

KEEP YOUR FRIENDS & FAMILY HEALTHY EVERYDAY

Your friends and your family are important to you. It's important to help keep them safe and healthy. A disaster in your area could mean that your friends and neighbors' health is in danger. In a disaster, sometimes people:

- Run out of important medicine
- Lack electricity to keep their medical equipment on when the power goes out
- Cannot get to safety or help themselves

But there are things you and your friends can do to be better prepared for any disaster while making your neighborhood proud!

Here is a list of easy activities that you can do with your friends or your family to make sure everyone stays healthy—no matter what!



Make a list of all the important emergency phone numbers that you and your friends need, like hospitals, police stations, fire stations, health clinics, schools, city hall, and others. Then you can save the list on your phone and send it to friends or print cards to give out at school.



Find out how to turn off the water or gas in your house in case your parents are not home.



Plant a garden with your friends that has fruits and vegetables that your neighbors can use.



Talk with your friends and your family about what to do during a disaster.



Find a volunteer group that you and your friends can join that works on making people healthier.



Want to know more ways to help? Visit us on Facebook or Twitter!

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Be Safe. Be Healthy. Be Secure.