



When Disaster Strikes ...

**Be Smart,
Be Prepared,
Be Responsible!**

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Parents and Teachers. The Governor's Office of Emergency Services has developed this coloring book to help children understand some of the basic things to do before, during and after a disaster. We hope the information is useful and informative and encourage you to contact your local OES office or local American Red Cross chapter for more information. You can also call the State OES Office of Public Information at (916) 845-8400 or visit us on the Web at www.oes.ca.gov.

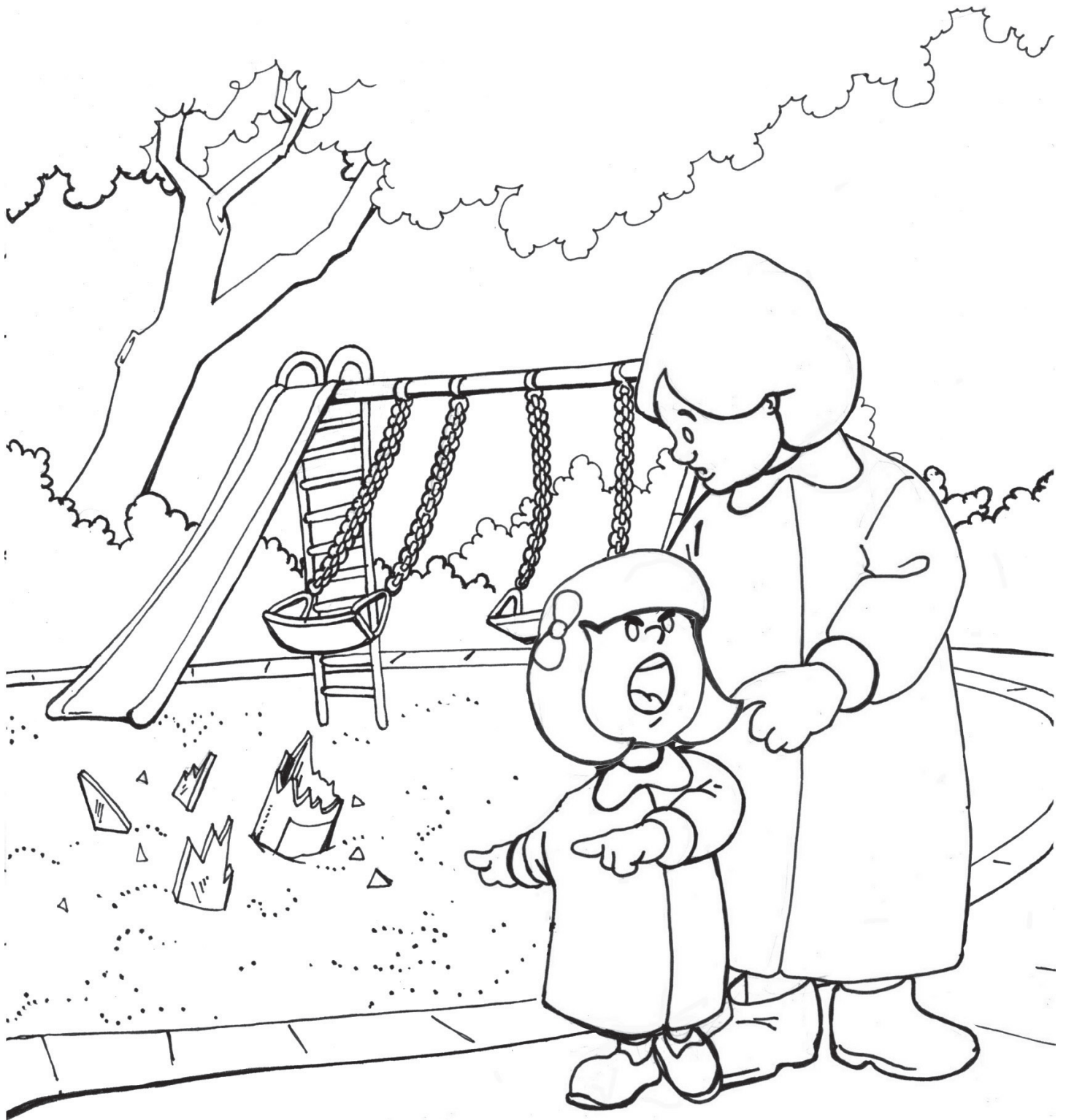
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Governor's Office of Emergency Services
Office of Public Information
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Know when to call.



**Look out for things that could hurt you.
Tell an adult.**

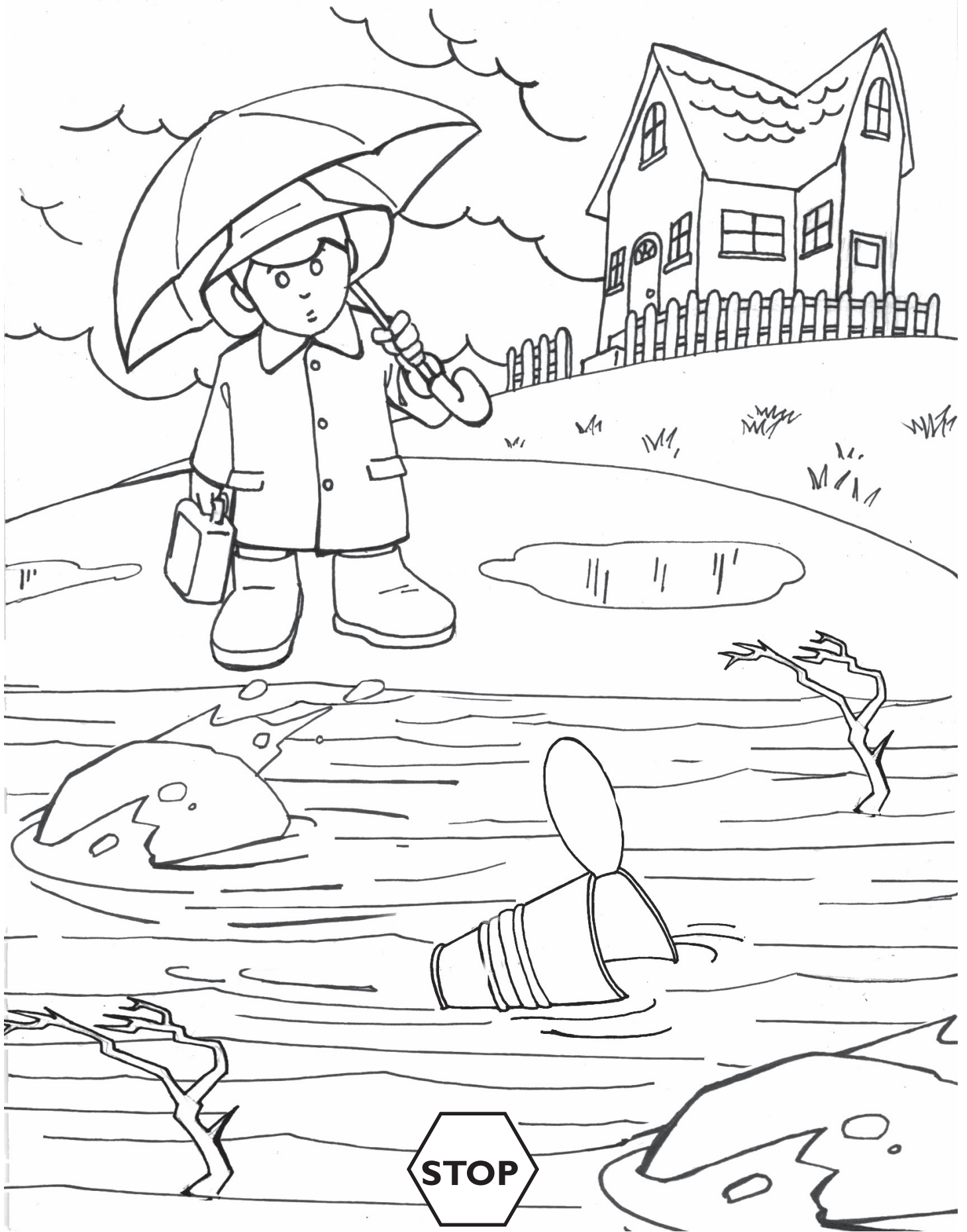


"EARTHQUAKE"

Drop, Cover and Hold On!



Help your family store things you may need, like water and food.

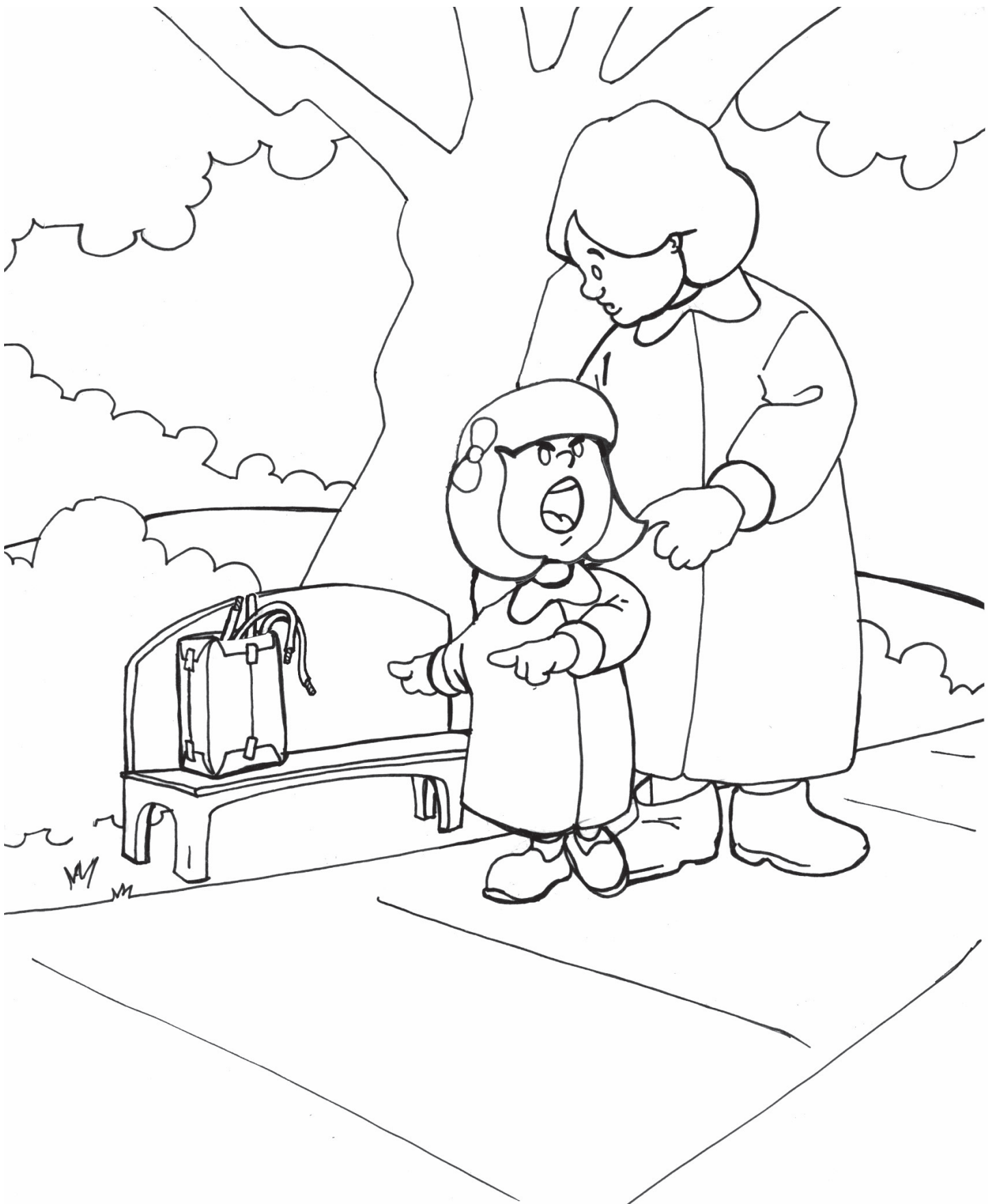


STOP

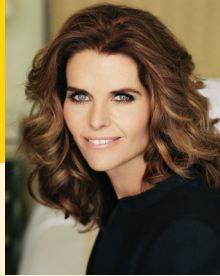
When it Floods.



Have a family disaster plan and practice it.



**Do not touch strange packages!
Tell an adult.**



Maria Shriver's **10 Ways** You Can Be Disaster Prepared

1. Learn what kind of natural and human-caused disasters pose a risk for your area.
2. Make a Family Emergency Disaster Plan and identify an “out-of-state” family contact.
3. Practice your family disaster plan.
4. Build a Family Disaster Supply Kit for your home and car.
5. Prepare your children every 6 months.
6. Don't forget those special needs.
7. Understand post 9/11 risks and how to respond.
8. Eliminate hazards in your home and workplace.
9. Learn how to protect and aid you and your family by taking first aid, CPR and other emergency preparedness training classes.
10. Get involved — give blood, educate your neighbors — volunteer!





Shopping List

Here are additional essential supplies needed to complete your kit and help you and your family be prepared. All of these items can be purchased at your local grocery store.

- Diapers
- Canned and Jarred Infant Formula/Food
- Babywipes
- Bottles
- Bottled Water (1 gallon a day/person)
- Canned Juices/Milk
- Instant Coffee
- Tea
- Rehydration Salts (order at pharmacy)
- Soap
- Liquid Detergent
- Garbage Bags
- Hand Sanitizer
- Bleach
- Disinfectant
- Toothpaste
- Toothbrush
- Canned tuna
- Soups
- Fruit
- Vegetables
- Crackers
- Protein/Granola Bar
- Peanut Butter
- Jelly
- Breakfast (high protein) Bars
- Cereal
- Raisins
- Dried Fruit Snack Packs
- Fruit Bars
- Fruit Leather
- Medicines (prescription/non-prescription)
- Pain Relievers
- Antacid
- Digestive Aids
- Cold/Flu/Allergy
- Feminine Care
- Diabetic Supplies
- Eye Care Products
- Vitamins
- Battery Operated Radio
- Batteries
- Work Gloves
- Matches
- Sewing Kit
- Wrench
- Can Opener
- Plastic Containers
- Aluminum Foil
- Paper
- Pencil/Pen
- Duct Tape
- Toilet Paper
- Cups
- Utensils
- Plates
- Pet Food and Supplies (cash, litter, collar)



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Be Prepared.
Get Ready!**