



Day 3

Disaster Preparedness Pillowcase Kit

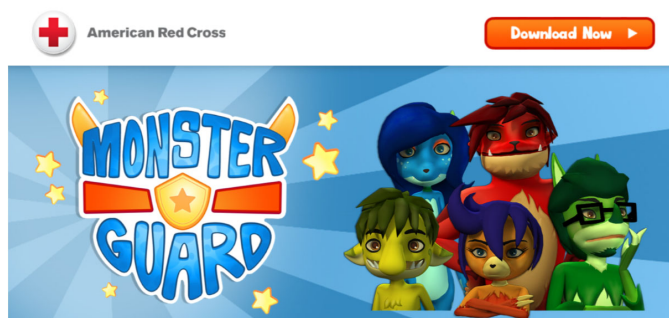
You will need: An extra pillowcase and supplies to add to your kit. Monster Guard Activities and Emergency Supplies Kit worksheet.

(Kids Workbook Activity 10-14)

Disaster Preparedness Red Cross Monster Guard Game App

1. Download the app and complete these lessons. Make sure to not “skip” the videos before each game so you know what to look for. We understand limits on screen time, so here are some suggestions on topics to work through in the Monster Guard game.

- Introduction + Preparing for Emergencies
- Earthquakes
- Emergency Supply Kit



Scavenger Hunt

1. Use the Emergency Supplies Kit worksheet to complete the “Our Household Kit”. Go on a scavenger hunt to see what supplies your already have around your home. See how many things you can check off.
2. Now that you’ve finished the scavenger hunt, complete your own pillowcase kit.
3. With an extra pillowcase, first, color and draw your own design on your pillowcase. Make sure it has your name on it!
4. Now, look around your house to see if you have the supplies to add to your kit. Remember to check with a grown-up before adding it to your kit.
5. Add a special item like a toy, stuffed animal or game!

Our Emergency Supplies Kit

As you’ve learned, in some emergencies you may have to leave your home for a safer place. To be prepared, put together an emergency supplies kit — one for you and one for your household. You’ll have everything you need to stay safe and comfortable while you’re away from home.

My Pillowcase Kit

Use this checklist to gather items for your own personal emergency supplies kit.

<input type="checkbox"/> Bottle of water	<input type="checkbox"/> Toy	<input type="checkbox"/> Portable radio	<input type="checkbox"/> First aid kit
<input type="checkbox"/> Soap	<input type="checkbox"/> Change of clothes	<input type="checkbox"/> Paper and pen	<input type="checkbox"/> Extra batteries
<input type="checkbox"/> Flashlight	<input type="checkbox"/> Toothbrush and toothpaste	<input type="checkbox"/> Blanket	<input type="checkbox"/> Family photos

And don't forget your special item!

Our Household Kit

This checklist shows items that belong in an emergency supplies kit for everyone in your home. Ask a grownup to go on a scavenger hunt with you to find some items you may have already. Check off each item that you find. Work together to pack up an emergency supplies kit for your home.

<p>Food & Water</p> <ul style="list-style-type: none"> <input type="checkbox"/> Three-day supply of water, one gallon per person per day <input type="checkbox"/> Three-day supply of canned and dried food <input type="checkbox"/> Can opener <input type="checkbox"/> Cooking and eating utensils <p>Emergency Gear</p> <ul style="list-style-type: none"> <input type="checkbox"/> First aid kit <input type="checkbox"/> Portable radio and extra batteries <input type="checkbox"/> Flashlight and extra batteries <input type="checkbox"/> Cell phone charger <input type="checkbox"/> Matches in waterproof container <input type="checkbox"/> Cash and coins (in case credit card readers and ATMs aren't working) <input type="checkbox"/> Map of your area 	<p>Personal Items</p> <ul style="list-style-type: none"> <input type="checkbox"/> Copies of important documents (birth certificates, passports, insurance policies, etc.) <input type="checkbox"/> Blankets <input type="checkbox"/> Extra clothing <input type="checkbox"/> Hygiene supplies (toilet paper, soap, toothbrush, toothpaste, etc.) <input type="checkbox"/> Medical supplies (prescription medications, medication list, extra glasses, contact lenses, etc.) <input type="checkbox"/> Baby supplies (formula, diapers, etc.), if needed <input type="checkbox"/> Pet supplies, if needed <p>Keep your supplies organized in airtight plastic bags, and pack them in a large sturdy box or plastic tub. Store your emergency supplies kit where you can get to it quickly, in a place known to everyone in your home.</p>	<p>For Your Car</p> <p>Keep a separate emergency supplies kit in your car in case an emergency happens while you are on the road.</p> <ul style="list-style-type: none"> <input type="checkbox"/> Flashlight and extra batteries <input type="checkbox"/> First aid kit <input type="checkbox"/> White distress flag <input type="checkbox"/> Maps <input type="checkbox"/> Car cell phone charger <input type="checkbox"/> Bottled water and dried food such as granola bars <input type="checkbox"/> Breakdown supplies (tire repair kit, pump, booster/jumper cables, flares) <input type="checkbox"/> Seasonal supplies: Winter – shovel, scraper, blanket, etc.; Summer – sunscreen, shade items, etc.
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Check your emergency supplies kit every six months. You may need to update some items – fresh water, fresh batteries, right-size clothes, etc. Use this planner to set dates for checking your kit.

We check our emergency supplies kit on

Month _____ Date _____ Month _____ Date _____



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