

KEEPING YOUR FRIENDS & FAMILY HEALTHY:

An Activity Guide



Learn why it's important and how you can help keep people healthy every day and in disasters.



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What Is Community Health Resilience?

When a community is health resilient, the people who live there are ready to face and recover from any event that might challenge their health.

Challenges to a community's health can include almost anything, from natural disasters and severe weather caused by climate change to disease outbreaks and man-made events.

A healthy, resilient community ensures that all of its residents—you, your friends, and your family—are prepared for any disasters.

Why Is It Important?

We know from research that by volunteering in our communities and meeting new people, everyone benefits by becoming stronger, healthier, and more resilient.

That's why America needs young people like you who can volunteer with their friends in their communities to build new connections and lead new projects, making the health of your community stronger, more resilient, and more secure.

When you have a disaster in your community, whether it's natural or man-made, your health and the health of your friends and family is what's affected most.

- When power fails, people who need electricity to keep medical machines powered on suffer.
- When roads are damaged, people who need prescriptions can't get to their pharmacy.
- When areas need to be evacuated, residents who are older or disabled have a harder time getting to safety.

When you and your friends volunteer together and make new relationships with your neighbors, your community is made stronger and can stay safe and protected in any event or disaster. When you protect yourself and one another against disasters, fewer people will need help, meaning that people can help each other recover faster.



How Can I Help?

There are so many ways that you and your friends can volunteer, work together, and help make the health of your neighbors stronger and more resilient. But to get started, here are three ways to help that you should keep in mind.



Volunteer with local organizations, like 4-H, HOSA Future Health Professionals, Junior Medical Reserve Corps, FEMA Corps, or a local health clinic, that work on improving people's health, especially among residents who need it the most, like the elderly and disabled.



Use the stories and activities that are here in this guide to inspire new projects and ideas for you to work on with your friends, classmates, or family.



Follow us on Facebook, Twitter, or LinkedIn to learn more about community health resilience and new ways you and your friends can help.



What's your high score? Take this quiz with your friends and find out who is most ready to help keep their neighborhood healthy and resilient!

1 How well do you know the people in your neighborhood and your community?

- a. Very well! I know almost everyone on my street and a few other important people in the area. (3 points)
- b. I've met some people who live near me, but not many. (2 points)
- c. Not at all. I've only met one or two of my neighbors. (1 point)

2 Do you know which neighbors need help for their health first in a disaster, like losing electricity in a storm or not being able to get to the pharmacy?

- a. Yes! I know which neighbors need the most help to stay healthy in a disaster. (3 points)
- b. I think I know a few neighbors who probably need help to stay healthy. (2 points)
- c. No, I have no idea which neighbors need help if something happened. (1 point)

3 When it comes to you and your family, do you know what prescriptions or medicines everyone takes and do you know where they keep them?

- a. Definitely, I know exactly which family members need which medicines, including myself, and I know where they are. (3 points)
- b. I know where my family keeps different medicines, but I don't exactly know what everyone needs or takes regularly. (2 points)
- c. No, I'm not sure who in my family needs prescriptions or where they keep them. (1 point)

4 If you needed to, would you know how to get in contact with local emergency health contacts, like the local hospital, your family's doctors, or your town's public health office?

- a. Yes, I know the phone numbers and websites for our hospital and our doctors and I even follow our city's police department or public health office on Twitter! (3 points)
- b. I have my doctor's phone number and I know the name of our hospital, but that's about it. (2 points)
- c. Not really. I could find our doctor's phone number somewhere but not much else. (1 point)

5 Do you have a list with phone numbers and addresses of friends and family that live nearby that you can text or call to check on in a disaster?

- a. Yes, our family keeps a contact list in a place where everyone can find it. (3 points)
- b. I have contacts for some of my friends and family but not everyone. (2 points)
- c. No, I don't know which friends or family I need to check on or how to contact them. (1 point)

6 Do you or your family have a plan for staying healthy after a disaster or emergency?

- a. Yes, I know my family has a plan and we've talked about it before. (3 points)
- b. We've kind of talked about it before but we don't have a full plan. (2 points)
- c. No, we don't have any plans for this at all. (1 point)



So how did you do?

Add up the points for you and your friends' answers to get the total scores, then check the categories below to see how you all measured up.

15-18 – Resilience Rock Star! You're definitely ahead of the pack when it comes to making sure your friends, family, and community's health is protected and secure, whether it's from a winter storm, a bad flu season, or a disaster. Now help spread the word by teaching your friends about what they can do with you to help your community's health resilience.

11-14 – Solid Ground. You've got some resilience skills and can help in a few ways to keep your community and your family healthy, but there's also a few areas where you could step it up. Take the questions you scored low on and use them for volunteer ideas for you and your friends!



6-10 – Uh-oh! Your score is a little low. That means you aren't very prepared to keep your friends and family healthy for a disaster or emergency. Try using this list or some of the other ideas in this guide to work with your friends on the ways you can help your community's health more.

Use this quiz to test your friends, family, and neighbors to see what their levels of health resilience is! Can you beat their scores? Work with them on new ideas for your community so you can all become Resilience Rock Stars! So how did you do?! Add up the points for you and your friends' answers to get the total scores, then check the categories below to see how you all measured up.

How Can I Help?

Not sure how you and your friends can get started in helping your community? We've got you covered!

Here are some quick ideas for how you and your friends can keep your community health resilient.



Connect to local networks on social media like Facebook – Does your neighborhood or town have a community group page on Facebook? If they do, join or like it. If they don't, think about making one with your friends and inviting others to it. Community groups on Facebook can be a great way to share important info and get to know neighbors. You and your friends can post about offering help to neighbors in need, like shoveling snow in the winter.



Get certified – First aid and CPR training are quick ways that you and your friends can help support your community's health resilience. Find out online what classes you have in your area and sign up for one. Or work with your friends to host a training at your school or youth group. Already have both certifications? Try to find new certifications, like family care or bystander preparedness.



Plan a block party or community event – Just getting to know your neighbors is a step on the path towards community health resilience. Work with your community board or church group or just the neighbors on your street or block to plan a fun event where all neighbors can get out, meet one another, and socialize. These connections and relationships are important!



Beautify a park or create a community garden – Having nice areas to spend time with friends and neighbors helps people stay healthy in their everyday lives. Work with your school or community to find ways that you can help, like cleaning up a park or taking part in a community garden. Ask for volunteers on social media and share photos so neighbors can enjoy your hard work!



Create a contact “buddy” system – Work with your friends to put together a contact list of other friends or neighbors that you can all text or call to check on in case of a disaster.



Make a neighborhood resource directory – Ask friends and neighbors what resources they have that could help in emergencies, like electric generators, medical equipment, or construction tools. Put together the list of items with people's names and phone numbers and then share it with friends and neighbors.



Protect against disease – Encourage your friends to get their flu shot every year. You and your friends could even volunteer at a local health clinic during flu season to help spread the word or get others signed up.

Big Idea: Neighborhood Health Watch

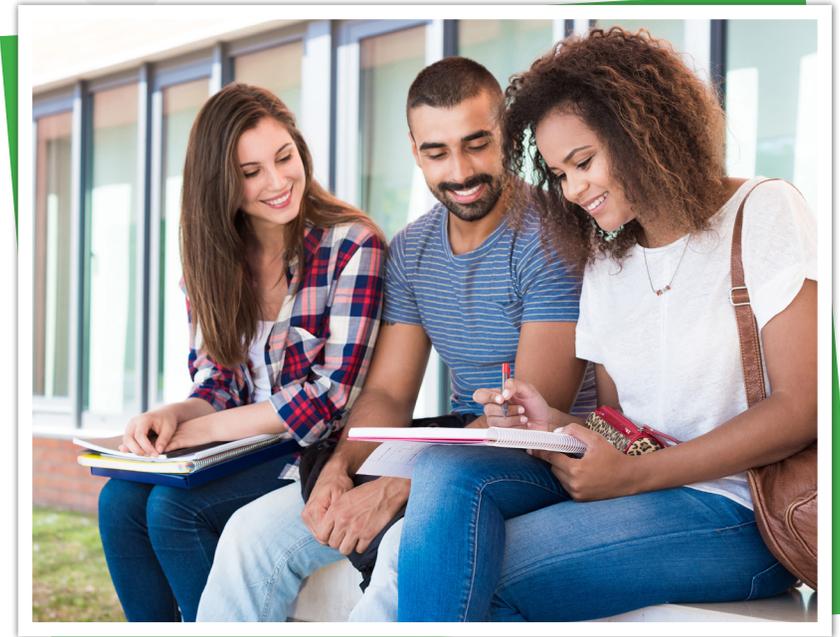
Ready to do more with your friends to help?

Here's a project that you and your friends could work on with your school or neighbors—a neighborhood health watch.

You've probably heard of a regular neighborhood watch before, where people that live in an area get together sometimes to walk through the neighborhood and make sure it's safe. Well this is kind of the same thing, except it's all about people's health.

In making a Neighborhood Health Watch, you and your friends can help create a safety network that people can rely on in any emergency while meeting new people and building volunteer experience.

You can make your Neighborhood Health Watch whatever you and your friends want it to be! It can be as simple as collecting and providing contact information for everyone in the neighborhood or on your street. Your Health Watch volunteers could provide rides to the doctor or the pharmacy for neighbors who can't drive themselves. And you can offer other services too, like helping an elderly or disabled neighbor with household chores or caring for a neighbor's pet.



How Does a Neighborhood Health Watch Work?

Watches can be as small or as large as you need, whether it's you and your friends with a few people on your street or the whole school or neighborhood.

- You and your friends can be your Health Watch volunteer leaders, whose job it is to get other neighbors working together and keep everyone updated.
- As Health Watch volunteers, you and your friends can reach out to local police stations, fire departments, hospitals, and others to get advice on new volunteer project ideas.

How Do I Start My Neighborhood Health Watch?

Ready to create your own Neighborhood Health Watch? That's great! Here's a quick 7-step guide that you can use to get started.

- 1. Find Your Team.** Ask your friends and classmates to join. Together, you can reach out to volunteer groups in your area to see if they want to help.
- 2. Do Your Research.** Talk about the idea with friends, family, and teachers. Think of ways you can teach everyone in the community know who to call when they need assistance. Research online what other groups have done.
- 3. Make Your Headquarters.** Figure out a safe, convenient place where your Health Watch volunteers can meet regularly to talk about ideas and make plans. This could be at your school after class or at a local library or fire station. Make sure it's somewhere that is available at the times you want to meet and is easy to get to for everyone.
- 4. Engage Your Town.** Reach out with your friends to your local fire department, police station, hospitals, community health clinics, and any other important groups you think could help. This step is the most important! By working with these groups, a Neighborhood Health Watch can help them get important health information to people and can get advice on new ways to help.



- 5. Call for Volunteers.** Work with your friends to find more Health Watch volunteers that can work on the great new ideas your team is going to come up with! When you're reaching out to everyone in your community, you'll need lots of help. Post flyers or reach out to your school's newspaper to help spread the word.
- 6. Connect with Charities.** Which charities or other local voluntary organizations are in your area that can maybe help get your Health Watch going? Can you and your friends help them find new volunteers?
- 7. Ask for Help.** Are there any local businesses in your neighborhood that can help host events or donate supplies? Remember that anyone who lives or works in your community is a part of it.

With these seven steps, you and your friends are well on your way to having a successful Neighborhood Health Watch and to making your community's health stronger, more resilient, and more secure.

My Community Health Resilience Story



Samantha

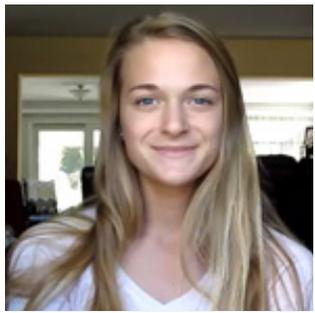
“ My story began when I started volunteering as a preparedness educator with the American Red Cross of Alaska. I’ve educated people of all different ages on the importance of making a preparedness plan and kit in the event of a disaster. Living in Alaska is very different from living anywhere else. In some parts of Alaska, we need to wear preparedness items like arctic suits. Fun fact: in the lower 48 states, it’s recommended that you have enough supplies in your preparedness kit to last you 3 days, but here in Alaska, we recommend having enough supplies for 7 or more days. I always encourage people to get a kit, make a plan, and stay informed so when they’re faced with a disaster, they can keep not only themselves but their friends, families, pets, and communities prepared, safe, and healthy. My story isn’t just about me, but about sharing the message with my community to help inspire and motivate resiliency in all Alaskans. ”



Abby

“ I decided to make bags for the homeless on a snowy day in Colorado. These bags included hat, gloves, socks, a banana, a sandwich, and a water, which would help those who were unprepared for snowy weather. I also left a nice note on the front to let people know I was thinking about them. After I had prepared all the bags, I drove down to downtown Denver to a local shelter called Denver Rescue Mission to give them to the people in the front. It is important to prepare not only yourself but your community for all kinds of weather, especially the cold. ”

My Community Health Resilience Story



Lindsey

“ Although living in Florida may look bright and sunny every day, there have been approximately 488 hurricanes that have affected Florida. In saying that, I have to protect my friends, family, and community in times of need. To protect my family, I have written a list of steps to follow when we’re alerted to evacuate. Doing this ensures a safe, clear plan. To protect my friends and community, when I get the alert that a hurricane is coming, I contact people I know who may not have a smartphone with alerts or access to the news. Doing this will hopefully allow people to prepare and follow their own emergency plan. I also have a box ready with important necessities. With my resources, I can help contribute to the comfortability and well-being of others. It’s not “If we have a disaster, what will we do?” it’s “When we have a disaster, what will we do?” It’s important that I think about what I will have to do to protect my friends, family, and community in times of need. ”



Skye

“ Preparing yourself, your family, and your community for any emergency can literally be a lifesaver. The most important thing I do is pay attention to what’s going on around me so I can act quickly if I need to. I’m also certified in CPR and first aid so I can help someone in need. Something my family and I do is keep a portable container in the garage full of things like clothes, food, and water. This way, if we ever have to evacuate in a hurry, we can just grab this box and go. We keep a similar box inside our house so that if we have to stay put, we’ll be okay for several days. I have prepared for natural disasters by reading preparedness guides. ”



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