



**American
Red Cross**

The Pillowcase Project

Learn. Practice. Share.



My Preparedness Workbook

My Preparedness Workbook

Thanks to The Pillowcase Project, you've already learned a lot about being prepared for emergencies. Now, with this workbook, you can learn even more!

Share the workbook with a grownup, and show them the letters on page 4 and 18. Tell them about what you learned from The Pillowcase Project and how your workbook can help everyone in your home be better prepared for emergencies.

Working together, you can use the workbook to gather the information and supplies you will need if an emergency ever happens at your home or in your community.

Then use the map activity on pages 12–13 to learn about some of the different kinds of emergencies that happen around the United States and the world. To learn more, you and your family can download activities or play activity games about different kinds of emergencies at redcross.org/pillowcase. At the end of each activity, you'll see a few reminders about how to be prepared for that kind of emergency. Be sure to share this part of each activity with a grownup, so that everyone in your home can learn how to stay safe when emergencies happen.



This book belongs to _____



My address is _____

City _____ State _____ Zip Code _____



My phone number is _____



I'm in the _____ grade. My teacher is _____.



The Pillowcase Project

Learn. Practice. Share.



Learn

Learn how emergencies happen and how to stay safe when they do.



Practice

Practice what you learn so you'll be ready when an emergency happens.



Share

Share what you've learned so that everyone knows how to stay safe in an emergency.

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Dear Parent/Guardian:

The American Red Cross knows that teaching children how to prepare for emergencies can help keep their families and communities safe when emergencies happen. That's why we have developed The Pillowcase Project, a program that started in New Orleans, where students used pillowcases to carry their belongings during a hurricane emergency. Now the Red Cross is distributing pillowcases to children across the country and teaching them how to stay safe in a wide variety of emergency situations.

Through The Pillowcase Project, children **learn** how to prepare for emergencies, **practice** what they have learned, and **share** their knowledge with family and friends, so that, when an emergency occurs, everyone in your family knows what to do and how to help each other stay safe.

Please talk with your child about what they have learned about emergency situations. Download the free **Red Cross Monster Guard** app at redcross.org/monsterguard to continue the learning with a fun game that will teach your child even more about emergency preparedness. Use this workbook together with your child to make your whole family better prepared.

The Pillowcase Project

Learn. Practice. Share.



The American Red Cross Story

Long ago, during the Civil War, a former teacher named Clara Barton sat tending a wounded soldier when a bullet whizzed by and tore through the sleeve of her dress. That didn't stop Clara from caring for the young soldier. Risking her life to help others was something she did every day. That was why the soldiers called her the "Angel of the Battlefield."

After the Civil War ended, Clara continued to help others. She realized that, whenever emergencies happen, someone should always be there to give people a helping hand. So in 1881, with the aid of the United States Congress and President Chester A. Arthur, Clara Barton and 14 volunteers founded the American Red Cross.

Today, the Red Cross has thousands of volunteers and works to help people in many different ways. We conduct blood drives, support military families, and respond to disasters. We work with Red Cross societies in other countries to help people around the world. Red Cross instructors teach first aid, CPR, swimming, babysitting, and how to prepare for emergencies—just like the Red Cross person who taught you about The Pillowcase Project today.



You and your family can learn more about the Red Cross at our website, redcross.org. And grownups can visit the site to learn about our free Red Cross Mobile Apps.

We have come a long way since Clara Barton's day. But like Clara, whatever the situation, the Red Cross is still always ready to help!

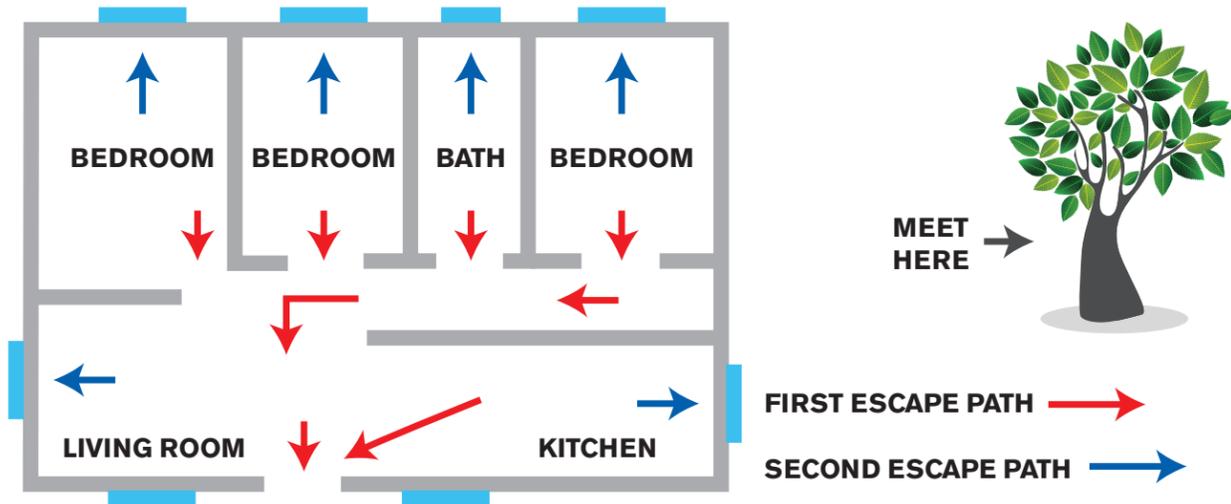
Our Home Fire Escape Map

Learn by using this example to make a fire escape map for your home. Draw your map in the box on the next page, or use a separate piece of paper.

1. Draw all the rooms in your home (use the example to help you).
2. Use a red pen to show the quickest path to get outside from each room.
3. Use a blue pen to show a second path to get outside from each room.
4. Draw a Meeting Spot outside your home where everyone will go as soon as they get out. Label it MEET HERE.

Things to remember:

- You need a Meeting Spot so you know that everyone in your home is out.
 - Once you get to your Meeting Spot, call 9-1-1.
 - **No one should go back inside** – firefighters will arrive shortly and rescue anyone who needs help, even your pets.
5. When you are all done, hang your map where everyone can see it!



Practice your escape plan with a Home Fire Drill at least twice a year. Have a grownup press the “test” button on a smoke alarm in your home and have everyone go to your meeting place. Time your Home Fire Drill to find out how long it takes for everyone to get to your meeting place. Keep practicing until everyone can get out in less than 2 minutes!

Share these preparedness skills with everyone in your home:

- Get Out, Stay Out, Call 9-1-1 – If you hear a smoke alarm or see smoke, follow your escape plan and get out immediately. Don’t stop to grab anything, and don’t go back for anything. Stay outside at your meeting place and call 9-1-1.
- Get Low and Go – In a fire, smoke is often more dangerous than flames. Crouch low or crawl on your hands and knees to avoid breathing in smoke. Smoke rises, so the air near the floor is cleaner. This is really important if you don’t have two ways out of your room.

Be Prepared! Have a smoke alarm on every level of your home and inside bedrooms and outside sleeping areas. Remind the grownups in your home to test smoke alarms every month to make sure they all work. If a smoke alarm doesn’t work, replace the batteries or the smoke alarm. Have a plan to wake everyone up if the smoke alarm goes off while you’re sleeping. In a fire, if you see smoke on your way out, turn around and go the other way. Be sure to always stay away from dangerous smoke!

To Learn More about fire safety, visit redcross.org/homefires.

Home Fire Safety Planner

Use this planner to set dates for your Home Fire Drills and Smoke Alarm Testing.

Home Fire Drills (2 each year)

Month _____ Date _____ We got outside in less than 2 minutes!

Month _____ Date _____ We got outside in less than 2 minutes!



Smoke Alarm Testing (once each month)



We test all smoke alarms every month on the



DATE

Jan	Feb	Mar	Apr	May	June	July	Aug	Sept	Oct	Nov	Dec
<input type="checkbox"/>											

Our Emergency Communications Plan

During an emergency, it's important to stay in contact with everyone in your home, especially if you get separated. Fill out this form so that everyone knows how to stay in contact during an emergency. Or create your own form on a separate piece of paper if you need more space.

Our Home Address: _____

City _____ State _____ Zip Code _____

Contact Info for People Who Live in Our Home

Name	Work/School Phone	Cell Phone	Email
_____	_____	_____	_____
_____	_____	_____	_____

Pets' Names	Type of Pet	Color/Markings	Registration
_____	_____	_____	_____
_____	_____	_____	_____

In Case We Get Separated...

Choose two meeting places where the people in your home will get back together if you are separated in an emergency. One meeting place should be near your home. The other should be outside your neighborhood, in case the area around your home is unsafe.

1. Our meeting place near home: _____

2. Our meeting place away from home: _____

Choose an emergency contact who lives outside your area, someone everyone can call in case you can't call each other.

Name _____ Home Phone _____ Cell Phone _____ Email _____

When an emergency happens, if possible call your family and friends to let them know you are okay. With a grownup, visit redcross.org/safeandwell to learn more about how to get in contact with friends and family during an emergency if you don't have access to a phone.

Congratulations on completing your emergency communications plan!
Now, clip it out and keep it where everyone in your home can easily see it.

Contact information can change, so plan to update your emergency communications plan at least once a year.

We update our Emergency Communications Plan every year on:

Month _____ Date _____

Our Emergency Contact Cards

Use this model to create an emergency contact card for every person in your home. Or ask a grownup to download copies of the emergency contact card form at redcross.org/pillowcase. Ask everyone to keep their card with them at all times. That way everyone will always be prepared for an emergency.

<p>My Emergency Contact Information </p> <p>My Name: _____</p> <p>Phone: _____</p> <p>Home Address: _____</p> <p>_____</p> <p>Email: _____ (fold)</p> <p>Important Phone Nos. </p> <p>Police: Call 9-1-1 or _____</p> <p>Fire Dept.: Call 9-1-1 or _____</p> <p>Doctor: _____</p> <p>Poison Control Center: 1-800-222-1222</p>	<p>People to Call or Text in an Emergency </p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____ (fold)</p> <p>_____ (fold)</p> <p>Out-of-Area Contact Person _____</p> <p>Phone _____</p> <p>Meeting Place Outside of Neighborhood: _____</p>
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Important Emergency Contact Phone Numbers: During an emergency we may need help from other people, like firefighters, doctors, or veterinarians. It's important to know how to call them. Work with a grownup to fill in these phone numbers, then make a list like this for your home and put it somewhere easy to see in case you need to use it.



Local Emergency Number: 9-1-1 or _____

Police Department _____

Fire Department _____

Hospital _____

Poison Control: 1-800-222-1222 or _____

Telephone Company _____

Gas Company _____

Electric Company _____

Doctor _____

Veterinarian _____

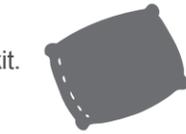
Our Emergency Supplies Kit

As you've learned, in some emergencies you may have to leave your home for a safer place. To be prepared, put together an emergency supplies kit — one for you and one for your household. You'll have everything you need to stay safe and comfortable while you're away from home.

My Pillowcase Kit

Use this checklist to gather items for your own personal emergency supplies kit.

- | | | | |
|--|--|---|--|
| <input type="checkbox"/> Bottle of water | <input type="checkbox"/> Toy | <input type="checkbox"/> Portable radio | <input type="checkbox"/> First aid kit |
| <input type="checkbox"/> Soap | <input type="checkbox"/> Change of clothes | <input type="checkbox"/> Paper and pen | <input type="checkbox"/> Extra batteries |
| <input type="checkbox"/> Flashlight | <input type="checkbox"/> Toothbrush and toothpaste | <input type="checkbox"/> Blanket | <input type="checkbox"/> Family photos |



And don't forget your special item!

Our Household Kit

This checklist shows items that belong in an emergency supplies kit for everyone in your home. Ask a grownup to go on a scavenger hunt with you to find some items you may have already. Check off each item that you find. Work together to pack up an emergency supplies kit for your home.

Food & Water



- Three-day supply of water, one gallon per person per day
- Three-day supply of canned and dried food
- Can opener
- Cooking and eating utensils

Emergency Gear

- First aid kit
- Portable radio and extra batteries
- Flashlight and extra batteries
- Cell phone charger
- Matches in waterproof container
- Cash and coins (in case credit card readers and ATMs aren't working)
- Map of your area

Personal Items



- Copies of important documents (birth certificates, passports, insurance policies, etc.)
- Blankets
- Extra clothing
- Hygiene supplies (toilet paper, soap, toothbrush, toothpaste, etc.)
- Medical supplies (prescription medications, medication list, extra glasses, contact lenses, etc.)
- Baby supplies (formula, diapers, etc.), if needed
- Pet supplies, if needed

Keep your supplies organized in airtight plastic bags, and pack them in a large sturdy box or plastic tub. Store your emergency supplies kit where you can get to it quickly, in a place known to everyone in your home.

For Your Car



Keep a separate emergency supplies kit in your car in case an emergency happens while you are on the road.

- Flashlight and extra batteries
- First aid kit
- White distress flag
- Maps
- Car cell phone charger
- Bottled water and dried food such as granola bars
- Breakdown supplies (tire repair kit, pump, booster/jumper cables, flares)
- Seasonal supplies: Winter – shovel, scraper, blanket, etc.; Summer – sunscreen, shade items, etc.



Check your emergency supplies kit every six months. You may need to update some items – fresh water, fresh batteries, right-size clothes, etc. Use this planner to set dates for checking your kit.

We check our emergency supplies kit on

Month _____ Date _____ Month _____ Date _____

My Preparedness Network

People help each other in an emergency. Use this web diagram to remind yourself of all the people who may be there to help you if an emergency happens.

Start by matching the people listed in the Word Bank with their places on the diagram. Write the names into the correct spaces. (A few names have been filled in to help you get started.) Then share this activity at home. Work together to add more people to your diagram. You'll find out that you're part of a pretty big preparedness network!



Remember: When you need help in an emergency, call 9-1-1.

Mapping Emergencies

Wherever you live, you should be prepared for these common emergencies:



Home Fires

Hundreds of home fires happen every day. Be prepared with working smoke alarms and a home escape plan.



Flooding

Too much rain or melted snow can cause any river or stream to overflow, flooding roads and towns built near the water.



Thunderstorms and Lightning

There are more than 100,000 thunderstorms every year in the U.S. They can happen anywhere, at any time.



Extreme Winter Storms

In the north, too much snow and ice can close roads and knock out power. In the south, even a little snow and ice can do the same.

Emergencies happen all over the United States and around the world. To be prepared, it's a good idea to find out which types of emergencies are likely to happen where you live. This map shows where different types of emergencies are most likely to happen in the U.S. The map does not show every emergency that can happen in every state and territory. For example, wildfires have been reported in 35 different states, but they happen most often in the states shown on the map. Use the map and your geography skills to answer the emergency preparedness questions on the next page. Then visit redcross.org/pillowcase to learn more about all types of emergencies by downloading The Pillowcase Project activity sheets or playing the online activity games.



Based on hazard maps produced by the U. S. Geological Survey and the American Red Cross.



These are questions about you and your family.

My state or territory is:

The most likely emergencies where I live are:

The least likely emergencies where I live are:

Name the state or territory where a relative or friend lives. Then name the emergencies *most* likely to happen there.

State/Territory: _____

Emergencies: _____

These are questions about different kinds of hazards.

1. How many states or territories could have thunderstorms?



2. Name two states or territories that should be prepared for both tornadoes and hurricanes.



3. Name two states or territories that have volcanoes.



4. How many states or territories on the map should be prepared for earthquakes?



Answers: 1: All states and territories; 2: Two of these states-Alabama, Florida, Georgia, Louisiana, Mississippi, Texas; 3: Two of these states and territories-Alaska, California, Guam, Hawaii, Northern Mariana Islands, Oregon, Washington; 4: 18 states and territories.

Learn What to Do in Emergencies

Here's a quiz to help you learn how to stay safe during different types of emergencies. Circle the best answer for each question. Check your answers with the Answer Key. Then download the activities or play the activity games at redcross.org/pillowcase to learn even more!

Don't have Internet at home? Ask a teacher to help you use the Internet at school, or ask a grownup to check for free Internet at your public library.

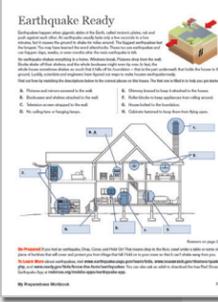
EARTHQUAKES



1. What should you do when an earthquake happens?

- Drop, Cover, and Hold On
- Stop, Drop, and Roll

Download the activity to learn what causes earthquakes, and how to make a home earthquake-ready.



FLOODS



2. What should you do if you see flood water ahead?

- Get low and go slow.
- Turn around, don't drown.

Download the activity to learn how ancient Egyptians stayed safe during floods along the Nile River, and how people in Egypt stay safe today.



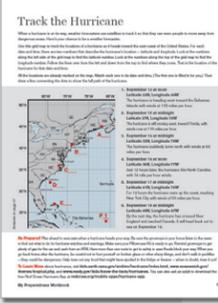
HURRICANES (TYPHOONS)



3. What should you do to prepare for a hurricane?

- Call 9-1-1.
- Check your emergency supplies kit and evacuation route.

Download the activity to learn how weather forecasters track hurricanes so they can warn people when one is on the way.



THUNDERSTORMS



4. What's the rule for staying safe during a thunderstorm?

- When the thunder roars, go indoors.
- Count to five to stay alive.

Download the activity to learn how thunderstorms happen and what causes thunder and lightning.



TORNADOES



5. Which is the better place to go when there are tornadoes in your area?

- A basement.
- A garage.

Download the activity to learn how a real tornado compares to the one in *The Wizard of Oz*.



TSUNAMIS



6. What should you do when there is a tsunami warning?

- Turn on the news.
- Get away from the water as fast as you can.

Download the activity to learn how ten-year-old Tilly Smith helped her family stay safe from a tsunami.



VOLCANOES



7. Which would you need to protect yourself from volcanic ash?

- A life jacket.
- A dust mask.

Download the activity to learn what causes volcanoes and why there are so many volcanoes on the Ring of Fire.



WILDFIRES



8. What can you do to help protect a home from wildfire?

- Clear dead leaves and branches away from the home.
- Install smoke alarms.

Download the activity to learn more ways to help protect a home from wildfire.



WINTER STORMS



9. What should you do if you start shivering in the cold?

- Go inside to get warm.
- Stand still for ten seconds.

Download the activity to learn about the wind chill factor and how it can help you stay safe during cold weather.



Answer Key: 1-a, 2-b, 3-b, 4-a, 5-a, 6-b, 7-b, 8-a, 9-a. Learn more at redcross.org/pillowcase.

Your Coping Skills

Be prepared for the thoughts and feelings that may come up during an emergency by practicing your Pillowcase Project coping skills.



Breathing with Color



People breathe faster when they are worried or scared. Breathing slowly helps you relax. You can use colors to help you breathe slowly!

- Fill the top circle with a bright color for your good, calm feelings.
- Imagine that the gray circle is the color of your nervous, uncomfortable feelings.



- Close your eyes and take a slow breath through your nose. Imagine that you are breathing in your good color.
- Now slowly breathe out through your mouth. Imagine that you are breathing out those gray feelings.
- Keep breathing with color, very slowly, with your eyes closed, five more times.
- Then open your eyes and keep those good, calm feelings inside you!

Symbol of Strength

We all have a power inside that can help us get through tough situations. Here's a way you can turn on that power when you need it!

- First, think of something you do that makes you feel strong and confident. It can be anything, like being a good whistler or a good speller or being good at games.
- Next, close your eyes and picture yourself doing the thing that makes you feel strong. Use your imagination to turn that picture into a mental selfie.
- Now put your mental selfie on an imaginary shield. That's your Symbol of Strength!

Grab your shield whenever you need to feel the special power inside you. Even in tough situations, your Symbol of Strength is always there!



Share a Song

What song makes you feel happy? Write the name of your song and some of the words here – or make up your own words, if you want!



Yes You Can!

Think about how you coped with a tough situation in the past. Maybe you talked with a grownup or told yourself a good story. Write down what you did. Remember, if it helped once, it can help again!



The Pillowcase Project

Learn. Practice. Share.



I pledge to be prepared for emergencies by
 Learning how emergencies happen,
 Practicing how to stay safe, and
 Sharing what I've learned at home
 and with my friends.



 (Student Signature)

 (Date)

Congratulations from your friends at the American Red Cross!

A Message to Parents and Guardians:

We hope that your child has enjoyed learning about preparing for emergencies through The Pillowcase Project. To tell us what you've done to make your home safer, learn more, or provide feedback about the program, please visit redcross.org/pillowcase. You will find advice on staying safe in all types of emergency situations and directions for how to create an emergency plan and an emergency supplies kit. Join us and get your household Red Cross Ready!



Home Fire Safety

In the meantime, don't forget to check this quick reminder list to make sure you are reinforcing what your child learned about home fire safety through this program.

- Create an escape plan with a home fire drill (pages 6–7) and practice at least twice a year. Make sure everyone can get out in less than two minutes!
- Check that windows and doors along all escape paths are easy to open and use, and move any furniture or other items that may block the way.
- Ensure that any window security bars have a quick release mechanism that is easy to open in an emergency.
- Choose a Family Meeting Spot. It should be a fixed location at a safe distance from your home, and in the front, so you can meet emergency responders when they arrive and tell them that everyone in the family is safe.
- Remember: For a Family Meeting Spot to work, everyone needs to know where it is and stay there—**Get Out and Stay Out!**



I'm Prepared!

Use this page to start a journal about what you learned from The Pillowcase Project.

About Me

My Name: _____

I Live With: _____

My Address: _____

My Phone Number: (_____) _____ - _____ I am _____ years old.

The Most Interesting Thing I **Learned** from My Preparedness Workbook:

The Most Interesting Thing I **Learned** from The Pillowcase Project:

How I'm Going to **Practice** What I've Learned:

I'm Going to **Share** What I've Learned with:

The Pillowcase Project
Learn. Practice. Share.



Follow Maya, Chad, Olivia, and all the monsters as they teach kids about how to prepare for real-life emergencies—at home plus other environments—in a fun and engaging game. Sponsored by Disney, this free app is available to download on iOS and Android mobile and tablet devices. Visit redcross.org/monsterguard, text 'MONSTER' to 90999, or search 'Monster Guard' in your mobile app store.

Resources

Be Prepared!

For more information about being prepared for emergencies, visit the American Red Cross website, redcross.org.

- Home Fires:
Visit redcross.org/homefires.
- Earthquakes:
Visit redcross.org/prepare/disaster/earthquake.
- Flooding:
Visit redcross.org/prepare/disaster/flood.
- Hurricanes (Typhoons):
Visit redcross.org/prepare/disaster/hurricane.
- Thunderstorms and Lightning:
Visit redcross.org/prepare/disaster/thunderstorm.
- Tornadoes:
Visit redcross.org/prepare/disaster/tornado.
- Tsunamis:
Visit redcross.org/prepare/disaster/tsunami.
- Volcanoes:
Visit redcross.org/prepare/disaster/volcano.

- Wildfires:
Visit redcross.org/prepare/disaster/wildfire.
- Winter Storms:
Visit redcross.org/prepare/disaster/winter-storm.
- All Emergencies:
Download the free Emergency App at redcross.org/mobile-apps.

Join a Red Cross Club

Kids in middle school, high school, and college can help Red Cross volunteers in their community by joining a school club. Find out more at redcross.org/volunteer.

Become a Pint-Size Hero!

Elementary schools engage students, faculty and parents as they host blood drives and participate in an educational program. The program includes classroom activities to support the school's upcoming blood drive and asks for students to recruit blood donors. Visit redcrossblood.org to learn more.

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