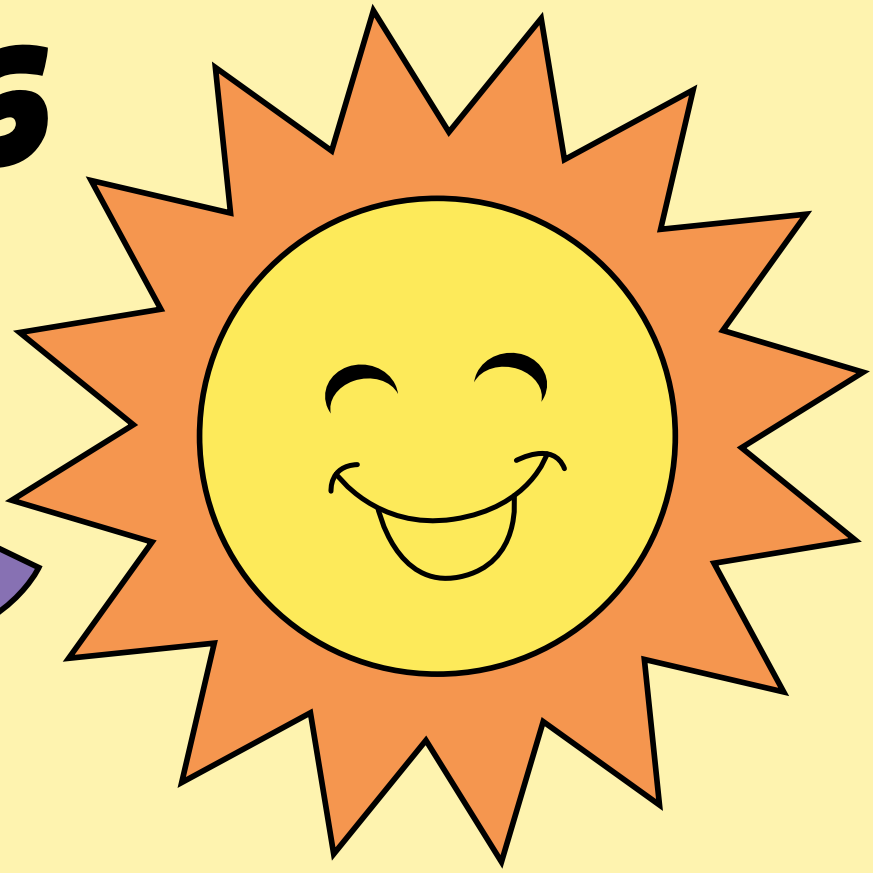
READY WRIGLEY PREPARES FOR



EXTREME HEAT

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

This series has been endorsed by:

American Academy of Pediatrics

DEDICATED TO THE HEALTH OF ALL CHILDREN™

www.healthychildren.org

Save the Children®

www.savethechildren.org/GetReadyGetSafe

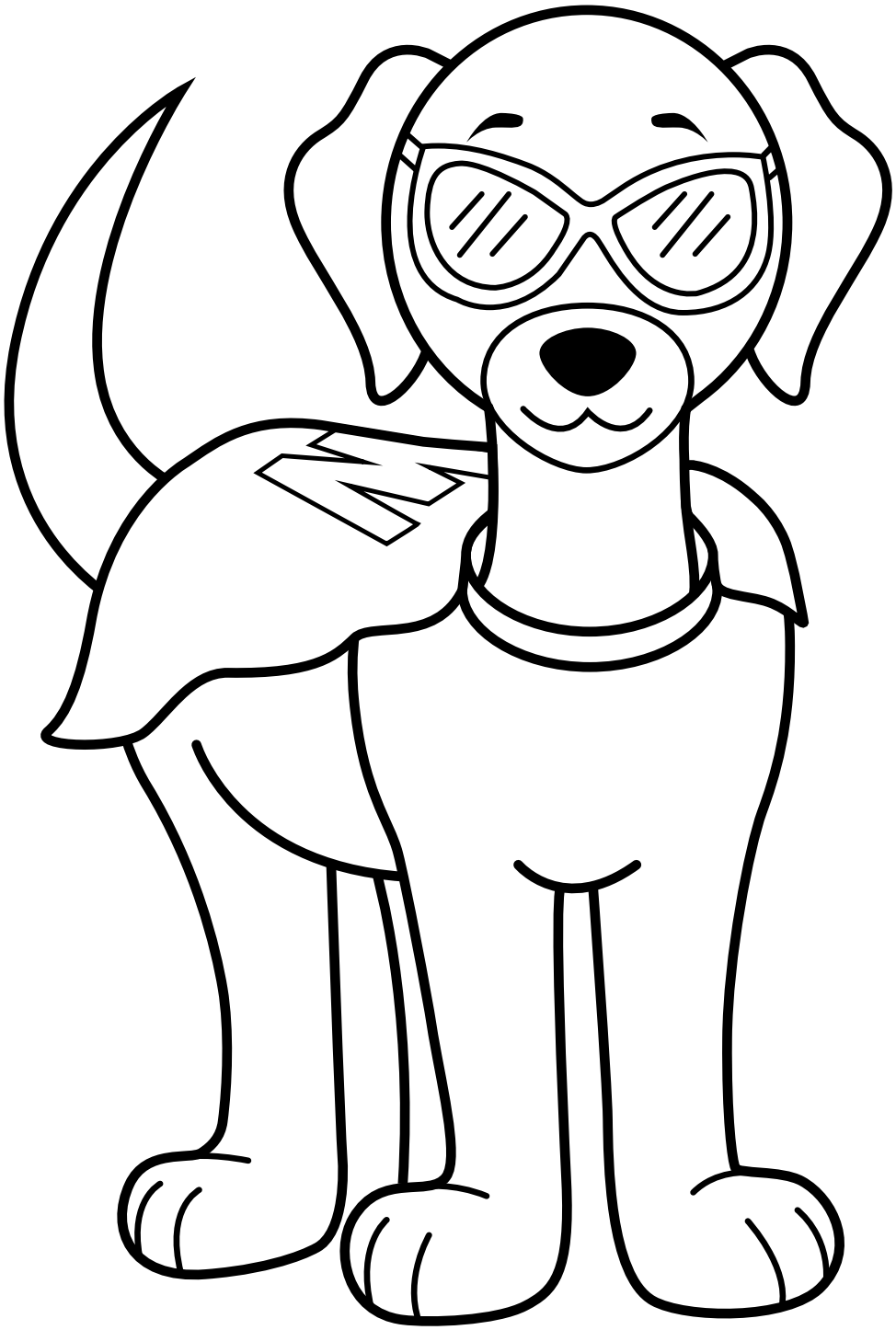
NAME: _____

Note to Parents, Guardians, and Teachers

The Centers for Disease Control and Prevention has created *Ready Wrigley* to provide parents, guardians, teachers, and young children with tips, activities, and a story 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, packing emergency kits, and making a family communication plan.

The activity book is designed to provide an interactive tool to further your child's education and promote disaster preparedness in your community. We hope you will encourage its use in your schools, communities, and families to help children learn the importance of being prepared.

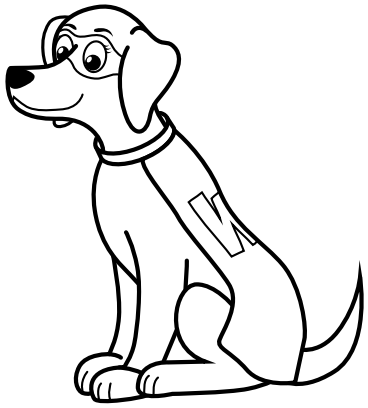
Wrigley is excited for summer! As it gets hotter outside, Wrigley must get her family ready for extreme heat. Do you know what to do?



READY WRIGLEY TO THE RESCUE!

Before any weather event, Wrigley and her family talk about what to do and who to call in an emergency.

Fill out a plan with your family to have in an emergency.



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My Family Communication Plan

My Name:_____

My Address:_____

_____

My Telephone Number:_____

Meeting Place:_____

Family Information

Work Number:_____

Cell Number:_____

Email:_____

Neighbor/Relative name and number:

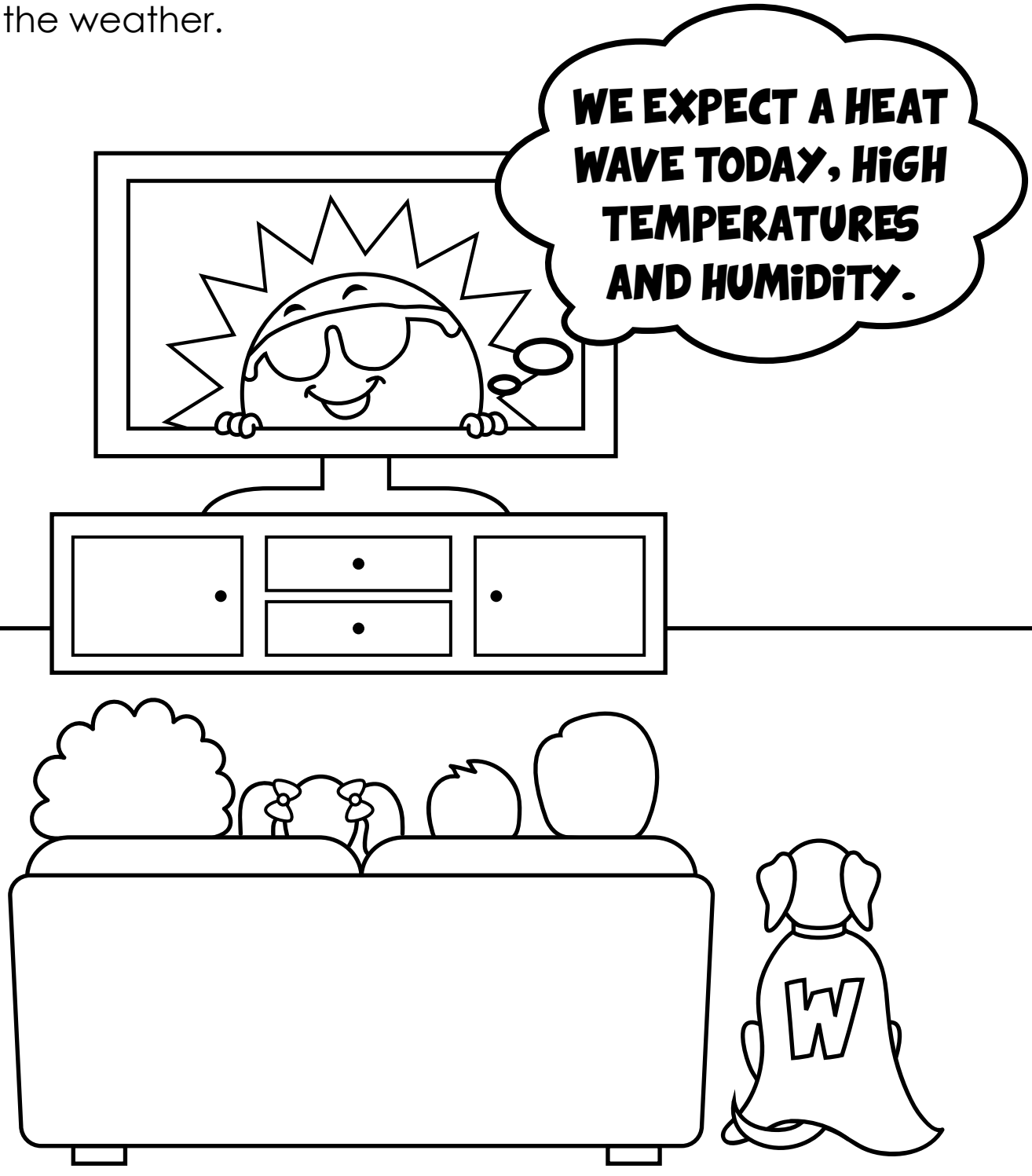
_____

Out of town contact name and number:

_____

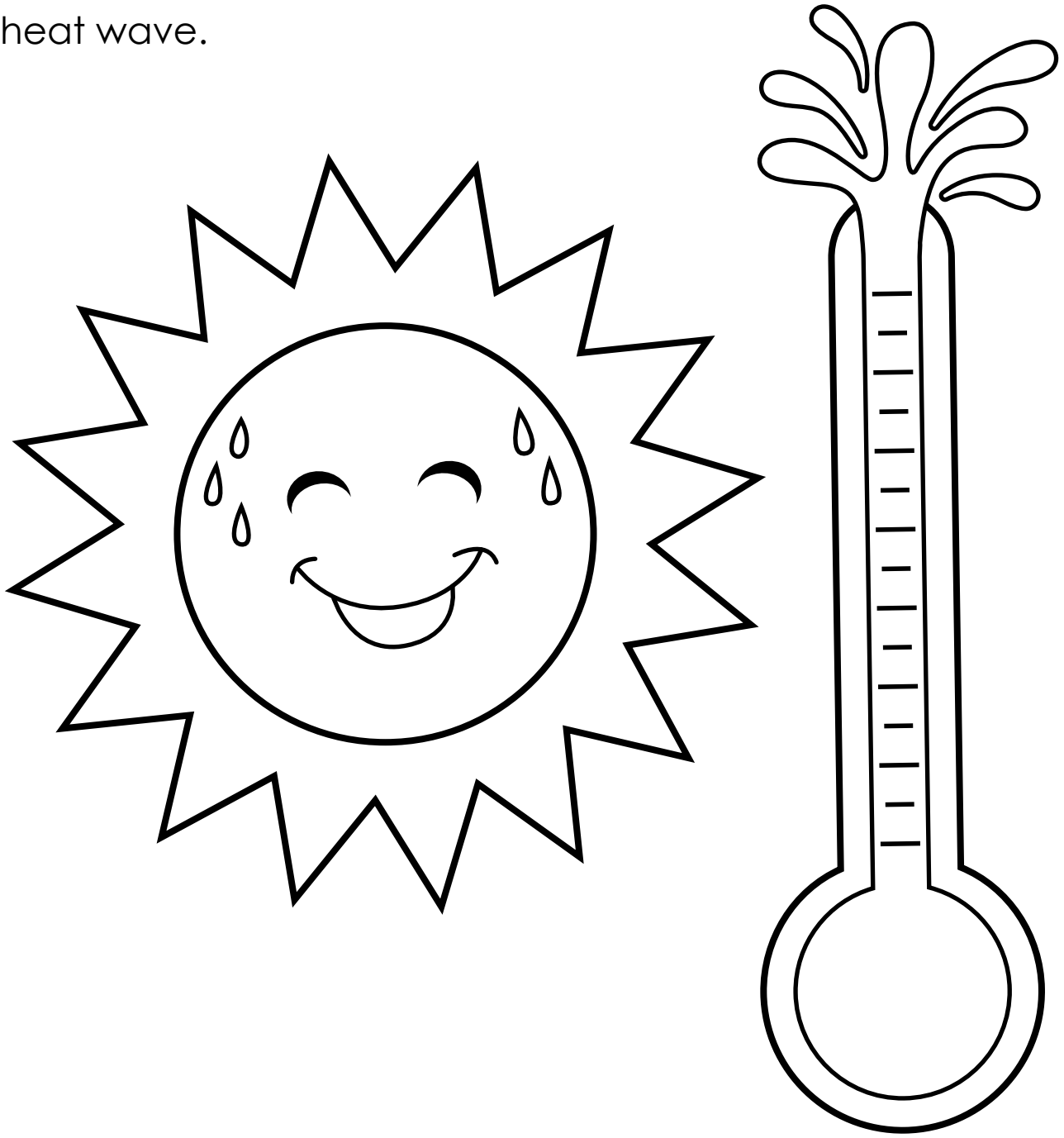
Always remember to dial 911 in emergencies.

Wrigley and her family watch TV for news about the weather.



Humidity is how much water is in the air. High humidity makes it feel hotter outside and can create a heat wave.

Extreme heat is when it feels hotter outside than normal. When it is really hot for several days or weeks, it is called a heat wave.



A **heat watch** is issued when a heat wave might happen in the next 3 days. A **heat warning** is issued when a heat wave will happen within 36 hours. Make a plan to stay cool!

WORD SCRAMBLE

Wrigley's family makes sure their emergency kit is ready. An emergency kit keeps everything you might need in an emergency in one place.

Unscramble to emergency kit items below.

tawre _____

urnsenesc _____

seeitrtab _____

ginpeles gba _____

tep odfo _____

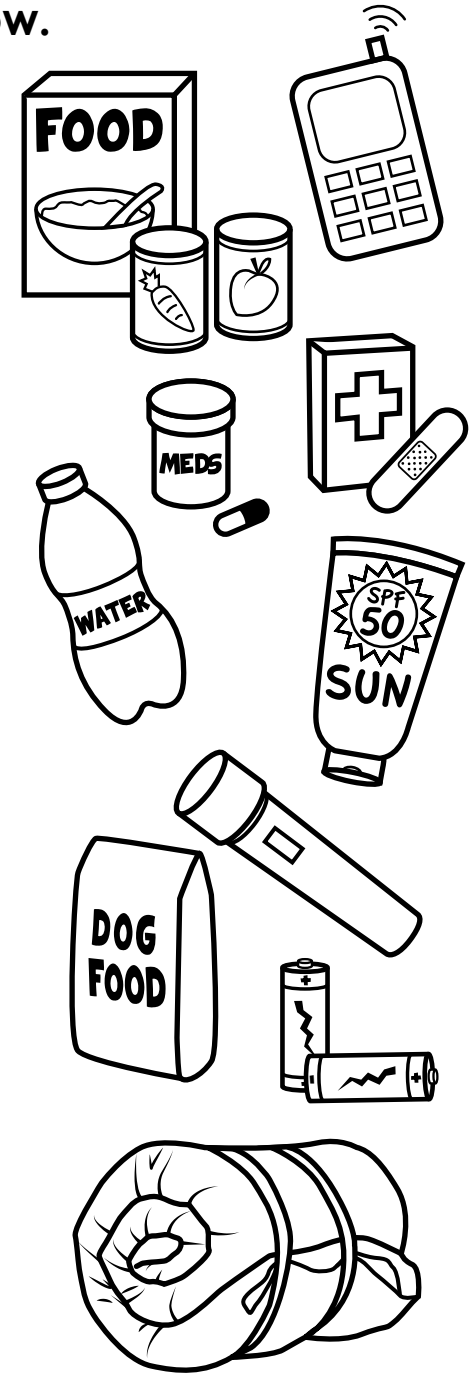
eindiecm _____

ofdo _____

tfhilsahlg _____

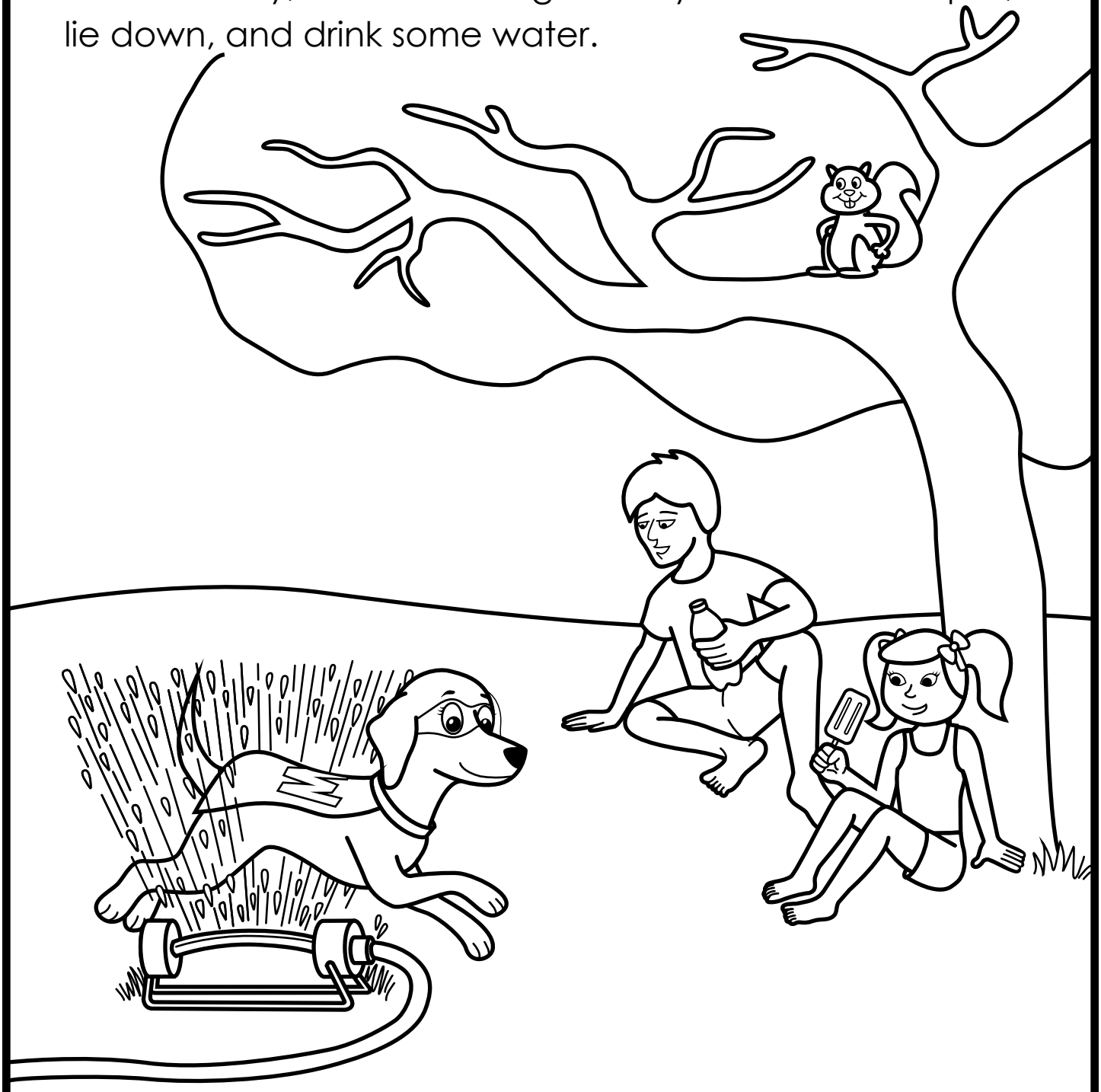
lelc eonhp _____

nabaegd _____



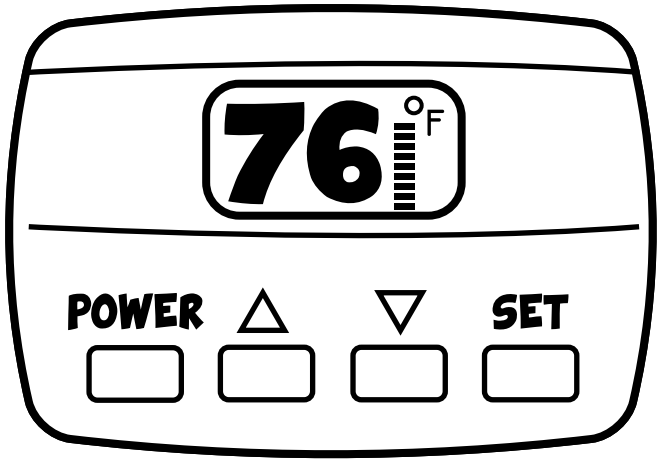
ANSWERS: water, sunscreen, batteries, sleeping bag, pet food, medicine, food, flashlight, cell phone, bandage

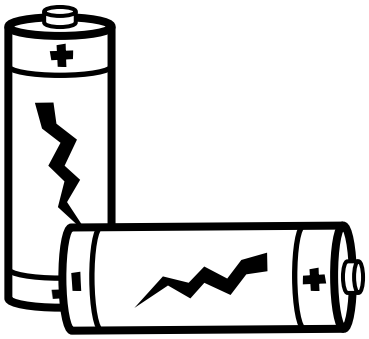
Too much sun and heat can make you sick. If you feel weak or dizzy, tell an adult right away. Go to a cool spot, lie down, and drink some water.

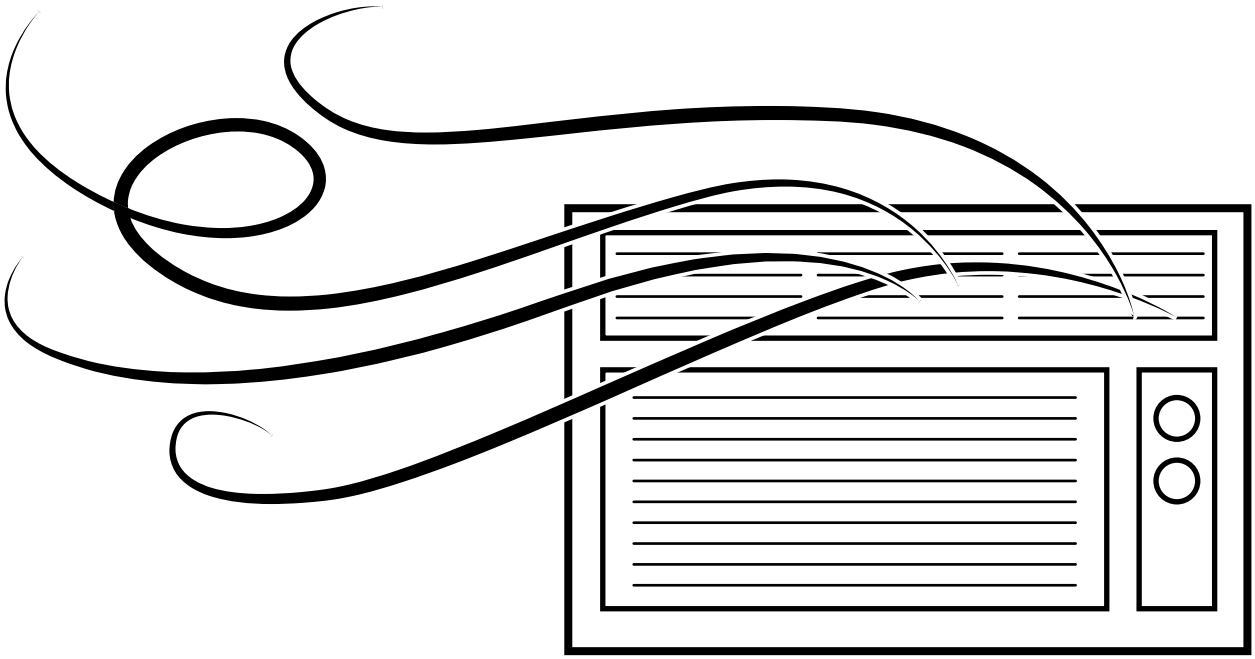


Muscle cramping, weakness, dizziness, vomiting, or fainting can be signs of **heat exhaustion** or **heat stroke**.

Wrigley and her family check to make sure their air conditioner works and that the thermostat has new batteries. Air conditioning will keep you and your family cool during the hot weather. Do not rely on just a fan to keep cool.







If you do not have an air conditioner, spend time in places with air conditioning such as shopping malls, libraries, and shelters in your area.

Wrigley and the kids want to play outside! It is hot and they need to be safe. They wear light colors and play in the early morning or evening, before dark.

Color the items you would need in the summer.

It is important to protect your skin during the summer. Before you go outside there is one important thing you need!

Decode the secret message to protect your skin from the sun.

,

4	15	14	20

6	15	18	7	5	20

20	15

23	5	1	18

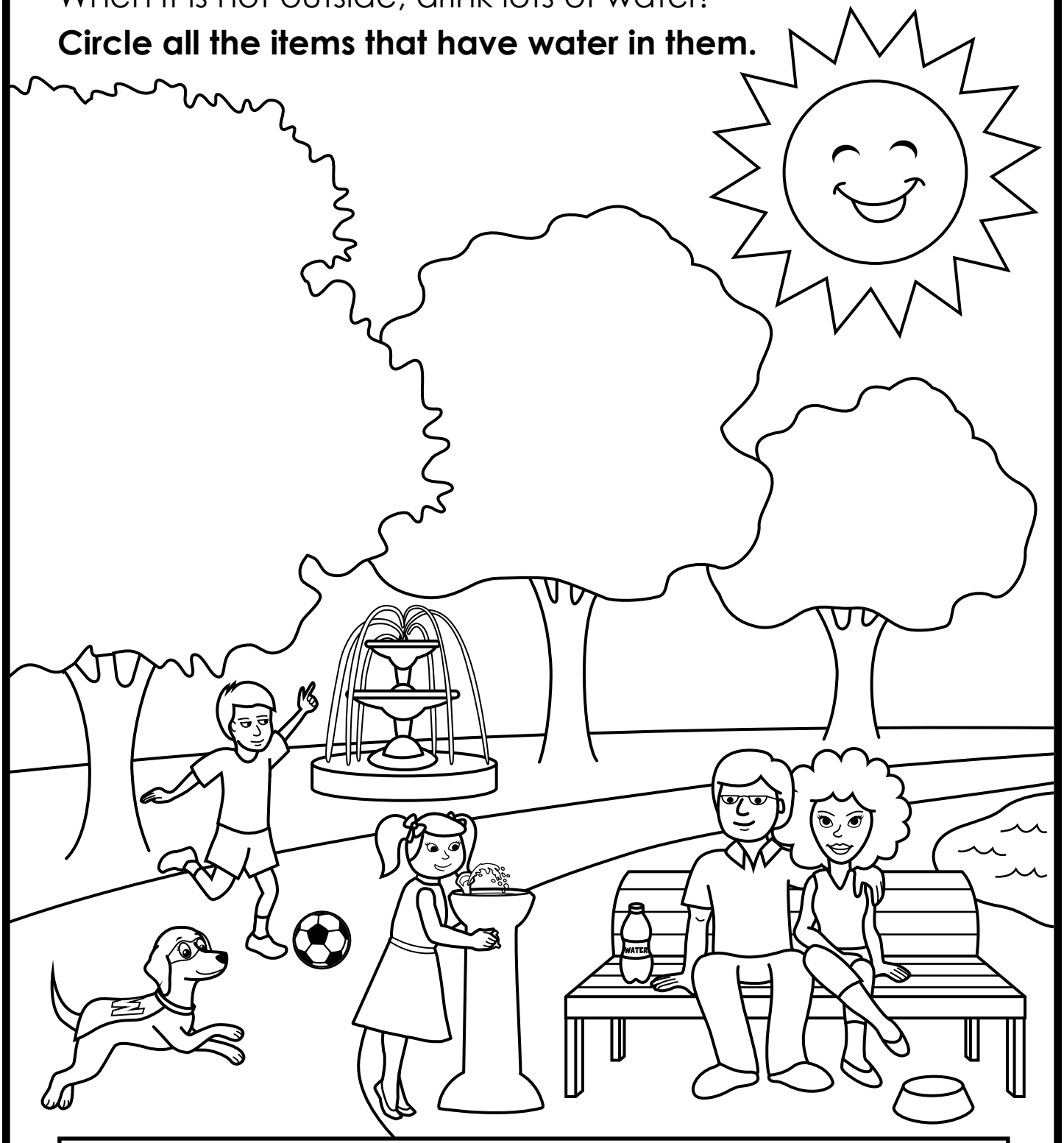
19	21	14	19	3	18	5	5	14	!

KEY

1–A	7–G	14–N	21–U
2–B	8–H	15–O	22–V
3–C	9–I	16–P	23–W
4–D	10–J	17–Q	24–X
5–E	11–K	18–R	25–Y
6–F	12–L	19–S	26–Z
	13–M	20–T	

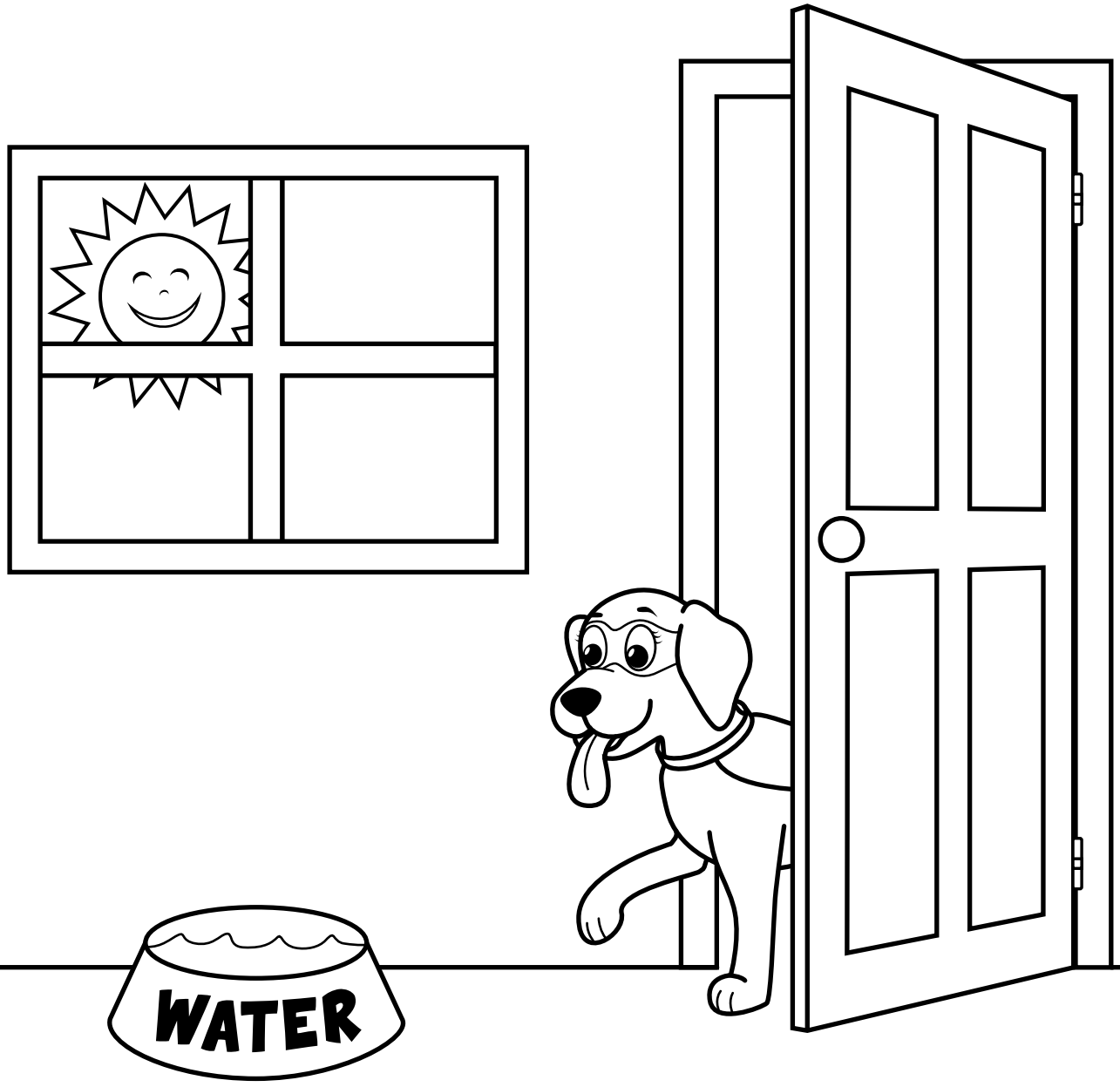
When it is hot outside, drink lots of water!

Circle all the items that have water in them.



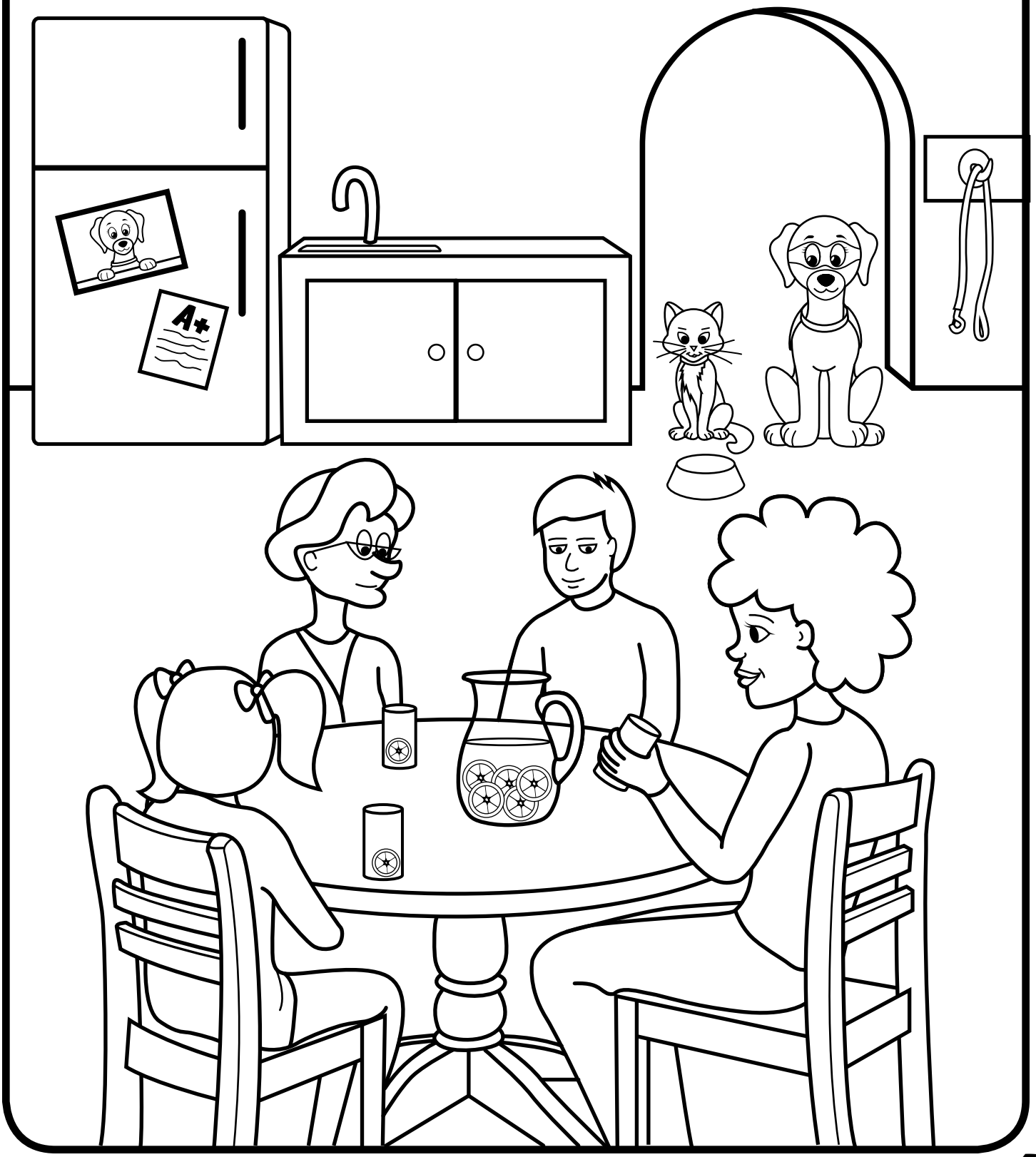
Drink 2 to 4 glasses of water each hour when having fun outside. Don't wait until you're thirsty to drink!

After playing outside for a short time, Wrigley and the kids come inside to cool down. Bring your pets inside during the summer, and make sure they have lots of cold drinking water.



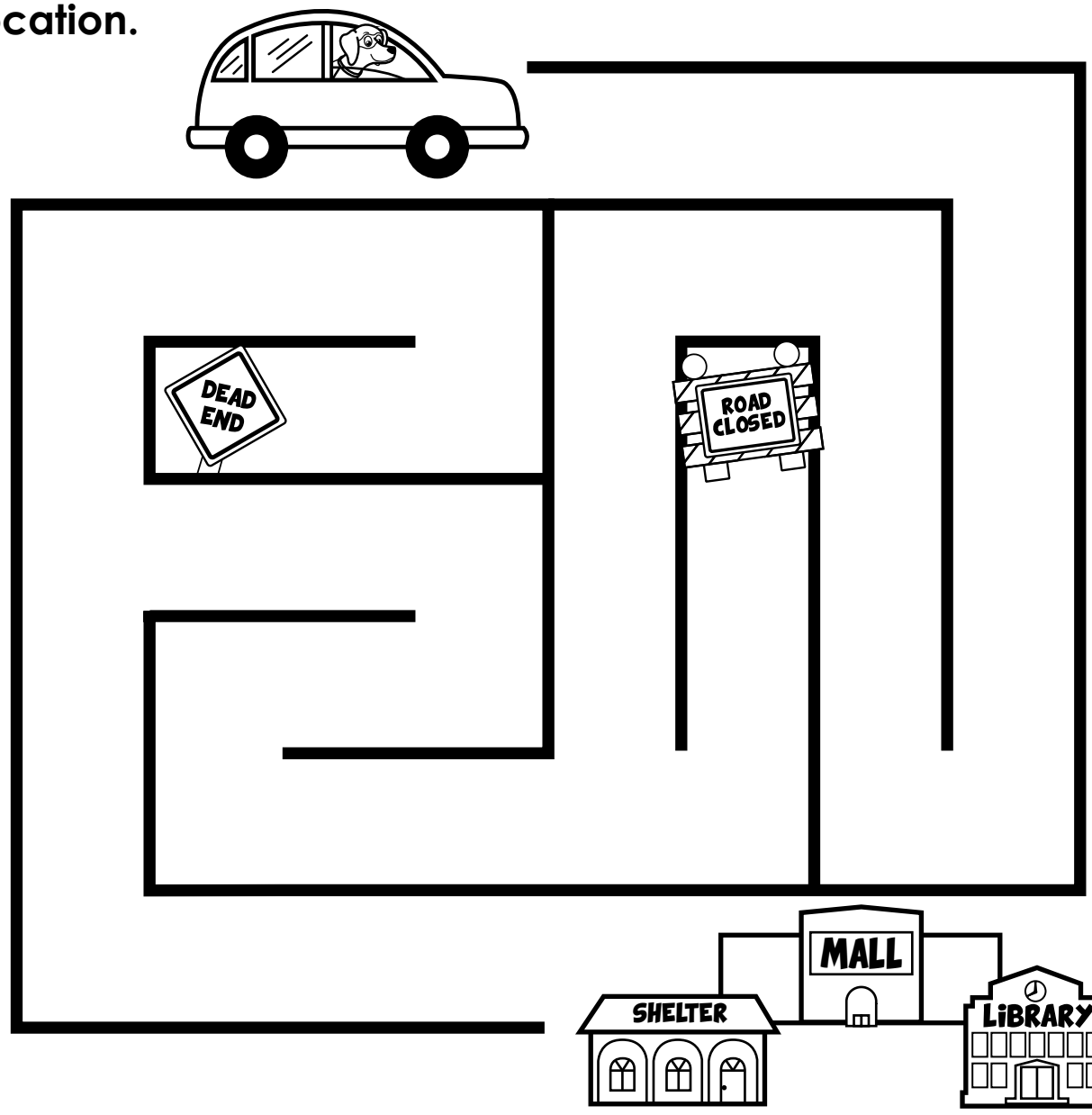
Stay inside in the afternoon, when it is hottest outside. Stay in air conditioned areas to protect yourself from the heat.

If your neighbors do not have air conditioning, make sure to check on them! Wrigley and her family invite their neighbor over to their house to cool off.



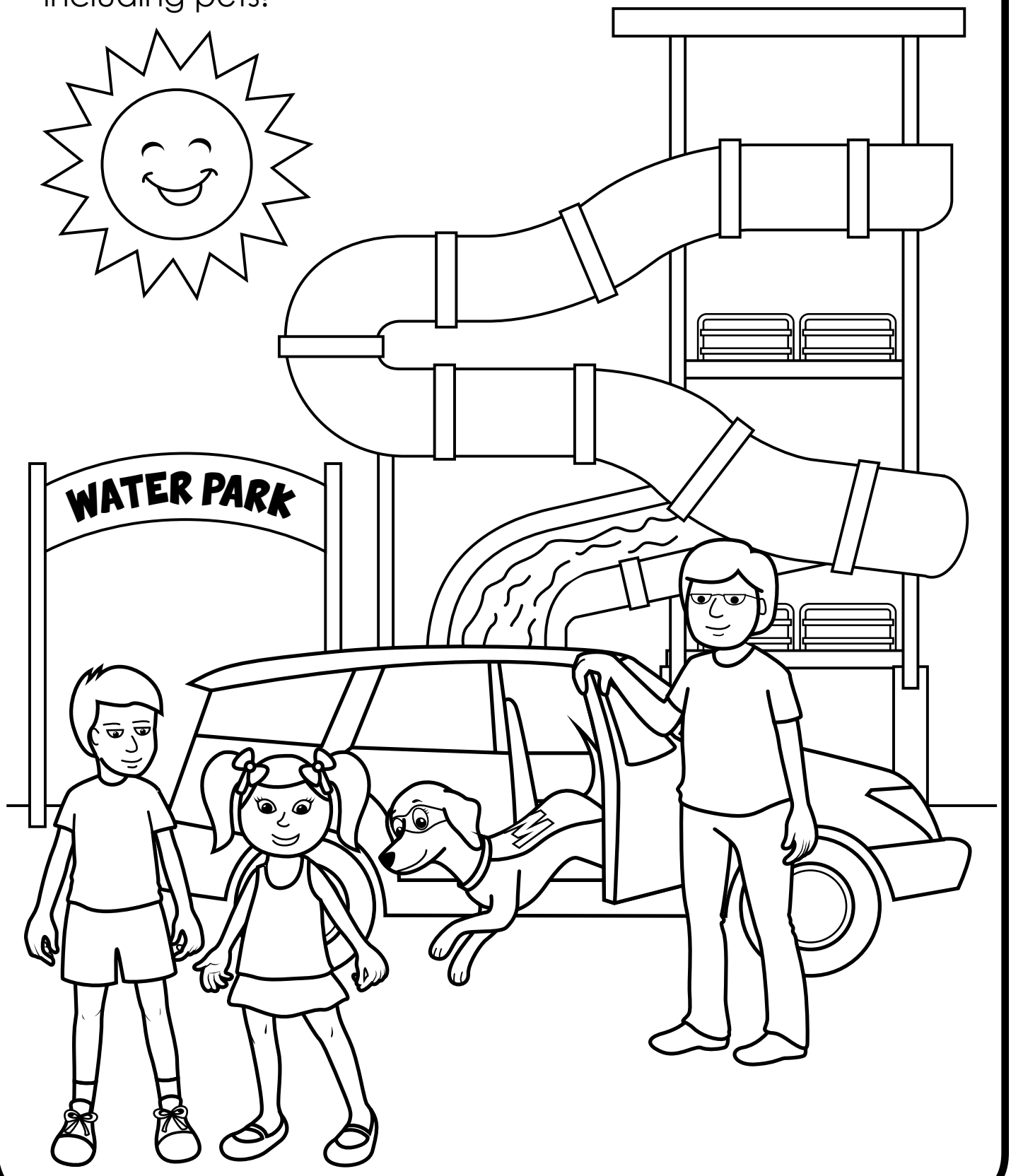
When it gets really hot outside, the power can go out. If the power goes out at your house, the air conditioning and fans won't work. Go to places with air conditioning in your area.

Help Wrigley's family find their way to an air-conditioned location.



Lots of places have air conditioning and are open to the public! Visit places like shopping malls, libraries, and shelters in your area.

Never stay in a parked car when it is hot outside. Make sure everyone is out of the car before you leave, including pets!



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GREAT JOB!

_____

(Your Name)

is ready for extreme heat!

Things to do before summer weather arrives:

- Fill out your emergency communication plan
- Get the house ready
- Check your emergency kit and make sure you have everything you need
- Listen to the radio or TV for information
- Keep your pets safe!

Here are some things I learned:

1_____

2_____

3_____

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Artwork and layout by **Jennifer Hulsey Oosthuizen**

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

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

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