

**Kid's Community
Emergency Response
Guide (CERG)**



*Super
Stormy*



Cat-Five

**PREPARE
RESPOND
RECOVER**

Hailey

Asher



1 CALL A FAMILY MEETING TO START YOUR EMERGENCY PLAN!

- Talk about the most common emergencies.
- Figure out your basic actions for each disaster in the book.
- Decide when you will shelter-in-place or evacuate, and where you will meet up if needed.
- Discuss how you will communicate if you are separated.
- Identify an out-of-area contact in case local communication lines are not usable.



2 PRACTICE!

- Do not wait for an emergency to learn your emergency plan! Pick a good day for everyone in your family to practice the plan and make sure everyone knows what to do. Ask questions if you are not sure of your job, and time your performance to see how much time you will need when an emergency happens!

Practice 1: _____ Minutes

Practice 2: _____ Minutes

Practice 3: _____ Minutes

3 PACK YOUR BAGS!

- You will need emergency kits for staying home and a “go kit” to take with you if you need to evacuate.
- You should keep enough food (canned goods, dry foods, and water) for 3-5 days for each family member.
- Cell phone charger, battery radio, and extra batteries.
- Medicine and other daily essentials that you will need that might not be available in an emergency.

4 STAY IN TOUCH!

- Make a list of emergency contacts - include family, work, and medical numbers you may need.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

- Include an out-of-area contact if you have one.

5 GET TRAINED!

- Volunteer opportunities and programs are available for your school and community groups. Sign up and see what you can do to help prepare for local emergencies!

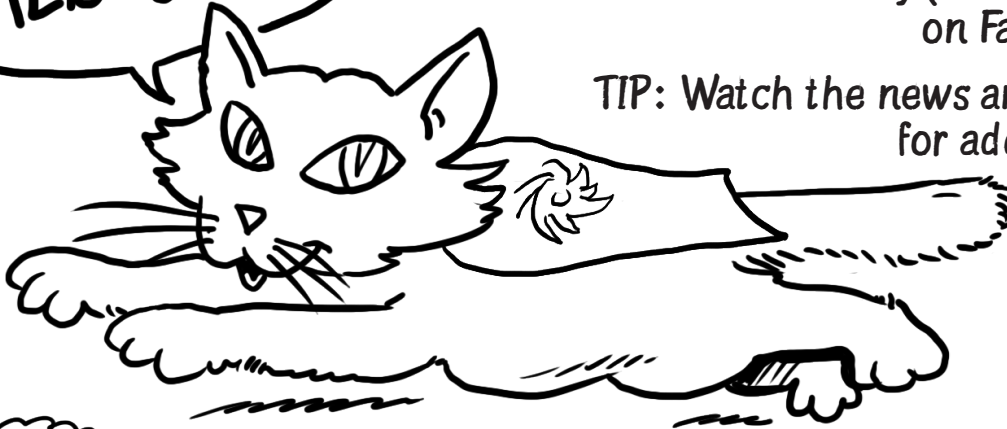


ASK YOUR PARENTS:

1. Are they signed up for Fairfax Alerts?
2. Have they visited the Emergency Blog?
3. Do they follow Fairfax County (@Fairfaxcounty) and the Department of Emergency Management and Security (DEMS) (@ReadyFairfax) on Facebook and Twitter?

TIP: Watch the news and listen to the radio for additional information.

RESPOND!

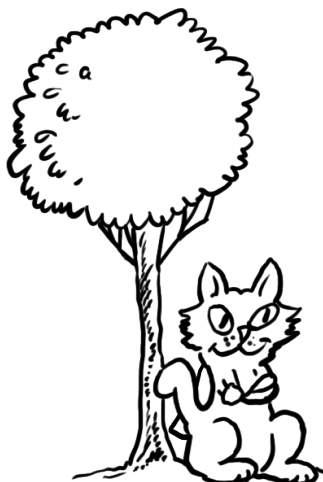


If you are sheltering in place, select a small, interior room, with no or few windows.



Where is your shelter-in-place room?

If you have to evacuate, remember:
Do not panic—remain calm. Do not run.
In the event of a fire, do not open hot doors.
Before opening any door, use the back of your hand to see if it is hot.
Do not use elevators.
Pick a meeting place for your family members to gather once they are outside.
Get out and stay out.



Where is your meeting place?

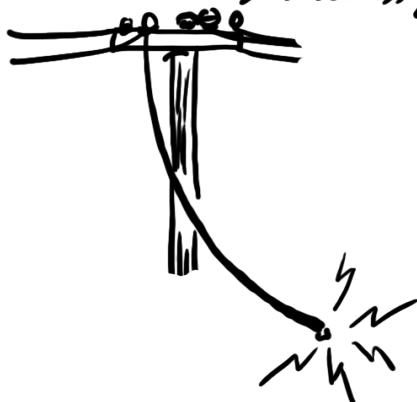


RECOVER!



Stay far away from fallen trees, power lines, and flood water.

Help clean up!



Check on your neighbors, but don't go into their home without a trusted adult.



Be careful!
Wear gloves and have a trusted adult with you!

Words to Know:

DISASTER:

Tornado, Flood, Snowstorm

EMERGENCY:

Accidents, Crimes, Fires

DANGER:

A person or thing that can cause harm or injury.

EVACUATE:

You need to leave the place where you are because it is not safe.

SAFE PLACE:

Where you can go in case of an emergency or disaster.

HAZARD:

Danger or risk.

EXAMPLE:

A thunderstorm is a danger— if it causes a flood then it becomes an emergency. Major floods turn into disasters.

Everyday Emergencies

Fire



Fires can start fast. It also spreads quickly. In less than one minute a business or house can be full of flames.

BEFORE:

- Make sure there are smoke alarms on every floor.
- Have a fire extinguisher on every floor in your home.
- Have an evacuation plan.
- Check smoke alarms and change batteries twice a year.

DURING:

- Get out and stay out.
- If your clothes are on fire, “stop, drop, and roll” until the fire is extinguished.
- If you are escaping through a closed door, use the back of your hand to feel for heat.
- Crawl low under the smoke to your exit.
- Call 9-1-1 once you get outside.
- Once the fire department arrives on the scene, go to the first unit and tell them that all family members are out or accounted for including pets. If they are not out, let first responders know.

AFTER:

- Do not go back into a burning building for any reason until authorities say it is safe to do so.

Medical

A medical emergency is any severe injury or illness that poses an immediate risk to a person’s life or long-term health.

KEY TERMS:

CPR is an emergency procedure. It is used to maintain circulation when the heart has stopped pumping on its own.

FIRST AID is basic injury-treatment and life-saving skills.

CPR and First Aid courses are offered by many community organizations.

BEFORE:

- Prepare a list of emergency contacts and keep them where they can be found quickly (like a refrigerator door).
- Identify a family member who can learn First Aid or CPR (or both!)

DURING:

- Stay calm, and call 911.
- Give your address and medical issue first.
- If you are trained, start hands only CPR, if necessary.
- Follow all the operator’s instructions carefully. Stay on the line until the operator says it’s OK to hang up.

Power Outage



BEFORE:

- Charge cell phones and battery-powered devices you use regularly.

DURING:

- Use a flashlight only for emergencies. Never leave a burning candle unattended.
- Do not open your refrigerator or freezer – they will remain cold longer this way.
- Unplug electrical equipment until power is restored to avoid damaging equipment.

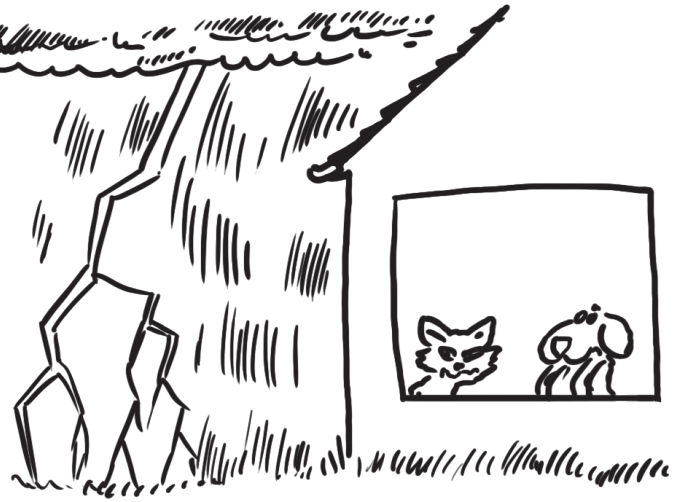
AFTER:

- Make sure power is steady before you plug in equipment.
- Throw away any refrigerated food that has been exposed to temperatures 40° F or above for two hours or more.
- When in doubt, throw it out!

Natural Emergencies

Thunderstorms are large, localized weather events.

Thunderstorms are most common in summer, but can occur in any season.



Thunderstorm

KEY TERMS:

- A **THUNDERSTORM WATCH** means there is a possibility of a thunderstorm in your area.
- A **THUNDERSTORM WARNING** means a thunderstorm is occurring or will likely occur soon.

BEFORE:

- Remove dead trees or branches that might fall.
- Secure or bring inside any outdoor objects that could blow away or cause damage.
- Unplug any electronic equipment.

DURING:

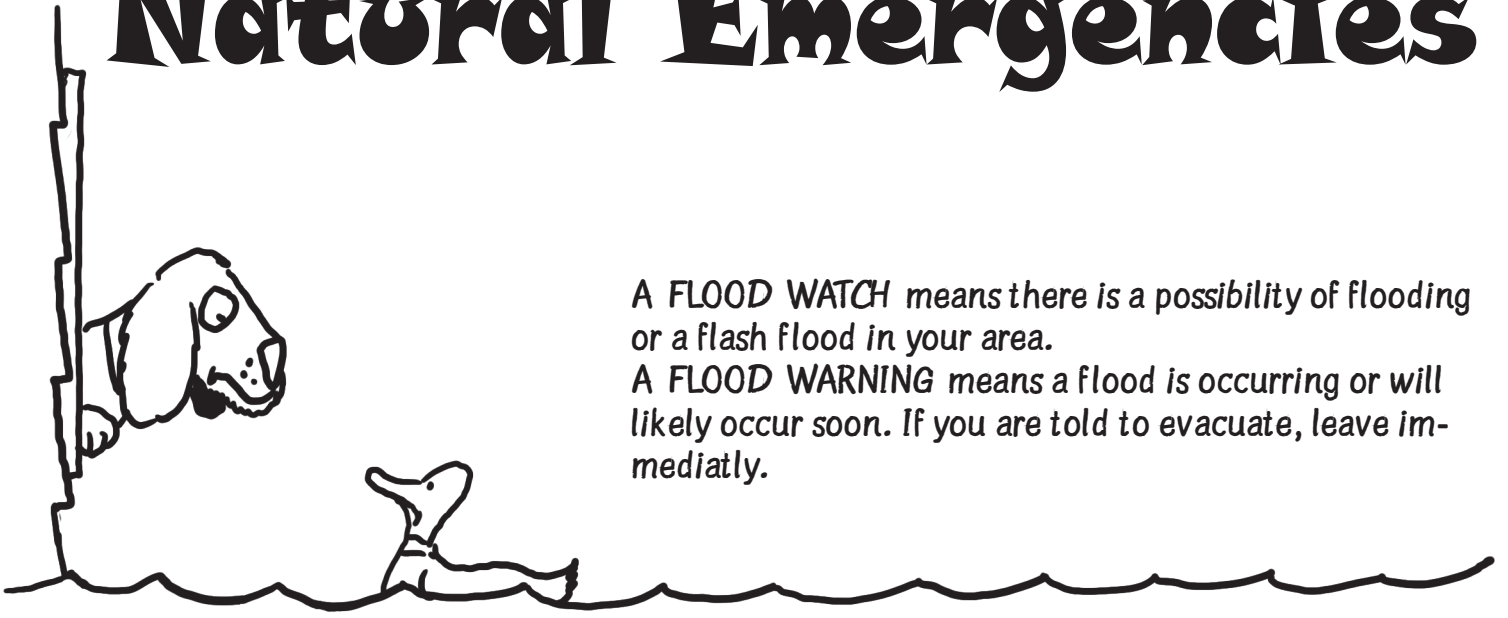
- Upon seeing lightning or hearing thunder, immediately move indoors or into an enclosed vehicle.
- Remain inside until 30 minutes after the last clap of thunder.

AFTER:

- Continue with activity or proceed where you are going when it is safe.
- Check in with family and friends by texting or using social media.



Natural Emergencies



A **FLOOD WATCH** means there is a possibility of flooding or a flash flood in your area.

A **FLOOD WARNING** means a flood is occurring or will likely occur soon. If you are told to evacuate, leave immediately.

Flooding

BEFORE:

- Be prepared for flooding no matter where you live.
- Decide early whether you will evacuate, and where you will go if ordered to or opt to leave.
- Know if your home/house is in a floodplain.
- Use a radio to listen to weather.

DURING:

- Listen to official information.
- If you encounter rising water, move to higher ground immediately.
- Turn around, don't drown.
- Do not touch electrical equipment if you are wet or standing in water.
- Always stay clear from floodwaters.
- Stay away from downed power lines to avoid the risk of shock or electrocution.

AFTER:

- Return home when local officials say it is safe.
- Avoid walking or playing in floodwaters.
- Do not drink from floodwaters.
- Do not drink or wash with water from a flooded household well until it is tested and found to be safe to use.
- Do not eat any food that may have come into contact with flood water. "when in doubt, throw it out."



Tornado

KEY TERMS:

A **TORNADO WATCH** means current weather conditions may result in a tornado.

A **TORNADO WARNING** means a tornado has been sighted.

BEFORE:

- Practice sheltering in place in your home and school.
- If there is a tornado watch, pay attention to a weather radio, commercial radio, television, or a news website for up to date information.
- During a tornado watch (not a warning), clean up your toys outside.
- Watch for signs of a tornado: dark or greenish skies, hail, large, dark low-lying clouds, loud roar.

DURING:

- Go immediately to the lowest level of your building, to an interior room or hallway.
- Stay away from windows and doorways.
- Do not stay in a trailer or a mobile home. Go immediately to a building with a strong foundation.
- If you are in a car, or if shelter is not available, lie in a ditch or other low-lying area. Do not seek refuge under a bridge or overpass.

AFTER:

- Return home when local officials say it is safe.
- Stay clear from damaged homes or buildings and infrastructure.

Earthquake

An earthquake is a shaking of the ground that can cause damage to homes/houses/buildings.

KEY TERMS:

An **AFTERSHOCK** is an earthquake of similar or lesser intensity that follows the main earthquake.

The **EPICENTER** is the place on the earth's surface directly above the point on the fault where the earthquake rupture began.

A **FAULT** is the fracture along which the earth's crust is displaced during an earthquake.

MAGNITUDE is the amount of energy released during an earthquake.

BEFORE:

- Locate safe spots in each room under a sturdy table or against an inside wall.

DURING:

- Drop, cover, and hold on. Drop to your hands and knees, if you can, protecting your head and neck.
- Stay away from windows if you are indoors.
- Stay indoors until the shaking stops.
- If you are outside, find a clear spot away from tall buildings and drop to the ground until the shaking stops.



A tornado is a column of air rapidly spinning from 69 miles per hour to upwards of 200 miles per hour. There are no tornado sirens in Fairfax County.

AFTER:

- Expect aftershocks (smaller earthquakes) for hours or days after the initial quake.
- Avoid damaged areas.
- Parents should check your utilities (especially gas), and evacuate and call 911 if you smell gas.

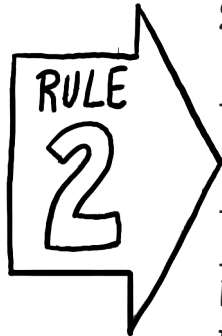
KNOW where to GO?



ALWAYS FOLLOW A GROWN-UP
If a trusted adult tells you to follow or stay in place, listen to them!



Draw your outside safe meeting place here! Does everyone in your family know where it is?



Shelter-in-place:

Find a safe place in your home to shelter in place. Where is it?
Why is it safe?

Make a Plan!

Draw a map of your bedroom (also called a floorplan.) Pick two ways to leave your room in an emergency. Number them 1 and 2. You may need two exits in case the first one is blocked. Draw the ways you would exit your room or home OR list the different exit points you could use.

Family Plan

Make a list of all the important steps to take if you need to leave your home in a hurry. Include things like feeding or taking pets, turning off lights and computers, and making sure everything is safe.



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Emergency Checklist

Write all the emergency numbers you might need if you lose your phone.

Local:

Out of area:

Doctors:

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What ^{WOULD YOU} Take?

You have 5 minutes to decide what to take in your "Go-Bag" in case of an evacuation. What would you pick?



It's okay to take personal items but remember to include things you need!

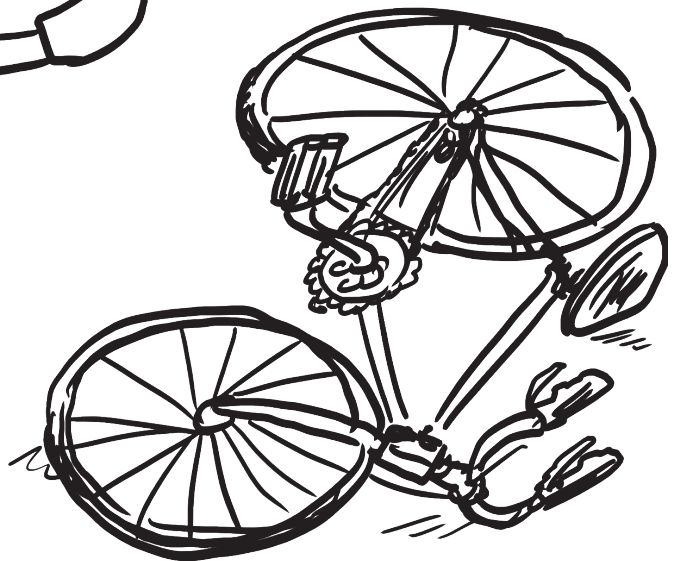
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What Would You Do?

Haily and Asher were at a friend's house when a big storm passed through the neighborhood. The storm is over, and they are riding their bikes home when Asher runs into a fallen tree and flips over his bike.



What would you do?



- | | |
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| <ol style="list-style-type: none"> 6. Move yourself and your bike out of the way if you can. 7. Find a grown-up and tell them you need help. 8. Do you know your parents phone number? 9. If you have a phone, call your parents or 9-1-1. 10. Stay with your friend and keep calm. | <ol style="list-style-type: none"> 1. GO TO A SAFE PLACE! 2. Stay calm / Don't panic. 3. Are you hurt? is your friend hurt? 4. Take your time getting up and moving around. If you can't get up, stay where you are. 5. Give or ask for first aid. |
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1. **Download** the CERG from

www.fairfaxcounty.gov/emergencymanagement/CERG



2. **Sign up** for Fairfax Alerts at

www.fairfaxcounty.gov/alerts

3. **Follow** the Emergency Blog at

www.fairfaxcounty.gov/emergency/blog