Prepare with **Pablo & Paola**

**Have a Family Plan**

Talk to your family about what would be the plan to follow in case of an emergency. There is important information you should know.

### Important Numbers to Remember

It’s important to know how to communicate with your family in case of an emergency.

- **Parent:** ____________________________
- **Phone:** ____________________________
- **Work Phone:** _______________________

- **Parent:** ____________________________
- **Phone:** ____________________________
- **Work Phone:** _______________________

- **Emergency Contact:** __________________
- **Phone:** ____________________________
- **Work Phone:** _______________________

In case you are not together during a disaster, plan for a place you and your family will meet.

**Meeting place and address:**
_____________________________________
_____________________________________

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### Make your Emergency Kit

Every member of the family should have an emergency kit. Review with your parents what you need to have in yours in case of emergency. Here are some ideas of what you can include.

- Bottled water
- **Easy to open canned food** (and manual can opener)
- Contact list with important phone numbers
- Crackers and snacks
- Flashlight with extra batteries
- Antibacterial gel
- Moist towelettes and personal hygiene items
- Toilet paper
- Toothbrush, paste and soap
- First aid kit
- Insect repellant
- Prescription medications
- Glasses and contact lenses solution
- Books, games, toys, puzzles or other activities
- Notebook and pencils
- Favorite toy
- Cell phone with chargers and a backup battery

Cut this and have it in your backpack or wallet.