

Emergency Planning for Kids

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We can't predict when an emergency will happen so that's why it's important to make a plan with your parents before a disaster.

Here are a few ways you can prepare and stay safe: Know how to get in touch with your family; Write down phone numbers for your siblings and neighbors; and memorize your parents' cell phone numbers.

Pick a place to meet your parents, like a neighbor's house, if you can't get into your home.

Map out two escape exits from your home in case you need to get out quickly.

Draw out your exits on a piece of paper and keep it in your room to remind you.

Practice your plan with your parents, siblings and pets every six months.

Remind your parents to pack an emergency supply kit or you can gather supplies that you already have to help get them started.

Making a plan might feel like homework but it will help you and your family stay safe during an emergency.