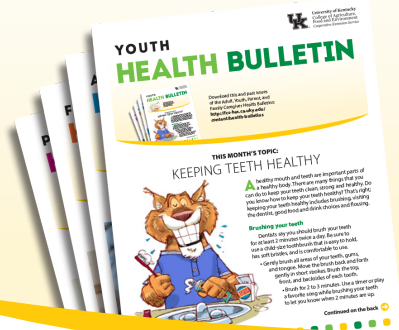


YOUTH HEALTH BULLETIN



SEPTEMBER 2025

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins:
<http://fcs-hes.ca.uky.edu/content/health-bulletins>

THIS MONTH'S TOPIC

BE PREPARED, NOT SCARED!

making an
EMERGENCY PLAN
is the
SMART
THING TO DO!



Sometimes emergencies like floods, tornadoes, or storms can happen where we live. These are called natural disasters. They can be scary, but if we make a plan and practice it, we'll know what to do and feel a lot safer.

First, talk with your family about what kinds of disasters might happen in your area. Your parents or caregivers can help explain these. Then, help make a family plan. Your family should choose two places to meet if you can't stay at home. Pick one close to your house and another farther away. This could be a friend or family member's home in another town.

It's also important to know how to contact your family. Memorize your home phone number or the phone number of your parents or caregivers.

Continued on the next page ➔

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If you have a cell phone, keep a list of emergency numbers in it. You should also learn how and when to call 911.

➔ Continued from the previous page

It's also important to know the number of someone you trust who doesn't live nearby. If you have a cell phone, keep a list of emergency numbers in it. You should also learn how and when to call 911.

Your family can also make emergency kits. These are backpacks or totes with things you might need if you can't stay at home or if the power goes out for a long period of time. They should have water, food and snacks, a flashlight, extra batteries, a first-aid kit, warm clothes, and something that brings you comfort, such as a stuffed animal or book. Don't forget pets. They need food and supplies too! If someone in your family needs extra help — like a grandparent or someone who takes medicine — your plan should make sure they are safe too.

Once you make a plan, practice it! Pretend there's an emergency and walk to your meeting spot or try using your emergency kit. Practicing helps you remember what to do and makes everything a little less scary. Finally, make sure your family checks your emergency supplies a couple of times a year to keep everything fresh and ready.

You likely already follow the plan your school has in place for these emergencies. You should also talk about that plan with your parents or caregivers. They should know where your school tells students to meet during drills when you exit the school



building. They should know how the school updates parents if plans change quickly. This can also help you feel safe knowing your grown-ups will know what to do if there is an emergency at school.

Being prepared is a smart and brave thing to do, and it helps keep everyone safe!

REFERENCE:

<https://www.ready.gov/september>

Can you unscramble these words?

RAWET: _____

CANSSK: _____

THGSHLFILA: _____

ATEBISETR: _____

ANSWERS: WATER, FLASHLIGHT, BATTERIES



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