

# THE BE READY BOOK



Prepare Your Family For Disasters  
With Help From  
Cool Cat, Ready Rabbit and Disaster Dog

 American Red Cross

# Be Ready Together

Red Cross wants to help you and your family prepare for disasters that may happen in your community. What is a disaster? It's a sudden and unexpected event that causes damage and affects people's lives. Some examples of disasters are floods, earthquakes, hurricanes, fires, storms and tornadoes.

The "Be Ready Book" will help you be ready for three possible disasters that could happen to your family: home fires, winter storms and earthquakes. Complete this book and learn what to do before and during a disaster.



Cool Cat

## Home Fires

Are you ready to be safe from a fire in your home? Would you know how to safely get out of your home to avoid breathing smoke? Cool Cat will teach you, so you can be ready.



Ready Rabbit

## Winter Storms

Are you ready to stay warm during a winter storm? Do you know what emergency supplies to have on hand before winter comes? Ready Rabbit will show you what to do, so you can be ready.



Disaster Dog

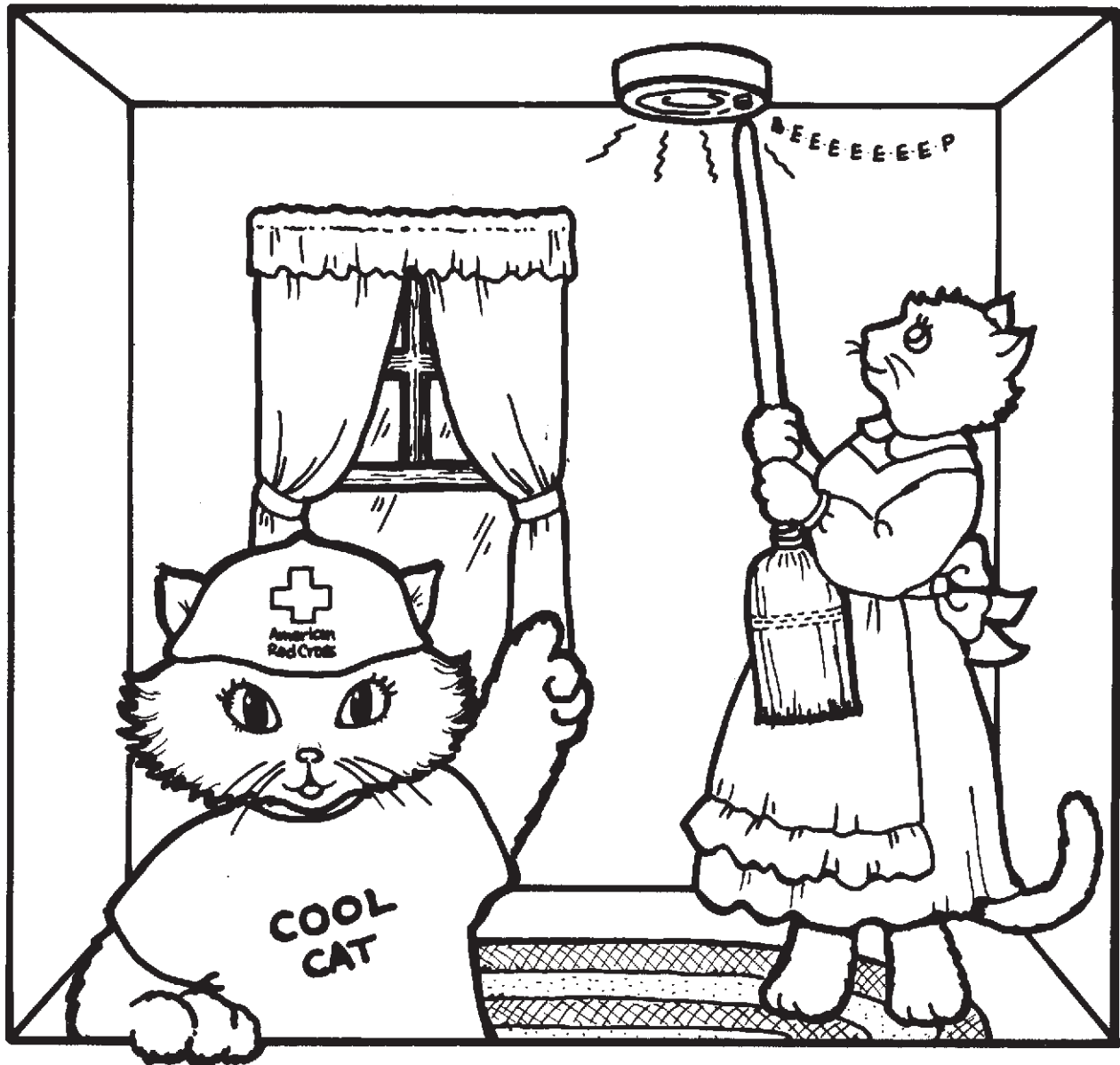
## Earthquakes

Are you ready to be safe during an earthquake? Do you know where to find safe places inside and outside? Disaster Dog will tell you what to do, so you can be ready.

American Red Cross helps people who have been in a disaster by opening shelters for people who need a place to stay, feeding them when they are there, and helping them with medical needs. When people are able to go back home, the Red Cross helps by giving them a way to buy groceries and new clothing. All services of the Red Cross are free to anyone affected by disaster, using money donated by the American people.

You can help Red Cross now by reading this book and helping your family prepare for disasters.

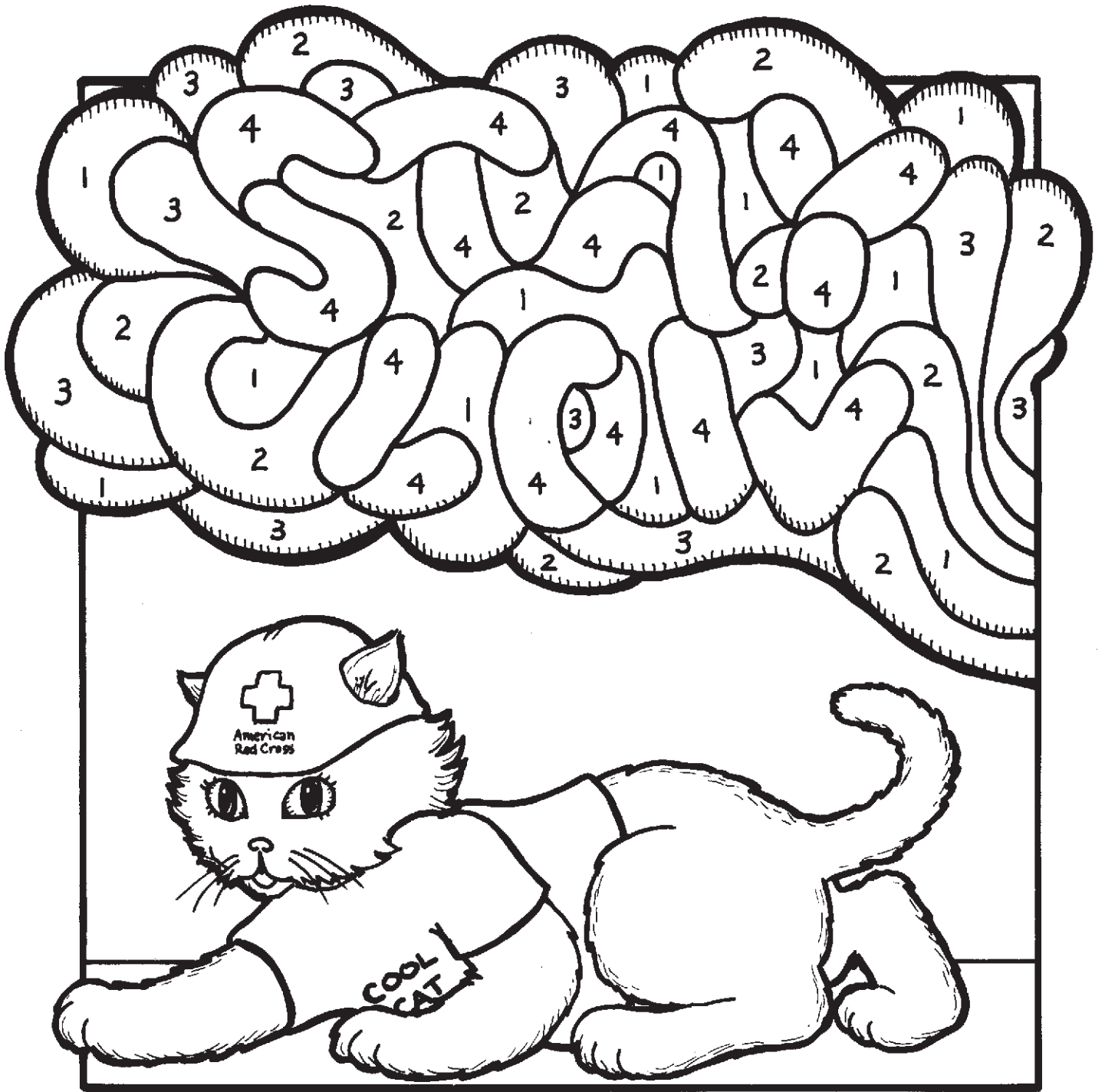
# Home Fires



**Cool Cat says:  
Smoke detectors save lives!**

All homes need at least one smoke detector. Remind your parents to check the battery in your smoke detector by pushing in the test button every month. Cool Cat's mom likes to use a broom handle so she doesn't have to climb on a chair to reach the button. Smoke detector batteries should be replaced once a year.

Color the Red Cross red.

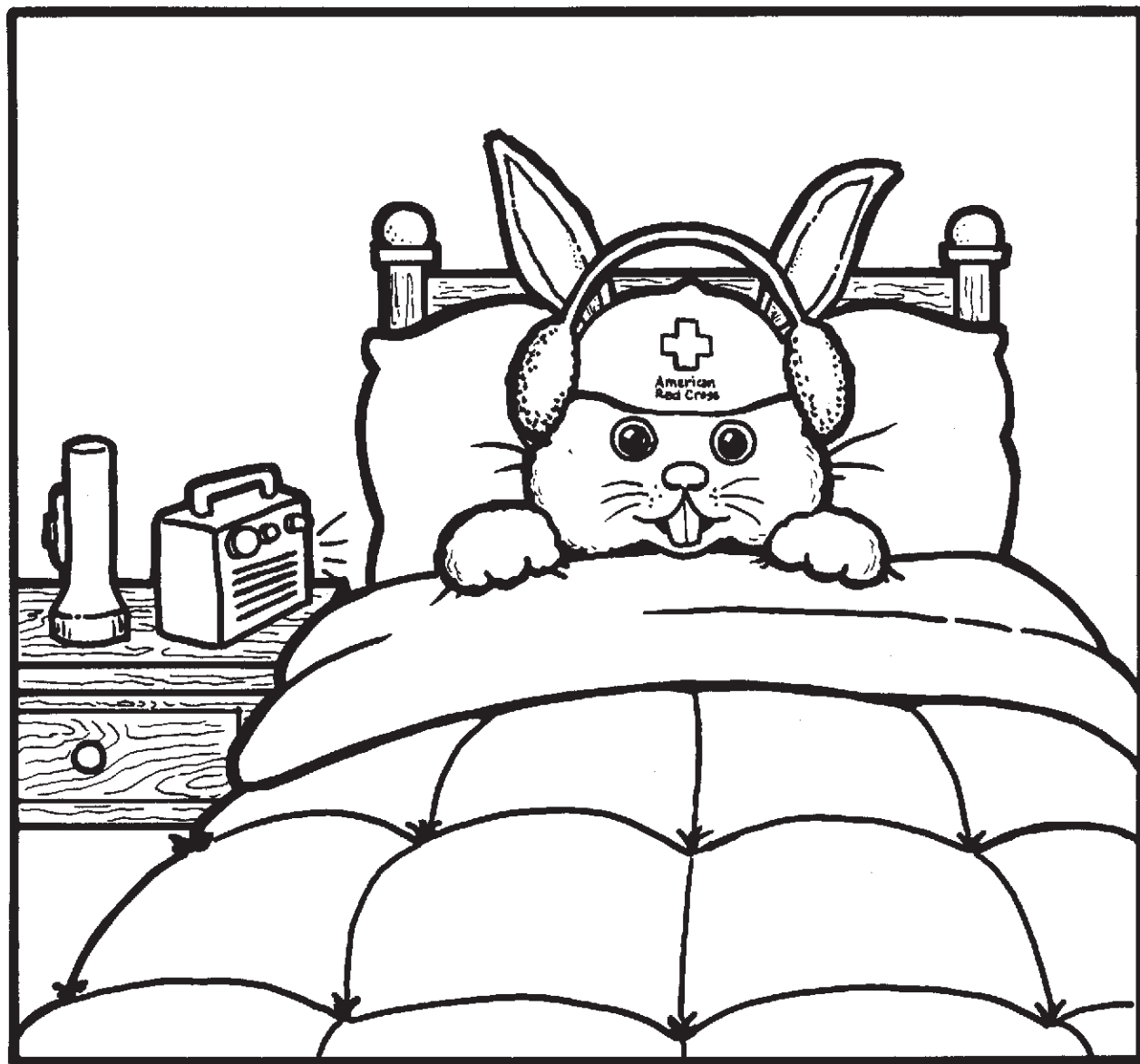


If you see or smell smoke inside, how should you escape? Color the spaces with the number 4 to see what Cool Cat says to do.

Remember: the most important thing to take with you is YOU. Stay low and crawl to the nearest safe exit. Go to your family's Fire Safe Place and stay there. Once you are safe, make sure that someone calls the Fire Department.

Color the Red Cross red.

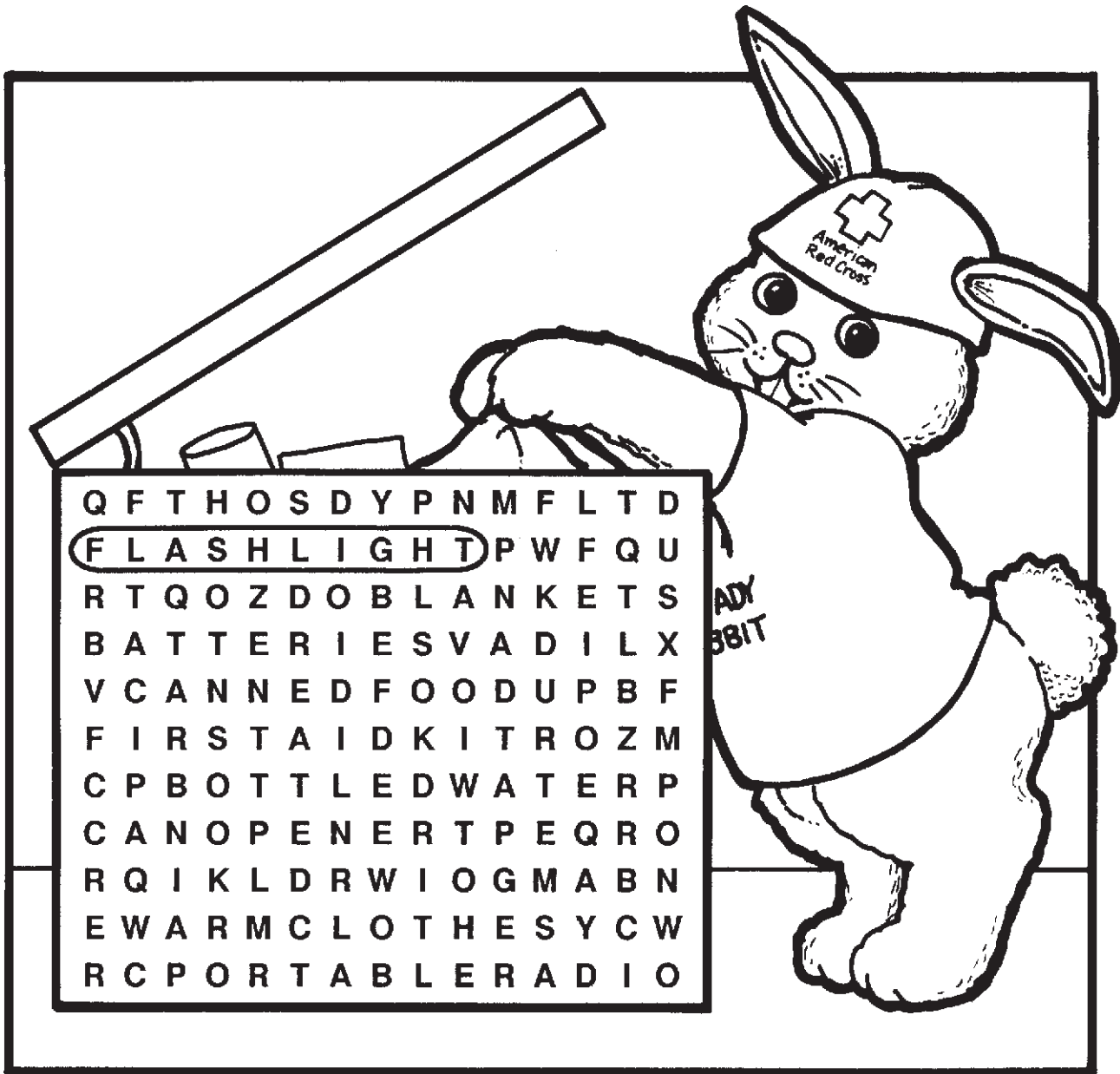
# Winter Storms



**Ready Rabbit says:  
During a winter storm, stay warm!**

During very cold weather, staying warm is the most important thing to do. You can put several layers of clothing on until you feel comfortable, or stay inside and cover up with warm blankets.

Color the Red Cross red.

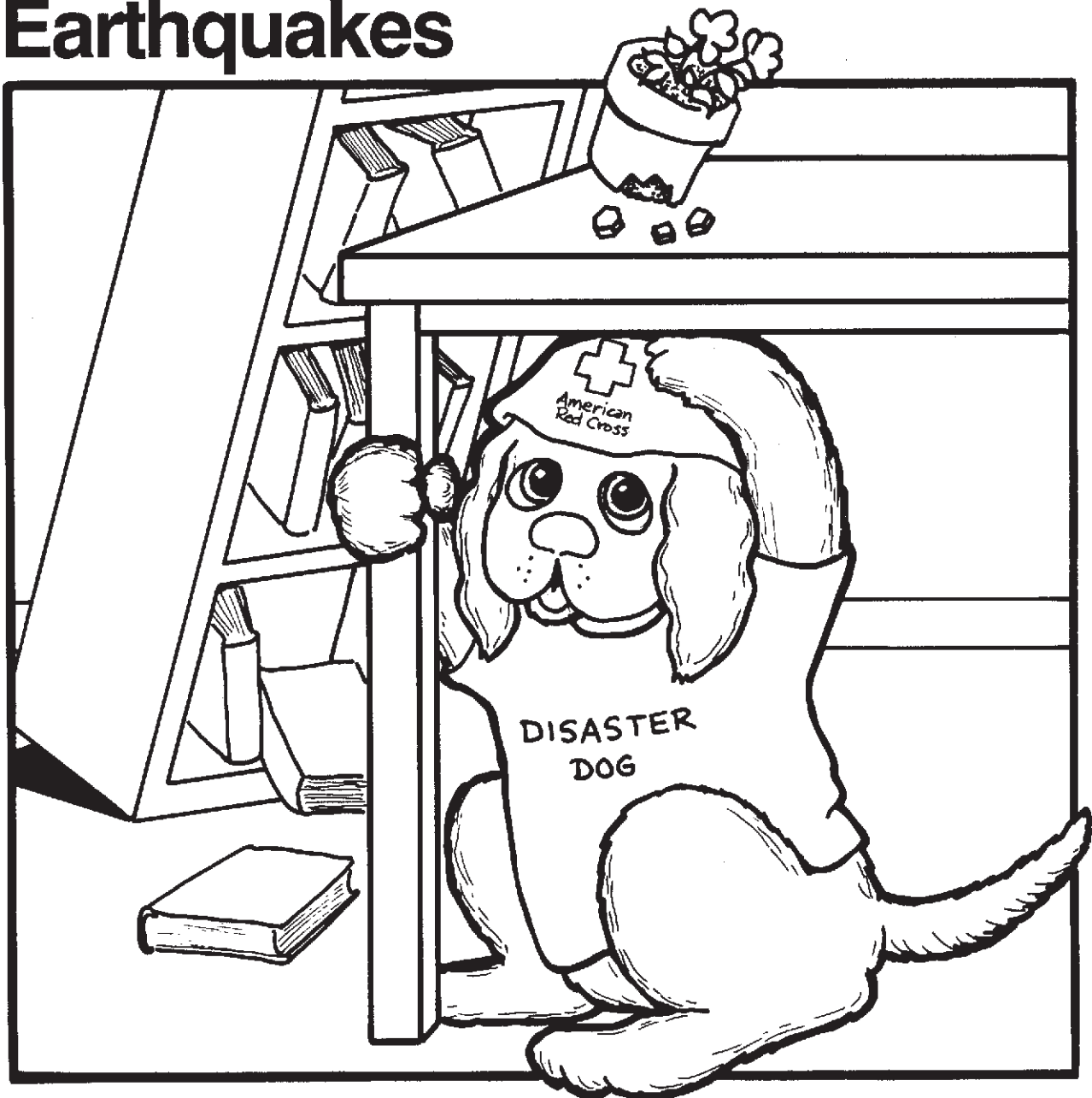


Ready Rabbit is prepared for winter storms. Are you? Find and circle the supplies in the jumble of letters on Ready Rabbit's Safety Kit. These are the kinds of supplies your family should have ready in case a winter storm comes. Put a check mark by each supply as you find it.

- |  |   |
|--|---|
| <input checked="" type="checkbox"/> Flashlight | <input type="checkbox"/> Batteries      |
| <input type="checkbox"/> Warm Clothes          | <input type="checkbox"/> Portable Radio |
| <input type="checkbox"/> Can Opener            | <input type="checkbox"/> Canned Food    |
| <input type="checkbox"/> Bottled Water         | <input type="checkbox"/> Blankets       |
| <input type="checkbox"/> First Aid Kit         |   |

Color the Red Cross red.

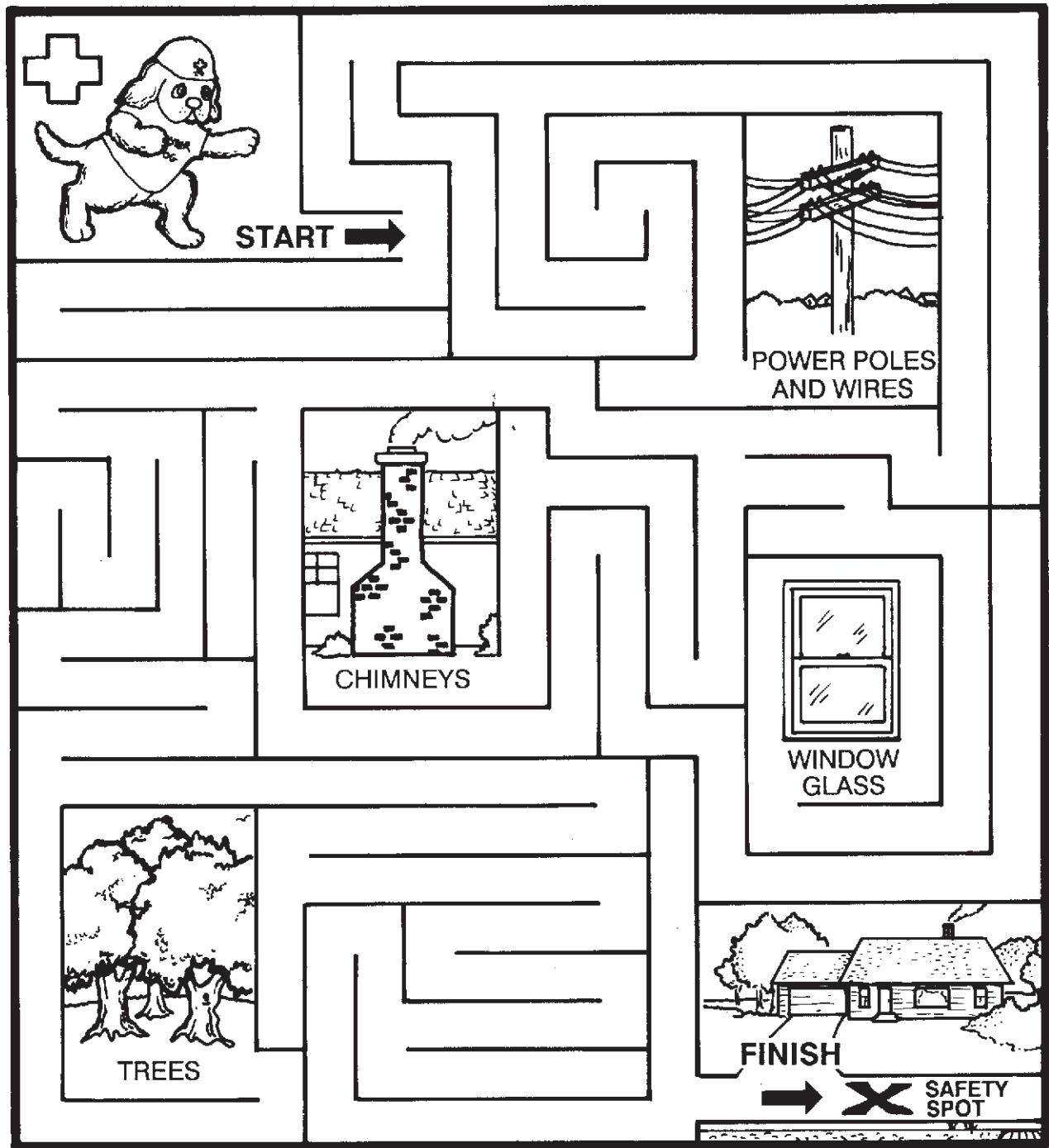
# Earthquakes



**Disaster Dog says:  
If the earth shakes from an earthquake,  
DUCK, COVER and HOLD ON!**

Protect yourself from things which could fall by going to the nearest Earthquake Safety Spot under a desk or a table, or in a corner of a room away from windows. Choose a Safety Spot in every room of your home. Remember to cover your head and hold on!

Color the Red Cross red.



Disaster Dog knows that if an earthquake happens when you're outside, you should go to an Earthquake Safety Spot in an open area and stay put, far away from things which may fall. Help Disaster Dog get to an open area near his home. Watch out for unsafe places along the way!

Color the Red Cross red.



# Ready or Not?

A disaster can happen any time. Some planning now can help you and your family survive. Here is a checklist of things that your family should do ahead of time to prepare. Put a check mark on the line next to each item your family has accomplished so far. Add up the points for each mark, and see how well your family scores in being prepared!

## Points

- 10        Each person in our family knows the telephone number to call to report emergencies, and can give our street address and telephone number. The emergency number is by our phone(s).
- 10        Our family has a fire escape plan which includes at least two ways to get out of every room. Our outside Fire Safe Place is located:  
\_\_\_\_\_
- 10        Our family has a Safety Kit\* where supplies like a first aid kit, flashlight, battery-powered radio, extra batteries, bottled water, blankets, and other important things are kept in one place. Our Safety Kit is stored at this location:  
\_\_\_\_\_
- 10        If an earthquake happens while everyone in our family is in different places, each person knows our plan for getting back together.
- 10        Our family checks the batteries in our smoke detector(s) every month.
- 10        Our matches are kept in safe places, out of reach of children.
- 10        Each person in our family can name Earthquake Safety Spots both inside and outside our home.
- 10        Each person in our family has practiced how to "duck, cover and hold on" in case of an earthquake.
- 10        Our family has a plan on how to stay warm if we should lose our heat during the winter.
- 10        Our house number can easily be seen from the street.

**Your Score:** \_\_\_\_\_ **(Add up the points for each item you checked)**

<b>Scoring:</b>	100	Excellent! Your family is ready for anything!
	80-90	Good! Your family is better prepared than most.
	60-70	O.K. You need to do a few more things.
	40-50	Not so good. Lots of preparing to be done!
	0-30	Poor. Start getting ready right away!

\*Contact your local Red Cross Chapter for a detailed list of emergency supplies.



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