

BE RED CROSS READY

One Minute Preparedness Announcements



**American
Red Cross**
Bay Area Chapter



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Red Cross**

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The American Red Cross Bay Area is pleased to present our Be Red Cross Ready One Minute Preparedness Announcements, a simple solution helping schools meet their disaster preparedness goals and empowering students to take responsibility for their own safety in times of emergency.

HOW DOES IT WORK? During a two week period, students use the attached script to deliver important disaster preparedness information to their peers in the form of “quick tips” delivered over the loud speaker.

WILL MY STUDENTS BE ENGAGED? Students will be motivated to listen by the lure of a prize drawing at the end of the two week period. Only those who correctly answer the three question preparedness pop quiz will be eligible to participate in the drawing. The prize will be provided by the American Red Cross Bay Area. Quizzes will be collected and the winner chosen by a faculty or student leader, as determined by the school administration.

WHAT MATERIALS ARE AVAILABLE? Once the attached Program Agreement is returned to the American Red Cross Bay Area, the school will receive these free materials:

- Emergency Contact Wallet Cards, to be brought home to the members of each student’s family, equipping them with tools to customize their own family plan
- My Little Book of Disaster Preparedness, a resource for teachers to advance the concepts delivered over the loudspeaker in a fun and engaging way
- A free Red Cross disaster supply kit to be raffled off among those students who correctly answer the preparedness pop quiz

How Do WE SIGN UP? Simply return the attached Program Agreement, call (510) 595-4475 or visit us online at <http://www.redcrossbayarea.org/youth/schools.htm>.

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PROGRAM AGREEMENT

SCHOOL NAME:

ADDRESS:

FACULTY CONTACT:

FACULTY CONTACT PHONE:

FACULTY CONTACT EMAIL:

The school named above agrees to designate a person or persons to read the ten preparedness announcements over the loudspeaker or other public address system in order to prepare the student body for disasters. After receiving this form, the American Red Cross Bay Area will provide the school named above with a prize and access to supplemental materials, including the Emergency Contact Wallet Card and My Little Book of Emergency Preparedness for use with this program. At the completion of the One Minute Preparedness Announcement Program, the school named above agrees to return the Program Evaluation form to the American Red Cross Bay Area to confirm that the program has been completed.

FACULTY CONTACT SIGNATURE:

PROGRAM START DATE:

TOTAL STUDENT BODY:

TOTAL FACULTY AND STAFF:

Please return this form to:

Jason Wallace, East Bay Youth Services Manager

American Red Cross Bay Area Chapter

3901 Broadway Avenue

Oakland, CA 94606

WallaceJ@usa.redcross.org, 510-595-4475 (Direct), 510-595-4407 (Fax)

The Preparedness and Youth Services Department of your local American Red Cross extends sincere thanks to you for your dedication to the safety and preparedness of your school population.

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One Minute Preparedness Announcements

DAY 1

Welcome to One Minute Preparedness from the American Red Cross Bay Area. Over the next two weeks you will learn how to prepare for and stay safe during a disaster. We will do this by following 3 easy preparedness steps: Make a Plan, Get a Kit, and Be Informed. At the end of the two week program, we will have a preparedness pop quiz. If you can answer all of the questions correctly, you will be entered into the school's drawing for a special prize provided by your local American Red Cross. At any time over the next 2 weeks, you can stop by the office and pick up a set of Emergency Contact Wallet Cards which will help you and your loved ones customize your own family plan so that you all know who to call, where to meet and what to do in the event of a disaster. So, tomorrow get ready to get prepared!

DAY 2

Get ready to get prepared! It's time for today's Preparedness Tip. While we can't prevent disasters from happening, there are some very simple steps that each one of us can take to stay safe and minimize the effects of a disaster on our lives. Our first preparedness tip is to make a family disaster plan. Planning ahead is the first step to a calmer and more assured disaster response. Discuss with your family the types of disasters that can happen where you

live, such as earthquakes, fires, flooding, mudslides, and hazardous material spills. Establish responsibilities for each member of your household and plan to work together as a team. Next time, we'll talk specifically about working together as a team and staying in touch after a disaster.

DAY 3

Get ready to get prepared! It's time for today's Preparedness Tip. When making a family disaster plan, be sure to include an out-of-area contact who your family agrees to call after a disaster. An out-of-area contact is someone who lives outside the bay area or even better, out of state. It may be easier to complete a call to an out-of-area number if local phone lines are overloaded or out of service and your out-of-area contact is unlikely to be affected by the same disaster. Be sure to tell your out-of-area contact where you are, who is with you, and if you're ok. Your other family members will do the same. This will allow you to know your family's location and status after a disaster by simply making one phone call. If phones don't work right away, don't panic. Just keep trying.

DAY 4

Get ready to get prepared! It's time for today's Preparedness Tip. Be sure to include two meeting places in your family disaster plan. One meeting place should be outside of your home, in case of a sudden emergency such as a fire. Your second meeting place should be outside of your neighborhood, in case you cannot return home or are asked to evacuate your neighborhood. Good out-of-neighborhood meeting places include a family member's house or a local community center. Be sure your entire family knows where the meeting places are and have your family practice your plan twice a year. Stop by the office to pick up Emergency Contact Wallet Cards for each member of your household so that you can all remember your meeting places and out-of-area contacts.

DAY 5

Get ready to get prepared! It's time for today's Preparedness Tip. A disaster can force you to live without electricity, gas, water, and phone service. That is why we need to prepare by assembling a family disaster supplies kit. In an emergency, having your own supplies will be important because emergency workers won't be able to help everyone right away. And remember, you won't have time to search for supplies and stores might be closed, so be sure to make your kit ahead of time. Keep your essential supplies in an easy-to-carry container in a convenient place. Think

about what you should put in your kit so that you and your loved ones can take care of yourselves for at least three days. We will learn what to put in our disaster supplies kit next time.

DAY 6

Get ready to get prepared! It's time for today's Preparedness Tip. Today we're going to tell you what to put in your family disaster supplies kit. Your kit should include enough supplies for everyone in your household for at least three days, things such as:

- Water- Have at least one gallon, per person, per day.
- Food- Pack non-perishable, high-protein items. Select foods that require no refrigeration, preparation or cooking, and require little or no water, such as peanut butter, energy bars and dried fruit or nuts. If you pack canned food, don't forget the can opener!
- A flashlight and extra batteries.
- A First Aid Kit.
- Medications- Remember all prescription and non-prescription items.
- A battery operated radio.
- Extra clothes including sturdy shoes and gloves.
- Blankets.
- Hygiene and sanitation supplies.

Include anything else you think your family will need. You can even include books or board games to play in case you have to go several days without electricity. Make sure to plan for the needs of any pets, infants and the elderly.

DAY 7

Get ready to get prepared! It's time for today's Preparedness Tip. Being informed means knowing what to do during a disaster. During an earthquake remember to DROP, COVER, and HOLD ON.

If you are indoors:

- drop to the floor
- take cover under a piece of heavy furniture and cover your head
- then hold on to the furniture with your other hand to prevent it from moving away from you

If you are outside, be sure to move into the open, away from buildings, lights, trees and utility wires. Then DROP, COVER and HOLD ON.

If you are inside a house during a fire, take action quickly. If a fire occurs and you're behind a closed door, feel the door before you open it. If the door is hot, find another way out. If you must exit through smoke, drop to the floor and crawl. Get out as fast as you can. Once you are out, STAY OUT, and never go back into a burning building. If you can't escape safely, go to a window and signal or yell for help.

DAY 8

Get ready to get prepared! It's time for today's Preparedness Tip. When a major disaster or local emergency occurs your life can change in an instant. Loved ones can be hurt and emergency response can be delayed. You can acquire the knowledge and skills necessary to recognize and provide basic but critical care for injuries and sudden illnesses until medical help arrives. There are three critical steps to follow when giving basic aid; they are CHECK, CALL, and CARE.

STEP 1: CHECK the scene for safety and CHECK the victim for life threatening conditions.

STEP 2: CALL 911 or your local emergency number.

STEP 3: CARE for the victim until emergency assistance arrives.

You can learn how to care for an injured person by becoming First Aid and CPR certified through your local American Red Cross.

DAY 9

Get ready to get prepared! It's time for a review of your preparedness knowledge before tomorrow's preparedness pop quiz so listen closely. We now know what steps we need to take to be prepared for disasters. We know to make a plan, get a kit and be informed. We know to make a plan that

includes an out-of-area contact and two meeting places; one meeting place outside your home, and another outside your neighborhood. We know that we need to get a disaster kit with enough supplies for our entire family for at least three days. We know that we need to DROP, COVER and HOLD ON during an earthquake. Now it's time to turn our knowledge into action. Come by the office and pick up an Emergency Contact Wallet Card for every member of your household. Use this card to talk with your loved ones about your disaster plan and keep it handy so that you're always prepared. If you can answer tomorrow's 3 questions correctly, you will be entered into a drawing to win a free disaster supply kit for your home. Good luck!

DAY 10

Get ready for the preparedness pop quiz! Now that you've heard all the tips, it's time to put your disaster preparedness knowledge to the test, so grab a pencil. I will read 3 questions. In order to become eligible to win a free disaster preparedness kit from the American Red Cross, you must correctly answer all three questions. Write your answers down on a sheet of paper with your name on it. Before the end of the day, turn your answers into the main office. If you answer all three questions correctly you will be entered into a drawing to win a free disaster preparedness kit.

Ready or not, here we go: *[NOTE: Read slowly and repeat each question]*

Question 1: What are the two types of meeting places you should include in your family disaster plan?

Question 2: List 5 items that should be in your disaster supplies kit.

Question 3: What's the best way to stay safe during an earthquake?

Thanks to everyone for participating. Remember to turn in your answers to the main office before the end of the day to be entered into the prize drawing. Good luck!

QUIZ ANSWERS:

Answer 1- One meeting place outside your home, another outside of your neighborhood.

Answer 2- Water, food, flashlight, batteries, first aid kit, medications, tools, radio, clothing, personal items,

sanitary supplies, money, contact information, pet supplies, books or board games, and a map are all acceptable.

Answer 3- DROP, COVER and HOLD ON.

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PROGRAM EVALUATION

SCHOOL NAME:

FACULTY CONTACT:

DATE COMPLETED:

*Your comments will help us to improve this project
for future use:*

WHAT WENT WELL? :

WHAT COULD BE IMPROVED? :

ADDITIONAL COMMENTS:

Please return this form within 2 weeks of program completion to:

Jason Wallace, East Bay Youth Services Manager
American Red Cross Bay Area Chapter
3901 Broadway Avenue
Oakland, CA 94606
WallaceJ@usa.redcross.org, 510-595-4475 (Direct), 510-595-4407 (Fax)

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