READY & FREDDIE IN
DISASTER BUDDIES

Coloring and Fun Activities!
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This book was developed by a steering committee of emergency preparedness public educators in King County, Washington representing the following agencies:

American Red Cross Serving King & Kitsap Counties
City of Bellevue Emergency Management
City of Federal Way Office of Emergency Management
City of Kent Office of Emergency Management
City of Seattle Office of Emergency Management
Federal Emergency Management Agency
King County Office of Emergency Management
Public Health - Seattle & King County
Puget Sound Energy

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Hi, I'm Ready!

And I'm Freddie!

Together, we’re...

Ready Freddie!
My cousin Laura sent me an email.

The one far away? Will you read it to me?

“Dear Ready,
Last month we had a big earthquake.
The good news is that my family is OK.”

Dad sent a text. He’s fine.

Thank goodness! Let’s check on our neighbors.

“When we felt it, we did ‘Drop, cover and hold.’ It kept us safe!”

“Afterwards, we checked to make sure others were OK.”
Are you OK, Mr. Garcia?

Yes, but my dog is trapped!

We've got peaches and crackers.

And here are beans and soup.

Thank you!

“There was a lot of damage. But we all helped each other out.”

“We were hard to buy groceries, neighbors shared food.”

“A bunch of families worked together to clean-up our school.”
Wow!

What could we do to get through a disaster like an earthquake?

Well, remember what Laura did when she felt the earthquake?

Ooh, ooh, don’t tell me!

Drop, cover, and...scold?

No, Freddie! I’ll show you!

Drop, cover, and...mold?

Drop, cover, and hold!

“It was a difficult time, but we pulled together. Now I think our neighborhood is stronger than ever!

Your cousin, Laura”
In an emergency, you might need to leave your home quickly. After leaving, where will all your family members meet?

Plan an emergency meeting place.

If there’s a fire, we’ll meet at the end of the block.

I’m going to show them this book!

Talk with your family about what to do if there’s an emergency.
Emergency Meeting Place!

Draw your family at your emergency meeting place.

Can I be in your picture?
Find a “disaster buddy.” Check on each other if there’s a disaster.

Hey Dad!
Who is your disaster buddy?

I promise to check on you.

And I’ll check on you!

Write in information about your disaster buddy.

Draw a picture of your disaster buddy in the square!

Disaster Buddy ID Card

I will check on

My buddy will check on me

My buddy’s phone number

My buddy’s address

My buddy’s email (or family email)
Hi, I'm Ready!

And I'm Freddie! Together we're...

Hi, I'm Ready!

And I'm Freddie! Together we're...

Ready Freddie.
I know. We met yesterday.

You might help each other someday.

Look what happened in the storm! How will we move the tree?

We've got a chain saw. We'll help you!

Get to know others in your school or neighborhood.
Neighborhoods where people know each other do better when there's a disaster.

I wish I could use a chain saw!

We don't need any more disasters, Freddie.
But here are more ideas you can do!

Put together an emergency kit.

Write down phone numbers for your family and others who could help in an emergency. Tape them inside a school binder or keep them in your backpack.

Practice emergency drills at home.

Fastest time yet!

Mom
555-254-9560

Dad
555-254-8881

Out of town contact:
Grandma
555-365-3439

Disaster Buddy:
Freddie
555-373-3343
Draw a picture of what you will do to be ready for disasters!
In earthquake, flood or terrible weather, Disaster Buddies will stick together.

What can we do to make it through?

Check on me and I’ll check on you!
Emergency Contact Information

My phone number:

____________________________________

My address:

____________________________________

____________________________________

Phone numbers of people in my family:

____________________________________

____________________________________

____________________________________
Parents and caregivers, here are some simple tips for your family to become Ready Freddie!

**MAKE AN EMERGENCY PLAN:**

1. Learn about possible disasters where you live at MakeltThrough.org. Determine your family’s needs and how you can survive these hazards. Consider the special needs of others, such as the elderly or persons with disabilities, in your planning.

2. Develop and practice a family emergency and communications plan. How will you contact each other if a disaster happens? Would you know what to do if phone lines shut down? Have an out-of-state contact for family members to call if local lines don’t work.

3. Develop and practice an evacuation plan should you need to leave home. Be ready to follow evacuation requests and orders issued by local officials.

**BUILD AN EMERGENCY KIT:**

This is a checklist of basic items for your kit. Add more when you can.

- Water (1 gallon per person per day)
- Nonperishable food (3-5 days of food per person)
- Clothes (1 change of clothes and footwear per person)
- Medications (3 days worth)
- Flashlight and batteries
- Manual can opener
- Battery powered radio and batteries
- Hygiene items (soap, toilet paper, toothbrush)
- First aid (bandages, antiseptic, nonprescription medicine)
- Blanket
- Special needs items such as extra eyeglasses, charged batteries for wheelchairs and hearing aids, pet food, diapers

**HELP EACH OTHER:**

- Identify a “disaster buddy.” Promise to check on that person if there’s a disaster, and that person will check on you.

- Check on neighbors, friends, and loved ones if there’s a disaster, especially the elderly or those who may need extra help.

**FOR MORE INFORMATION ABOUT GETTING READY FOR EMERGENCIES:**

King County Partners in Emergency Preparedness - MakeltThrough.org
American Red Cross - SeattleRedCross.org
Federal Emergency Management Agency - fema.gov