

READY WRIGLEY PREPARES FOR



WILDFIRES & SMOKE



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention





NAME: _____

Note to Parents, Guardians, Teachers, and Librarians

The Centers for Disease Control and Prevention created Ready Wrigley to provide young children, parents, guardians, and teachers with tips, activities, and stories to help the whole family prepare for emergencies. Together with your child, join Wrigley as she helps her family prepare for emergencies by staying informed, gathering emergency supplies, and filling out a backpack emergency card. Use this activity book to further your child's education and promote disaster preparedness in your community. We hope you will encourage its use in your schools and communities and with families to help children learn the importance of being prepared.

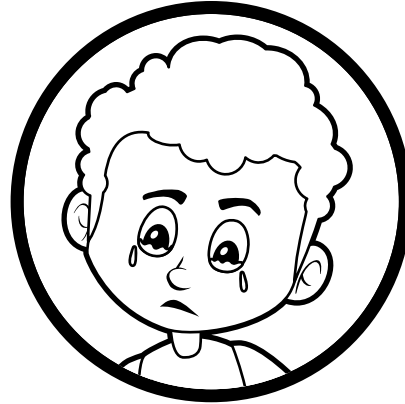
A **wildfire** is a fire that burns out of control. Wildfires are most often caused by lightning or people. They can burn forests and fields; damage homes, schools, and other buildings; and hurt people and animals.



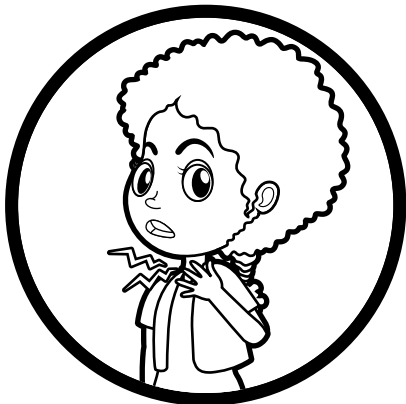
Wildfires can make a lot of **smoke**. **Wind** can carry smoke to places far away from a fire. Smoke can make people cough and their eyes, noses, and throats hurt.



COUGH A LOT



WATERY EYES



SCRATCHY THROAT



HEAD HURTS

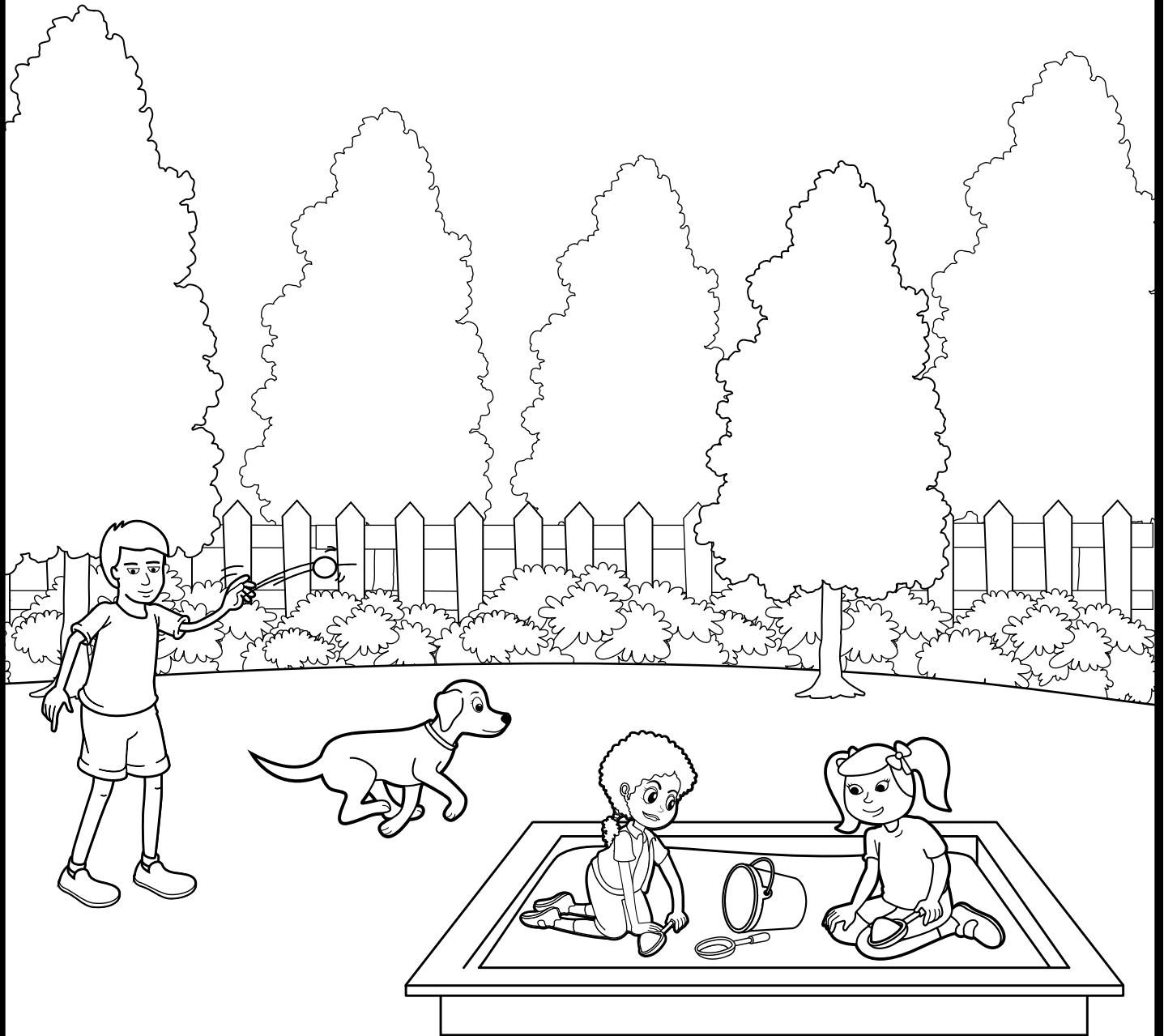


RUNNY NOSE



HARD TO BREATHE

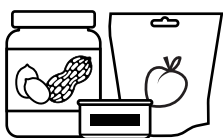
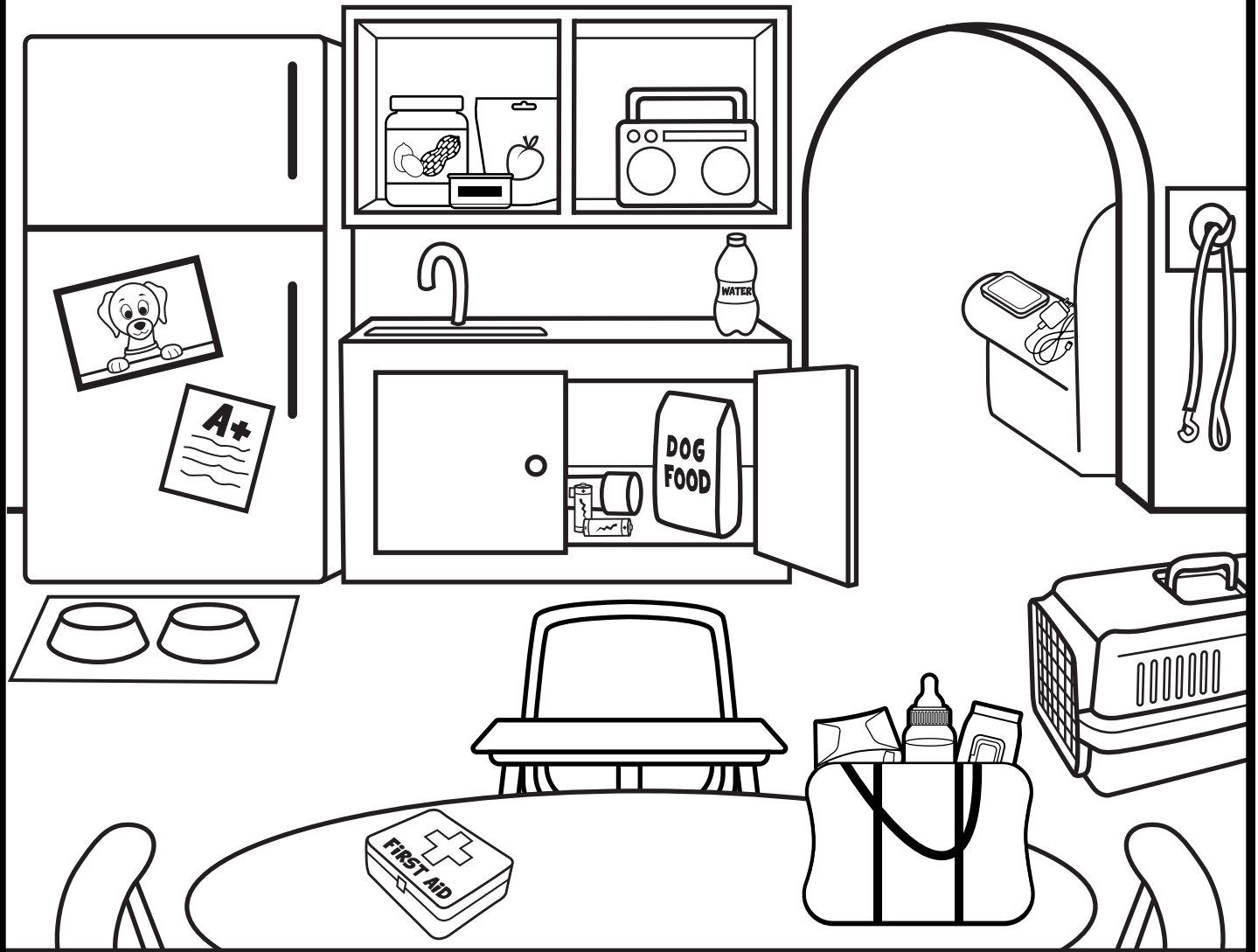
Breathing smoke can make you feel sick. Too much smoke can make it hard to breathe, especially for people who have health problems like **asthma**. If you have asthma, follow your doctor's advice about what to do and how to use your asthma medicine.



Asthma (say: az-muh) is a health problem that makes it hard to breathe.

PICTURE FIND

It's important to collect supplies before an emergency. Your family may already have most of what they'll need around the house.



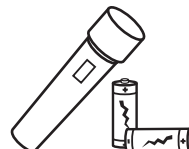
Food



Bottled water



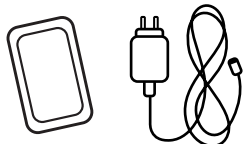
First-aid kit



Flashlight & batteries



Portable radio



Cell phone & charger



Baby care supplies



Pet food



Pet carrier



Bowls for pet food & water

MATCHING

After you help your family collect supplies, look around your house for things that can help you stay safe, healthy, and calm during an emergency.

Draw lines to match the words on the left to the pictures on the right.

A favorite book, toy, or tablet

A favorite stuffed animal, blanket, or pillow that makes you feel safe

Paper and colored pencils, crayons, or markers

A family photo album

A favorite snack food

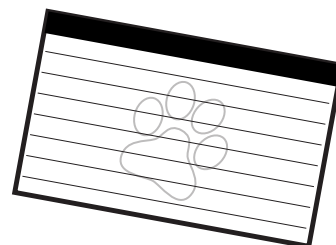
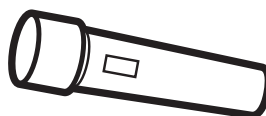
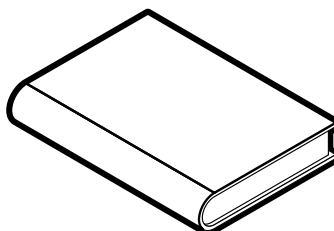
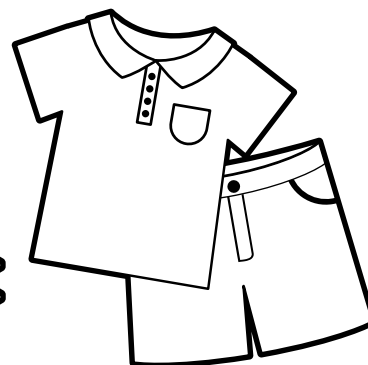
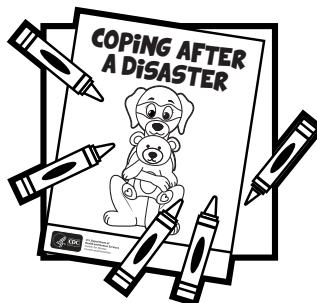
Flashlight or battery-powered nightlight

Change of clothes

Toothbrush and toothpaste

Headphones

Backpack Emergency Card



BACKPACK EMERGENCY CARD

Parents and guardians: It is important that children have emergency contact information written down when they leave the house. Complete the cards below with help from your child. Put one card in his or her backpack. Keep the other in your wallet or purse.

CHILD'S CARD

Cut Along Dashed Line

Fold Along Solid Line

BACKPACK EMERGENCY CARD	EMERGENCY CONTACTS
Child's Name: _____ Date of Birth: _____ Home Address: _____ School: _____ Teacher: _____ School Phone: _____ Special Needs, Medical Conditions, Allergies, Important Information: _____ DIAL 911 FOR EMERGENCIES	Name: _____ Relationship: _____ Cell Phone: _____ Contact 2 Name: _____ Relationship: _____ Cell Phone: _____ Emergency Pickup Address: _____ Pediatrician Name: _____ Phone: _____ DIAL 911 FOR EMERGENCIES

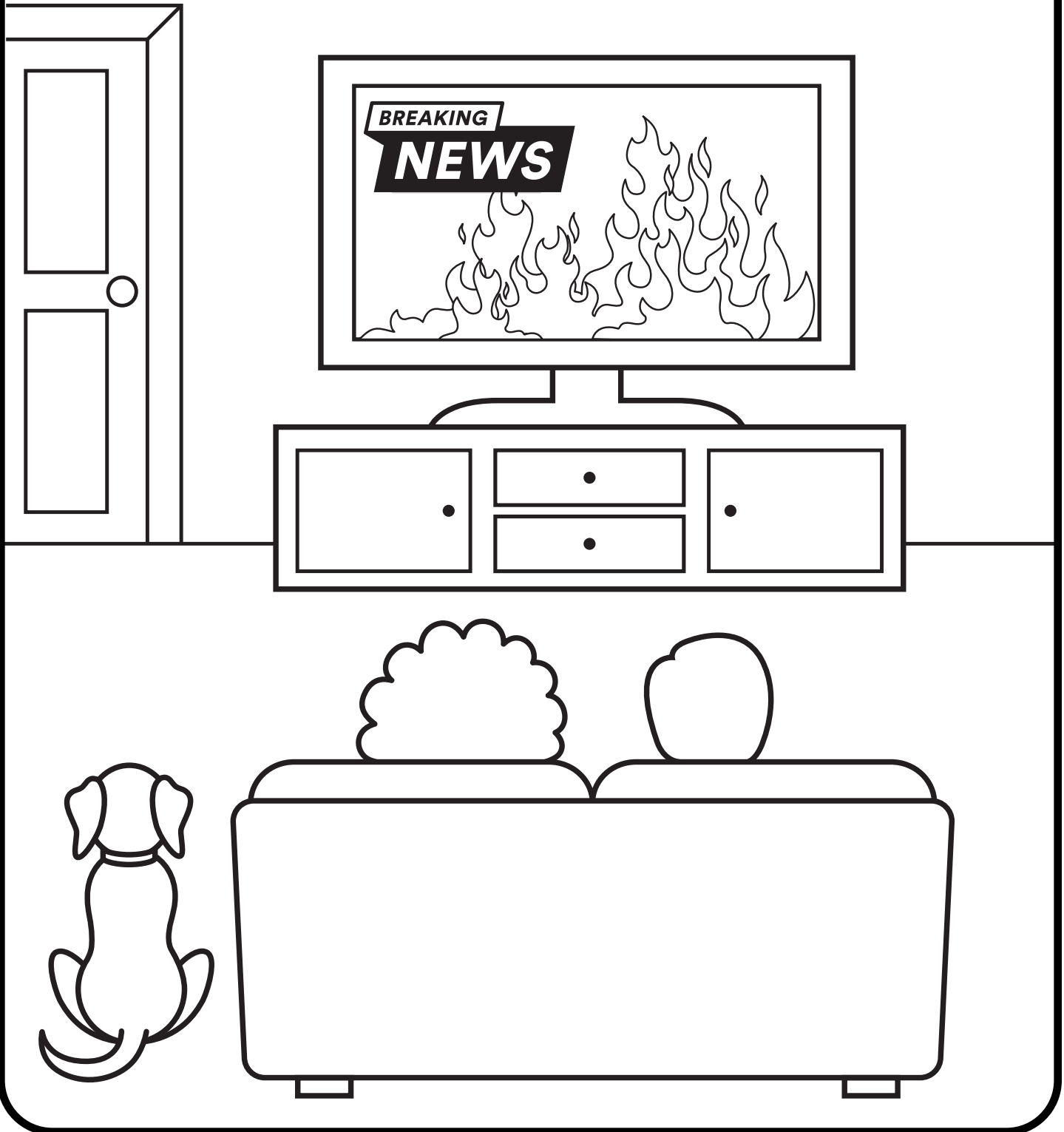
PARENT/GUARDIAN'S CARD

Cut Along Dashed Line

Fold Along Solid Line

WALLET EMERGENCY CARD	WALLET EMERGENCY CARD
Child's Name: _____ Date of Birth: _____ Home Address: _____ School: _____ Teacher: _____ School Phone: _____ Special Needs, Medical Conditions, Allergies, Important Information: _____ DIAL 911 FOR EMERGENCIES	Contact 1 Name: _____ Cell Phone: _____ Contact 2 Name: _____ Cell Phone: _____ Emergency Pickup Address: _____ Child's Pediatrician: _____ Child's Healthcare Specialist: _____ DIAL 911 FOR EMERGENCIES

When a wildfire is nearby, grown-ups will pay close attention to the radio, television, and their phones to learn how to keep you and your family safe. If there's too much smoke in the air, you might need to stay inside. Your school might cancel outdoor recess and sports, or even close.

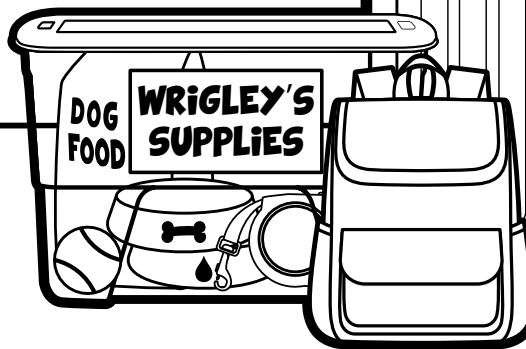
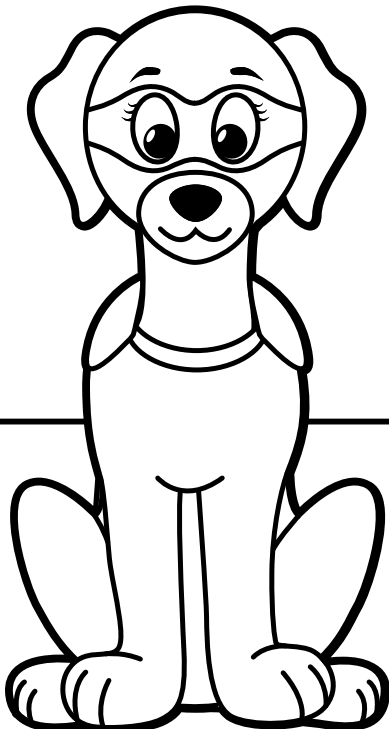
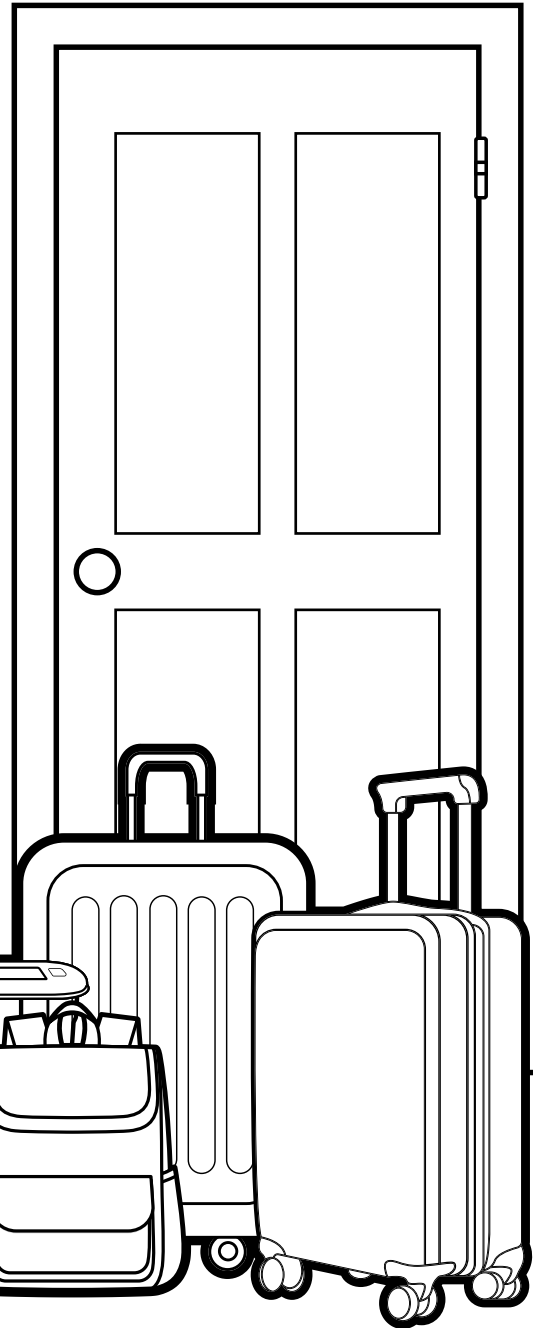
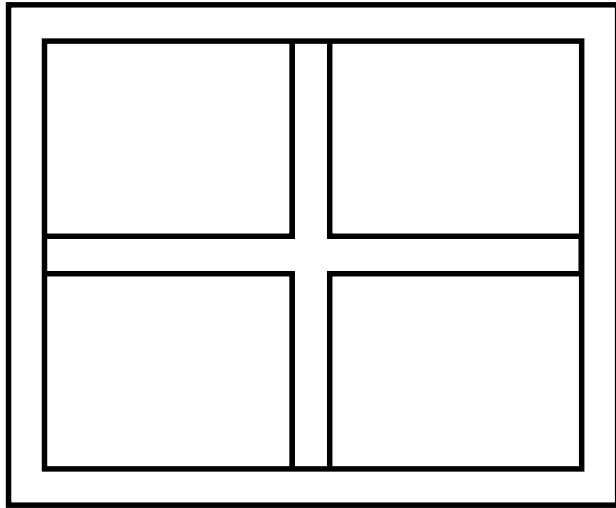


Sometimes smoke can get inside your house. Wrigley and her family made a **clean room** where they can stay until there is less smoke in the outdoor air.



Wrigley and her family use an air purifier to make the air in their clean room less smokey. Air purifiers are machines that move air through filters to catch dust and dirt from the air.

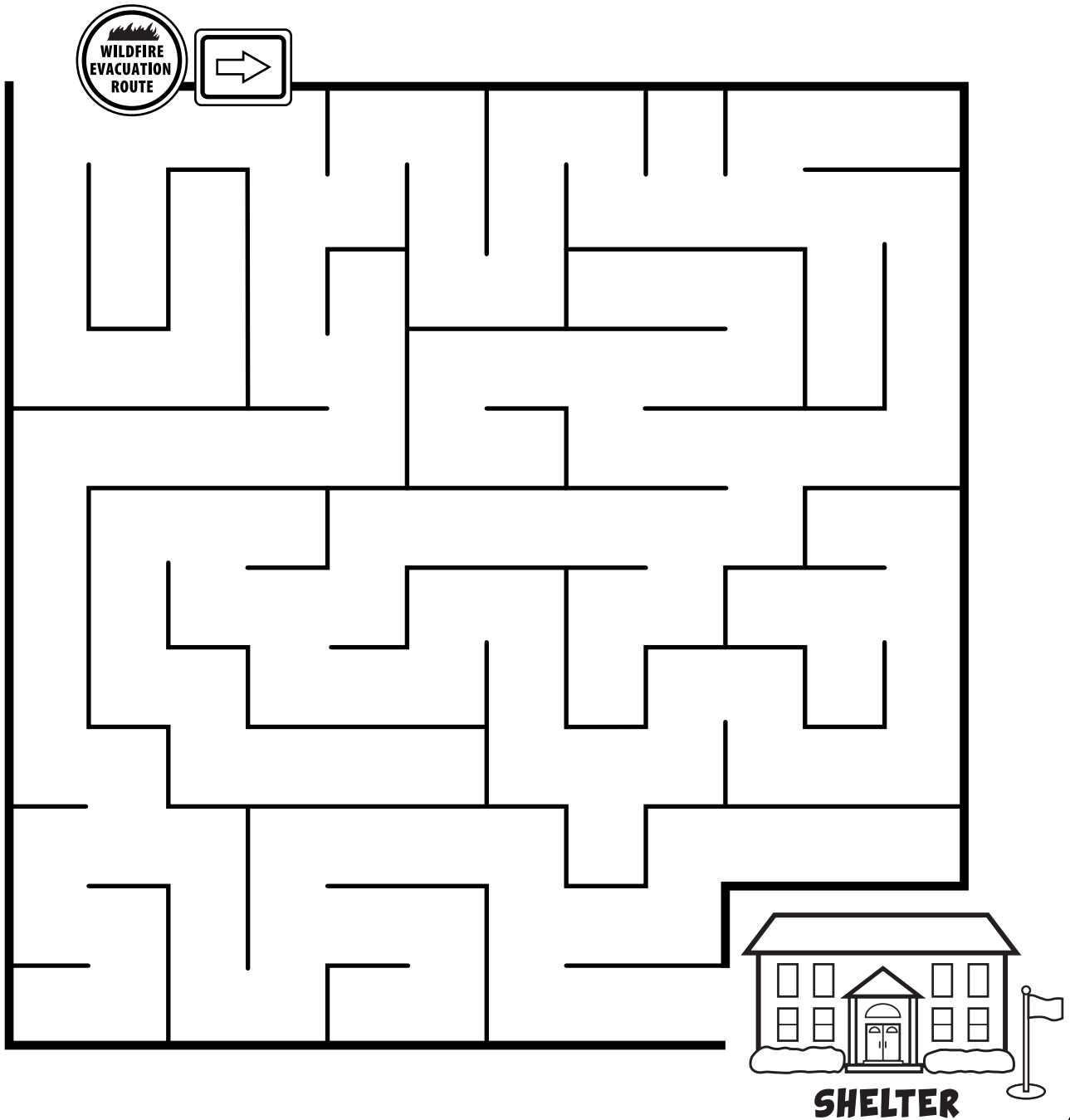
It can be scary if a wildfire gets close to your home, but your family can go to a safe place. This is called evacuation. An **evacuation** is when people go from a place that is not safe to a place that is safe. Grown-ups will make sure you are safe during an evacuation.



MAZE

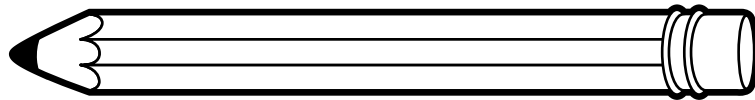
During an evacuation, you might sleep over at a hotel, someone's house, or a shelter. You will need to stay here until grown-ups say it's ok to go home.

Follow the Wildfire Evacuation Route sign (i.e., maze) to the shelter.



Your family should have a plan for what to do if a wildfire burns too close to your home. Practice the plan at least two times every year.

Take the 10-minute evacuation challenge. Set a timer for 10 minutes. In those 10 minutes, see if everyone can:



- 1** Put on long pants, a long sleeve shirt or sweatshirt, shoes, and a hat.

- 2** Grab your emergency supplies and other important things and take them outside.

- 3** Find your pets, put them in carriers if they have them, and take them outside.

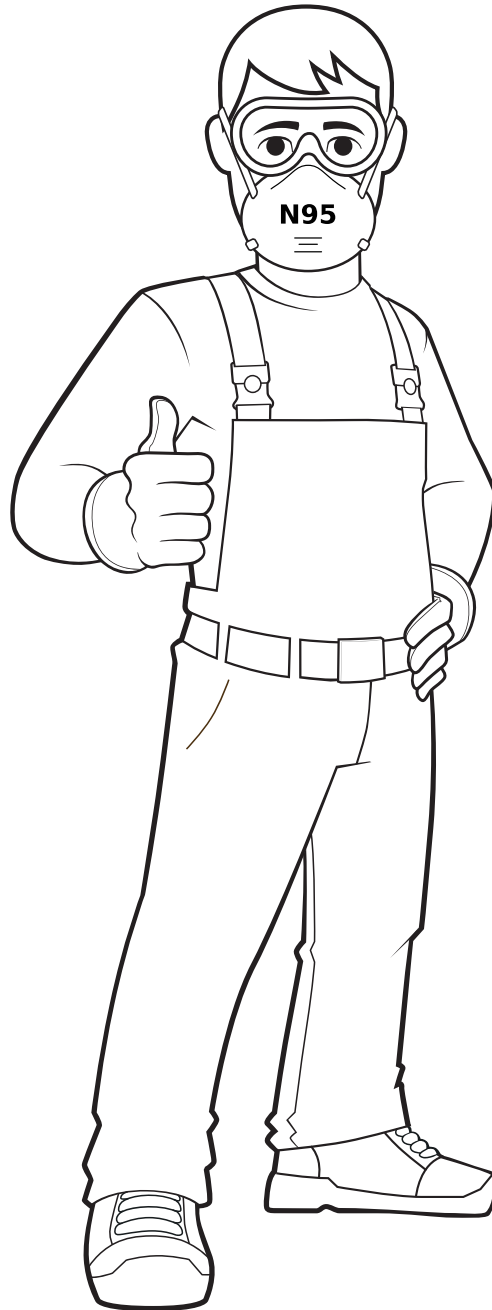
- 4** Pack the vehicle as if you are going on a trip.

- 5** Get in the car and buckle your seatbelt.



Have a plan for young children who cannot get outside by themselves. Who will wake up any babies and young children and help them get out? Decide who will help each child and pet get out safely.

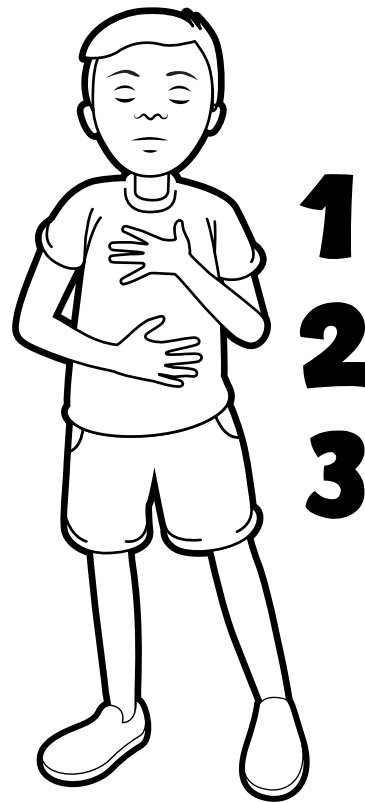
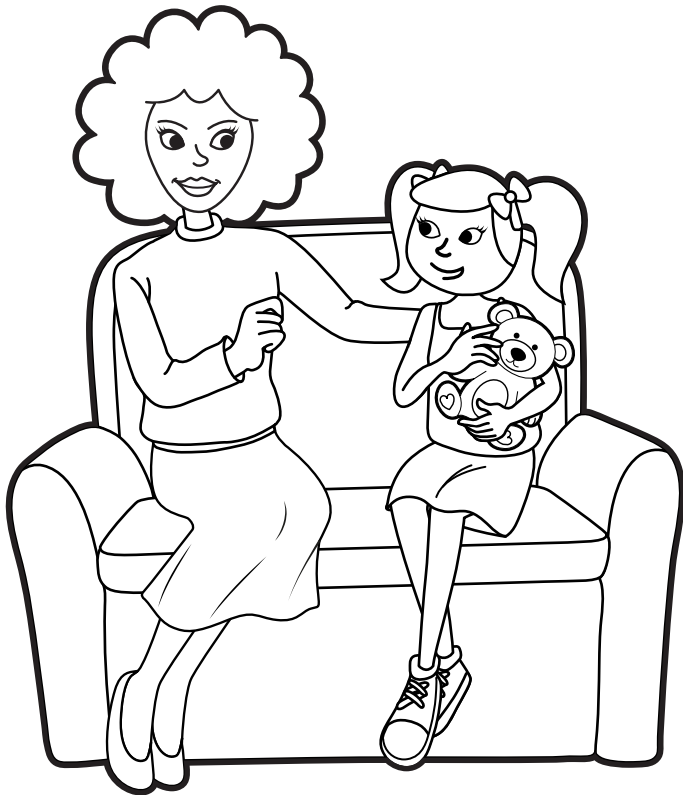
Only grown-ups should clean up after a wildfire. **Ash** can make people and pets sick. When grown-ups clean up wildfire ash, they wear boots, gloves, pants, long sleeves, goggles, and a special face mask to be safe.



Ash is the dust left behind when something is burned in a fire.

You may feel different after a wildfire than you did before.

1 You may feel sad, mad, or scared.



2 Emergencies can be scary. Talk to a grown-up about how you feel.

3 If you get scared, a good way to start to calm down is to take three deep breaths in a row.

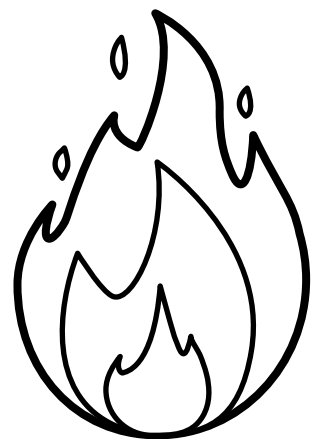
WORD SEARCH

Help find all of the vocabulary words below. The words can be across, down, diagonal, or even backwards.

A S R L B W Q N T C D Y N N S
C T O W E E K O M S T N R V R
B A L W H E N B E K N Q C T G
N M V I D V U P V E F I L V T
Y H O L U F I K A W Y G E B K
P T D D I W T M C A C P A U L
K S P F Z Y W M U H N W N L L
B A S I K P K T A A E S R F B
D A P R U Y M I T C G N O H D
K H K E E U R O I K R O O T H
M H Z H E F W M O R E M M K P
N J A P R K W I N D M F U N Z
D H S S G I A B S O E Q S Q V
V I H U H A W X L T T H M J Z
Y D S R W H K U I S S V O P N

ASH
WIND
SMOKE
ASTHMA

WILDFIRE
EMERGENCY
EVACUATION
CLEAN ROOM



Cut Here

GREAT JOB!

(Your Name)

learned so much about preparing for
wildfires and smoke!

Before a wildfire, remember to:

- Fill out a Backpack Emergency Card
- Help collect emergency supplies
- Practice evacuating
- Know where your pet might hide when scared

Here are some things I learned:

1 _____

2 _____

3 _____





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For more fun activities visit
www.cdc.gov/cpr/readywrigley