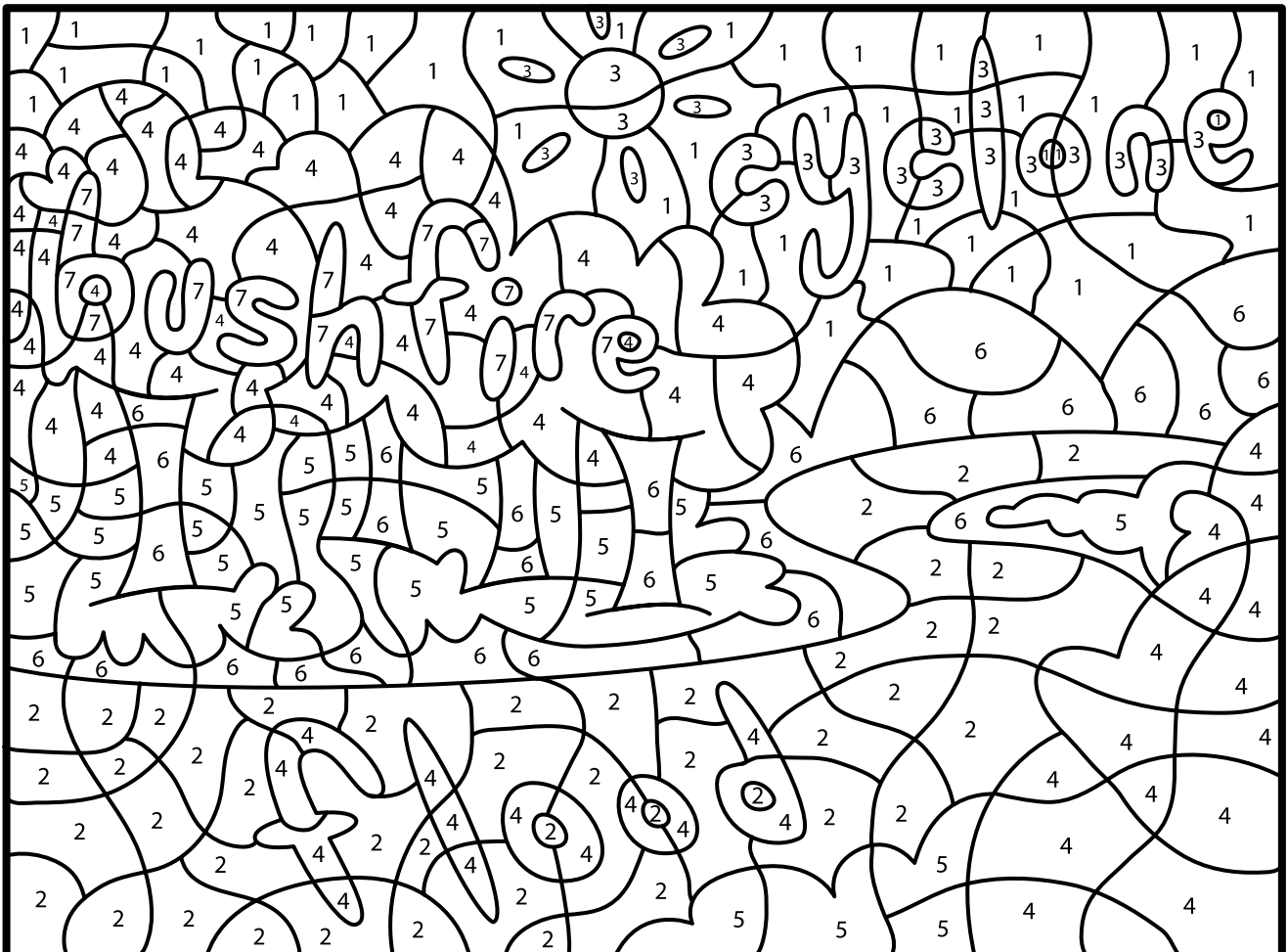
Think about how you coped with a tough situation in the past.
Maybe you talked with a grownup or told yourself a happy story.
Write down what you did.



Colour by numbers

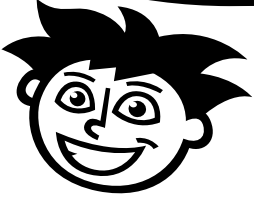
Match the numbers with the colours.

- 1** Light blue **2** Dark blue **3** Yellow **4** Light green
5 Dark green **6** Brown **7** Red



Knowing people in your community can be a big help in an emergency. You can all help one another. At other times you might need help from emergency workers.

If someone is in danger, and there are no grown ups around to help you, you can call 000 for police, fire or ambulance. Remember though – only call this number when there is a real emergency.



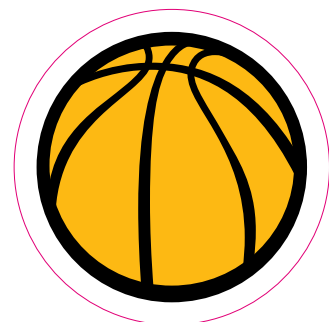
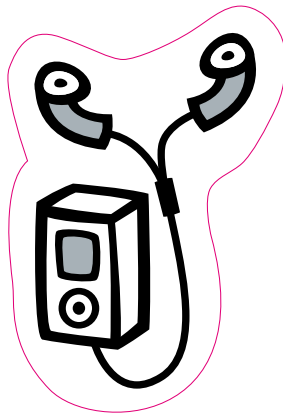
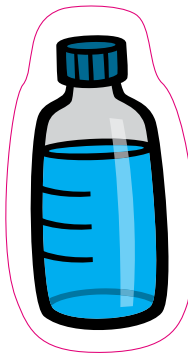
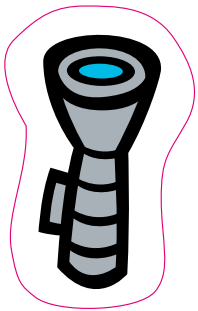
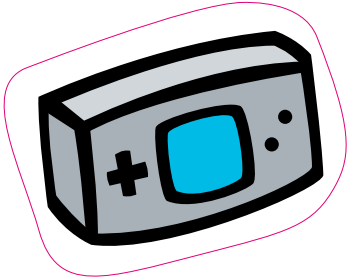
Spot the emergency workers

When we work together, our communities are stronger. Colour in the community below. Can you find these emergency workers?

- Red Cross volunteers
- Fire fighters
- Police officers
- SES volunteers
- Ambulance officers



Use these stickers to help you pack your *Emergency kit* on page 20.



If there's an emergency, it's good to have all of your important numbers with you. Fill out the emergency contact card in the middle of this book, and keep it in your emergency kit or school bag.

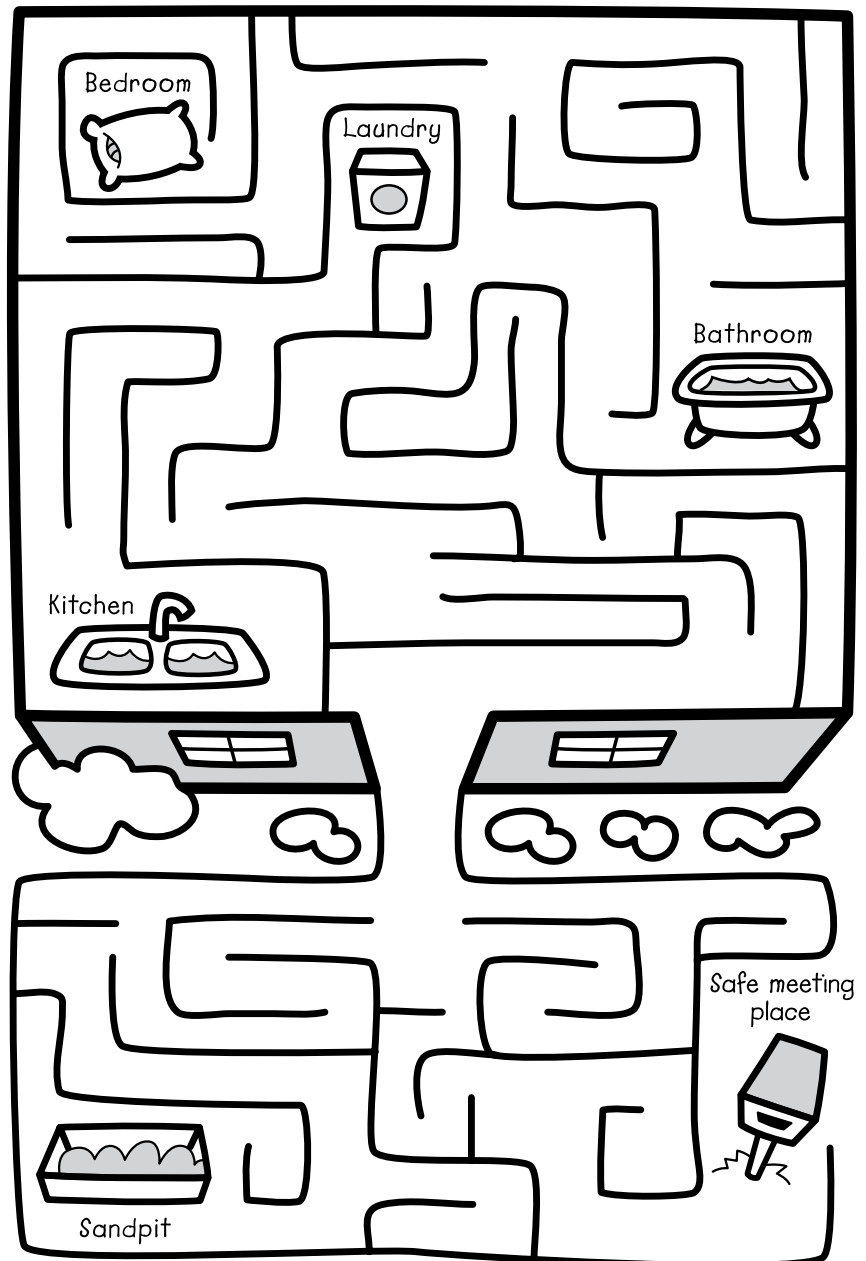


Maze

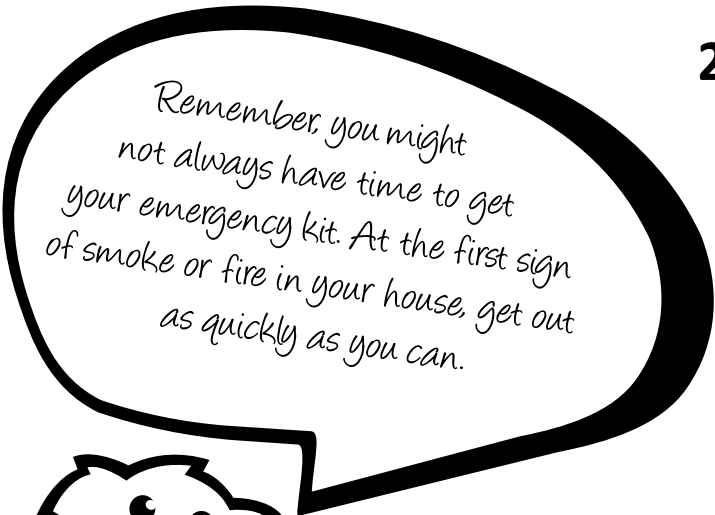
In some emergencies you might need to leave your house quickly, like a house fire. In other emergencies, like a storm, it is important to stay inside your house. Decide with a grown-up when you will stay and when you will leave.

It's also a good idea to have a safe meeting place outside your house, like a letterbox.

Find the path from your bedroom to your safe meeting place outside your house.



Where would your household's safe meeting place be?



Emergency kit code cracker



What things should you have in an emergency kit? Crack the codes to find out. Each number matches up with a letter. Fill in the letters that match the numbers and use the circled letters to spell out the secret word.

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26

1 — 8 — 15 — 14 — 5

2 — 20 — 15 — — 3 — 8

3 — — 4 — 9 — 3 — 9 — 14 — 5

4 — 5 — 20 — 6 — 15 — 15 — 4

5 — 6 — 9 — 18 — 19 — 20 — — 9 — 4 — 11 — 9 — 20

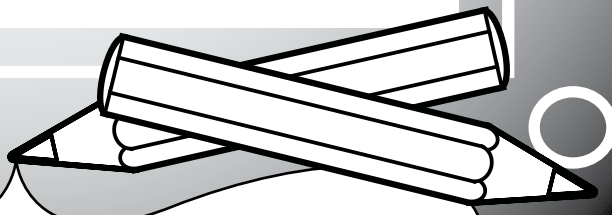
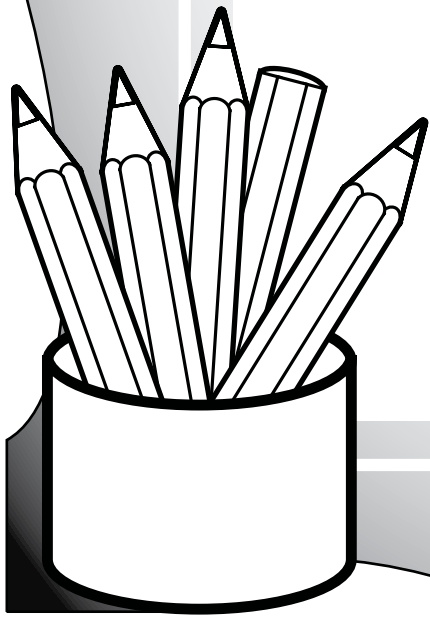
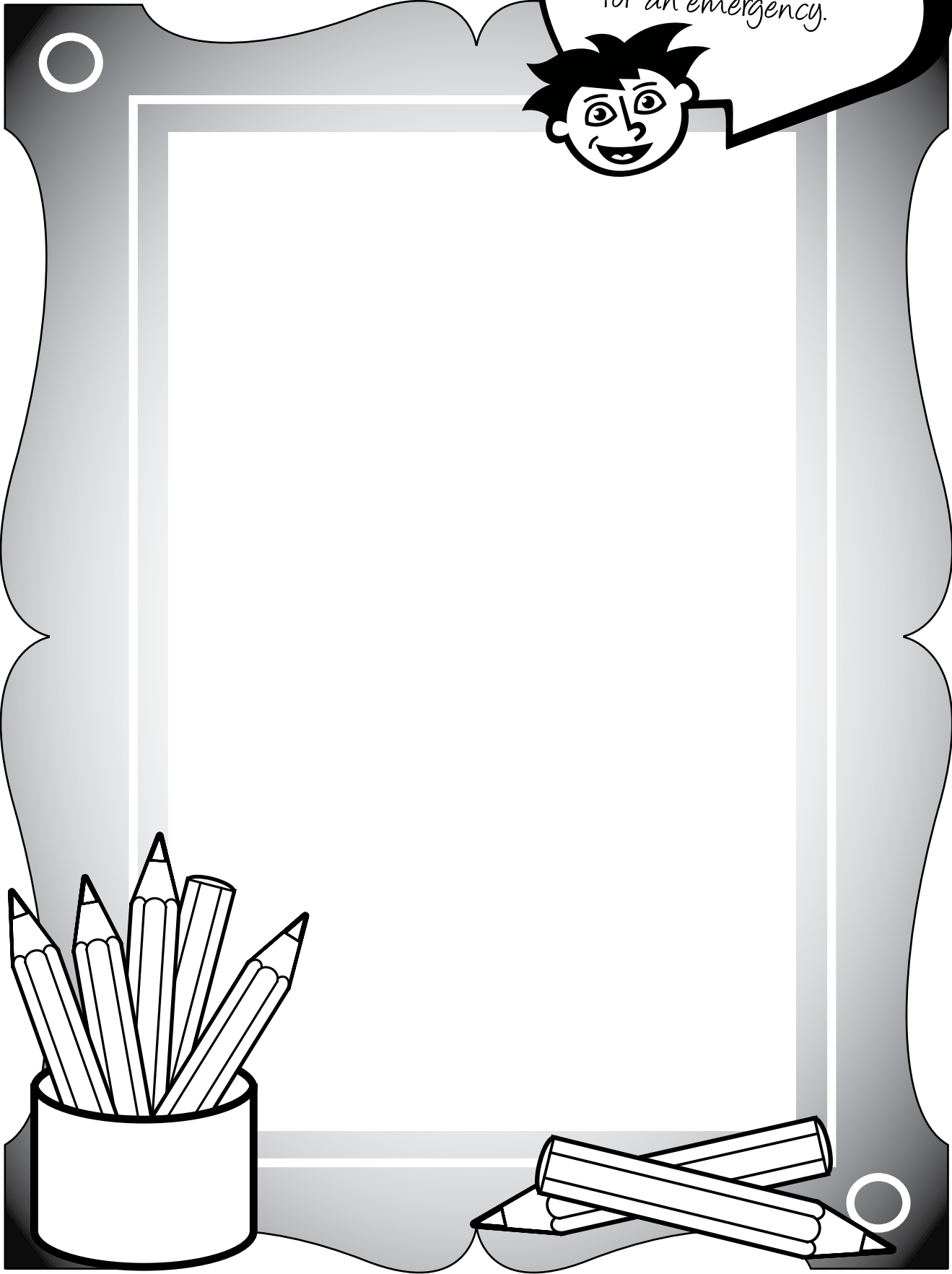
6 — 1 — 4 — 9 — 15

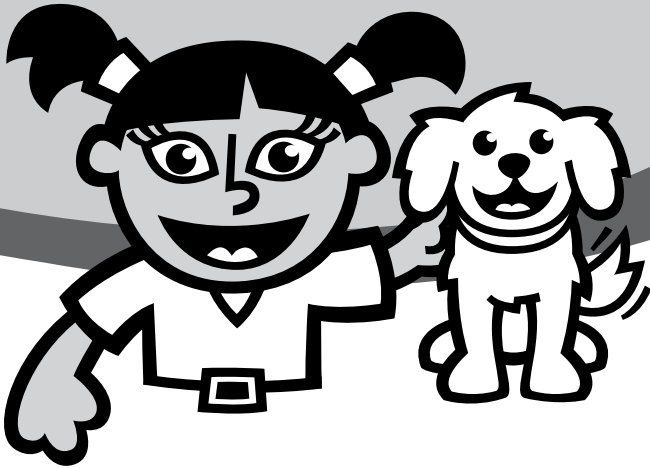
7 — 6 — 15 — 15 — 4 — 1 — 14 — 4 — 23 — 1 — 20 — — 18

Secret word _____

The future

*Draw a picture of
your community ready
for an emergency.*





We ran to the cupboard by the front door and took out the box labelled Emergency kit. Shan opened the lid and inside was a torch, a _____, a first aid kit and a book from Red Cross about preparing for emergencies.

It started raining heavily and the wind was blowing around the house. There was a loud bang – the lights went off and Shan turned on the _____.

‘Now kids, our house is pretty safe, but we should think about what we would take in case we had to leave. Shan, could you pack a bag of your clothes for yourself and Jack and put in a couple of your favourite things?’

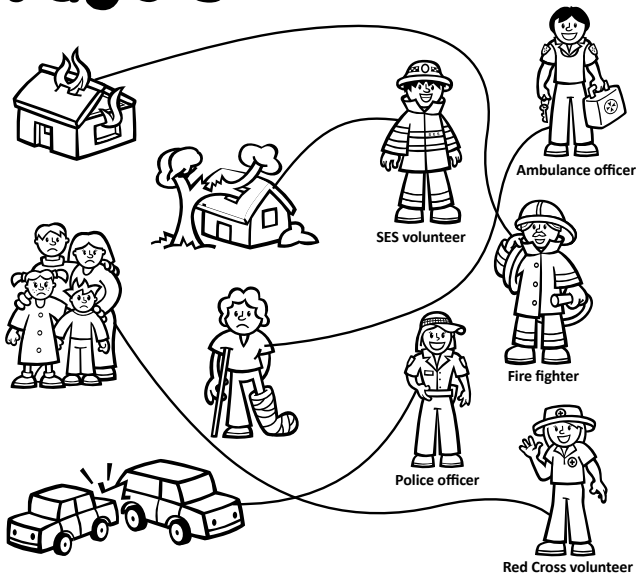
We went to her room and Shan packed a jumper, _____, runners, t-shirts and a rain jacket for both of us. I helped her pack her favourite _____, a gameboy, Lego racers and a picture of her dad.

As the storm blew, we sat in the lounge room with Maria playing card games. We turned on the radio to find out more about what was happening and what we should do to look after ourselves. It was a bit scary, but Shan’s mum told jokes, gave us cuddles and smiled a lot. When a branch from a _____ crashed down outside, she got up to look. ‘It’s OK everyone’, she called from the front door, ‘The branch has just fallen in the front yard.’

Soon, the storm passed and the power came back on. When we helped Maria go back to her house, there were lots of branches across the road and there were emergency workers out cleaning up.

Shan’s mum rang dad and he came to pick me up. ‘It was pretty scary, but we were lucky we were prepared for the storm’, I told him.

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There was a big thunder clap and Shan's mum came outside. 'They've said on the radio there's going to be a big S T O R M this afternoon, so we should all get ready', she said. We helped Shan's mum take the washing off the line and put our bikes away in the shed.

When we were inside, Shan's mum rang my dad and told him about the storm. He was in the city for work. 'It's OK, Jack can stay with us', she said. 'If you can't contact us call my sister.'

Shan's mum checked the cupboards. 'We've got enough F O O D here for a few days, kids!' She filled up some jugs of W A T E R just in case and then rang her sister to let her know about the storm.

'I'd better go and check on Maria', she said, and ran next door.

'Maria is our 91-year-old N E I G H B O U R', Shan told me. 'She lives on her own and we take her rubbish out for her.'

Shan's mum came back and said Maria was going to come over during the storm, so we all went over to help. She brought a bag with her tablets, warm clothes and some photos of her family, and we helped her bring in her bag and her C A T, who was meowing very loudly.

Shan's mum asked if we could get their Emergency kit out of the cupboard.

'What's that?' I asked.

'It's our box with important things in it; I'll show you', said Shan.

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It started raining heavily and the wind was blowing around the house. There was a loud bang – the lights went off and Shan turned on the T O R C H.

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How can I become a supporter?

Red Cross relies on committed volunteers, members and donors.

You can support Red Cross by:

1. *giving* monthly, leaving a bequest in your will or making a one-off donation to Disaster Relief and Recovery
2. *visiting* your local Red Cross store
3. *donating* blood

redcross.org.au or call **1800 RED CROSS**

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Carlton VIC 3053
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E donorinfo@redcross.org.au

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