

READY WRIGLEY PREPARES FOR



WINTER WEATHER



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention

This series has been endorsed by:

American Academy
of Pediatrics



DEDICATED TO THE HEALTH OF ALL CHILDREN™

www.healthychildren.org



Save the Children®

www.savethechildren.org/GetReadyGetSafe



NAME: _____

Note to Parents, Guardians, and Teachers

The Centers for Disease Control and Prevention has created *Ready Wrigley* to provide young children, parents, guardians, and teachers with tips, activities, and a story to help the whole family prepare for emergencies. Together with your child, join Wrigley as she helps her family prepare for emergencies by staying informed, packing emergency kits, and making a family communication plan.

The activity book is designed to provide an interactive tool to further your child's education and promote disaster preparedness in your community. We hope you will encourage its use in your schools, communities, and families to help children learn the importance of being prepared.

It is very cold outside! Wrigley must get her family ready for winter weather. There is so much to do!



READY WRIGLEY TO THE RESCUE!

Before it gets too cold, Wrigley and her family talk about what to do and who to call in an emergency.

Fill out a plan with your family to have in an emergency.



Cut Here

MY FAMILY COMMUNICATION PLAN

 My Name: _____

 My Address: _____

 My Telephone Number: _____

 Meeting Place: _____

Family Information

 Work Number: _____

 Cell Number: _____

 Email: _____

 Neighbor/Relative name and number:

 Out of town contact name and number:

Always remember to dial 911 in emergencies.

PICTURE FIND

Wrigley and her family make sure their emergency kit has winter items in it. An emergency kit keeps everything you might need in an emergency in one place.

Can you find the emergency items hidden in this picture?



Batteries



Flashlight



Money



Blanket



Food



Pet food



Cell phone



Map



Radio



First aid kit



Medicine



Water

MATCHING

Some families might need extra items for special needs. Don't forget to include these items in your kit!

Draw a line to match the word on the left with the correct item on the right.

Baby supplies

Glasses

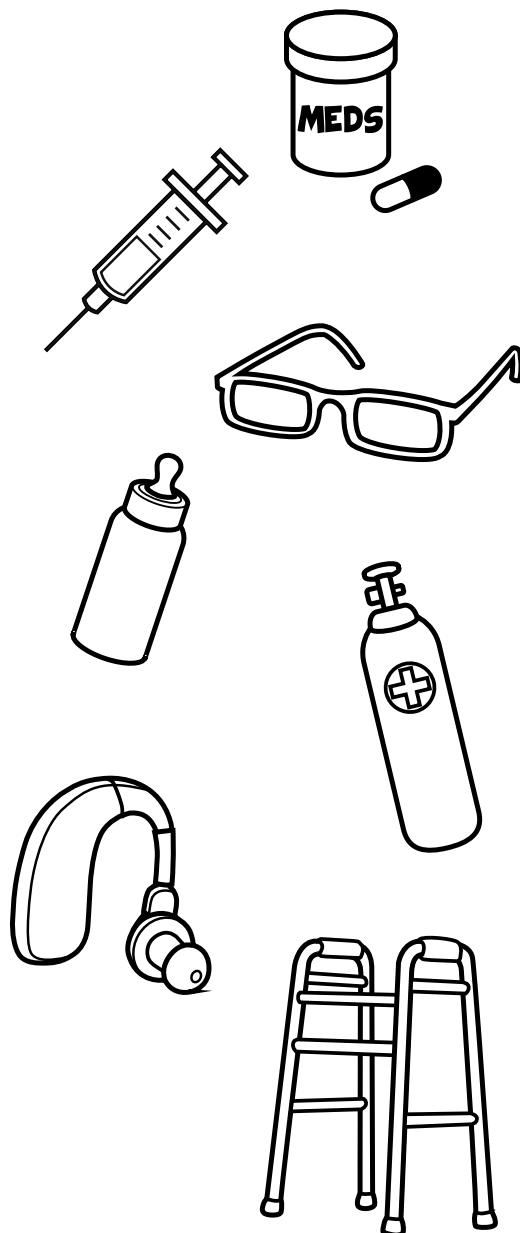
Hearing aid

Insulin shot

Medication

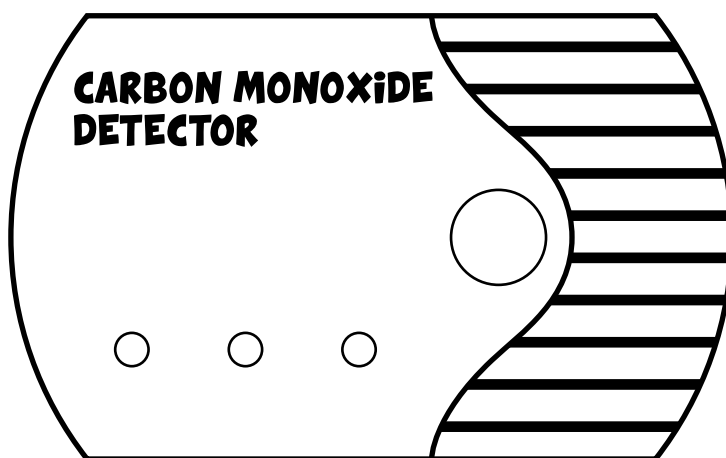
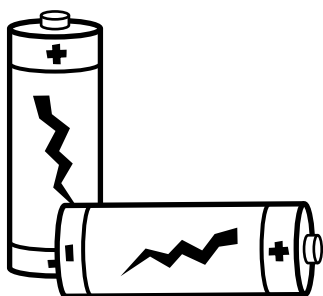
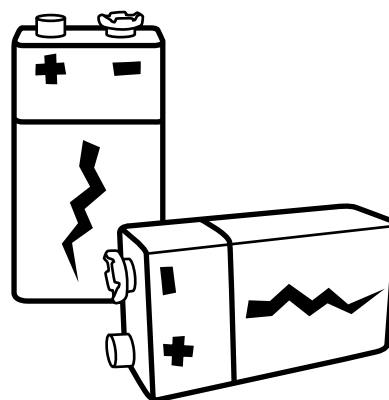
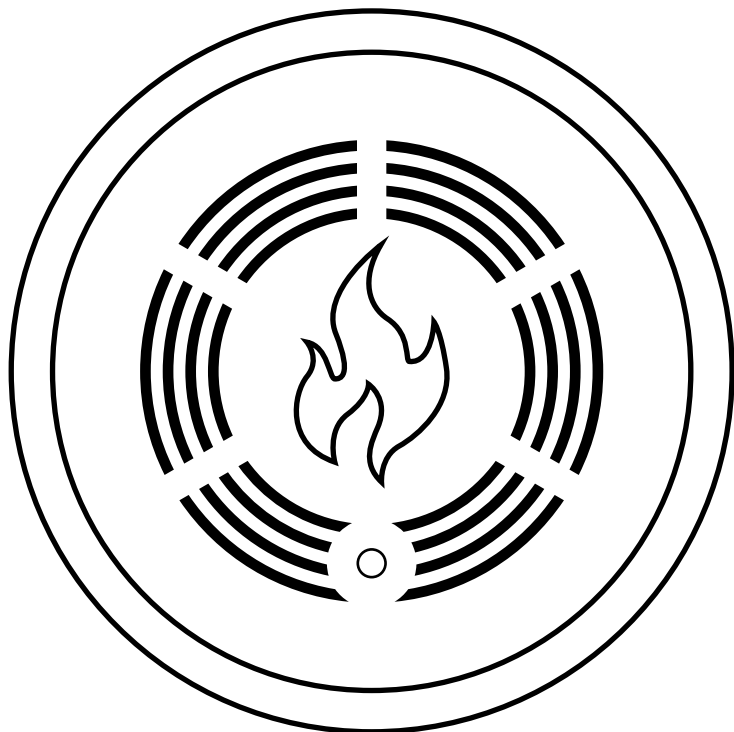
Oxygen

Walker



If a family member needs special care, make a list of information such as doctors' names and numbers, and medications and their dosage.

Wrigley and her family check to make sure their smoke detectors and carbon monoxide detectors work and have new batteries.



Carbon monoxide detectors can alert you to dangerous gas in the house. If the carbon monoxide alarm sounds, move outside to get fresh air and call for help from there.

Wrigley and her family listen to the radio and the news on TV for information on winter storms.

**WE EXPECT A
LOT OF SNOW TO
FALL TODAY...**



Have a battery-powered or hand crank radio ready for news during a storm or when the power is out.

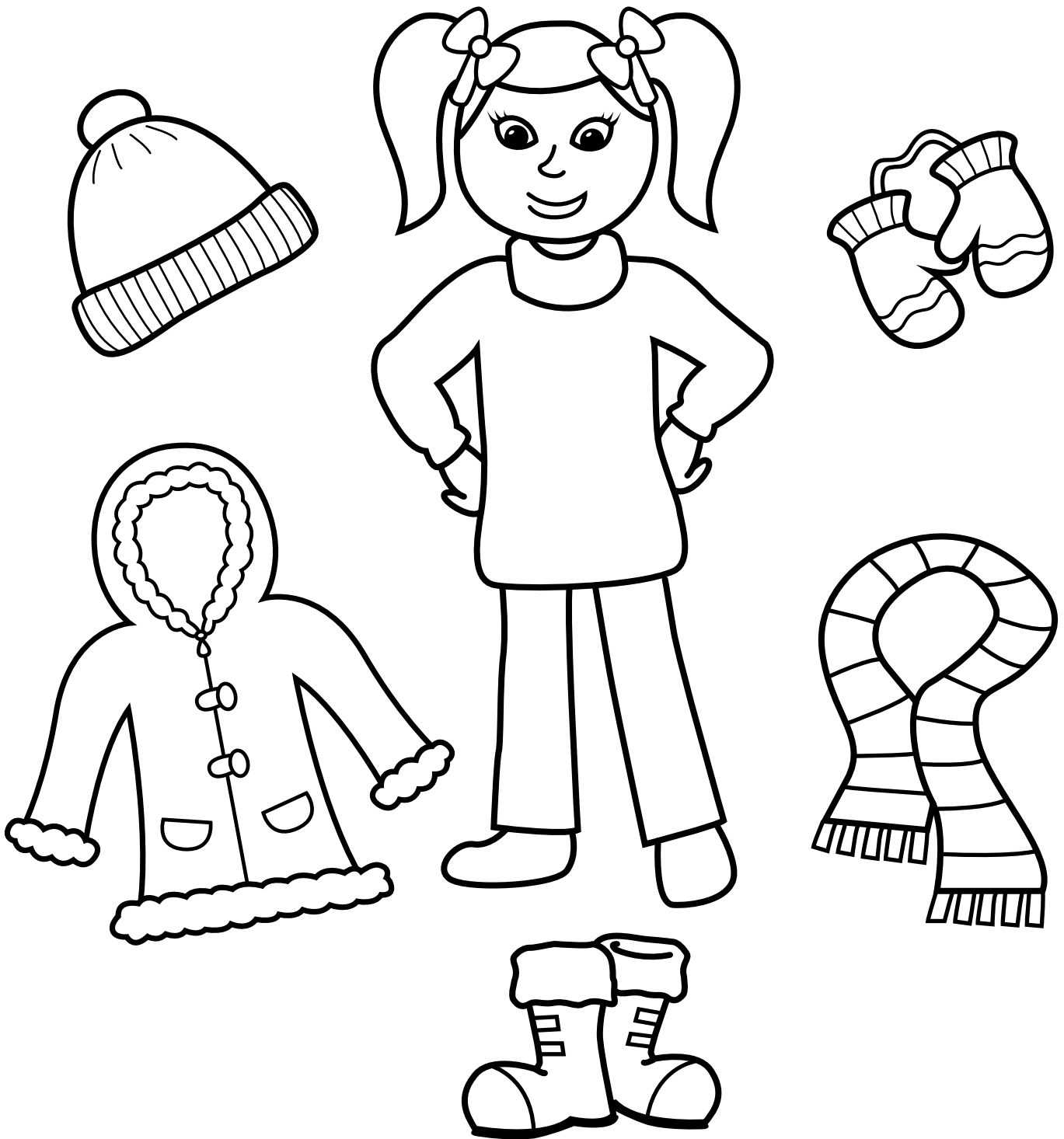
Wrigley and her family put down rock salt and sand to melt the ice so they don't slip on their driveway and sidewalks. Walk very slowly on snowy, icy walkways.



If your family uses a generator, make sure to use it outside, away from the house.

Wrigley is ready to play outside! She has a fur coat, but her family has to wear several layers of warm clothes. They make sure to wear bright colors so it is easy to see each other.

Color the winter clothes you need to stay warm.



After playing outside for a while, Wrigley and the kids come inside to warm up and change into dry clothes.

Decode the secret message to learn what to do when you come in from the snow.

3 8 1 14 7 5

15 21 20 15 6

23 5 20

3 12 15 20 8 5 19 **!**



KEY

1-A	7-G	14-N	21-U
2-B	8-H	15-O	22-V
3-C	9-I	16-P	23-W
4-D	10-J	17-Q	24-X
5-E	11-K	18-R	25-Y
6-F	12-L	19-S	26-Z
	13-M	20-T	

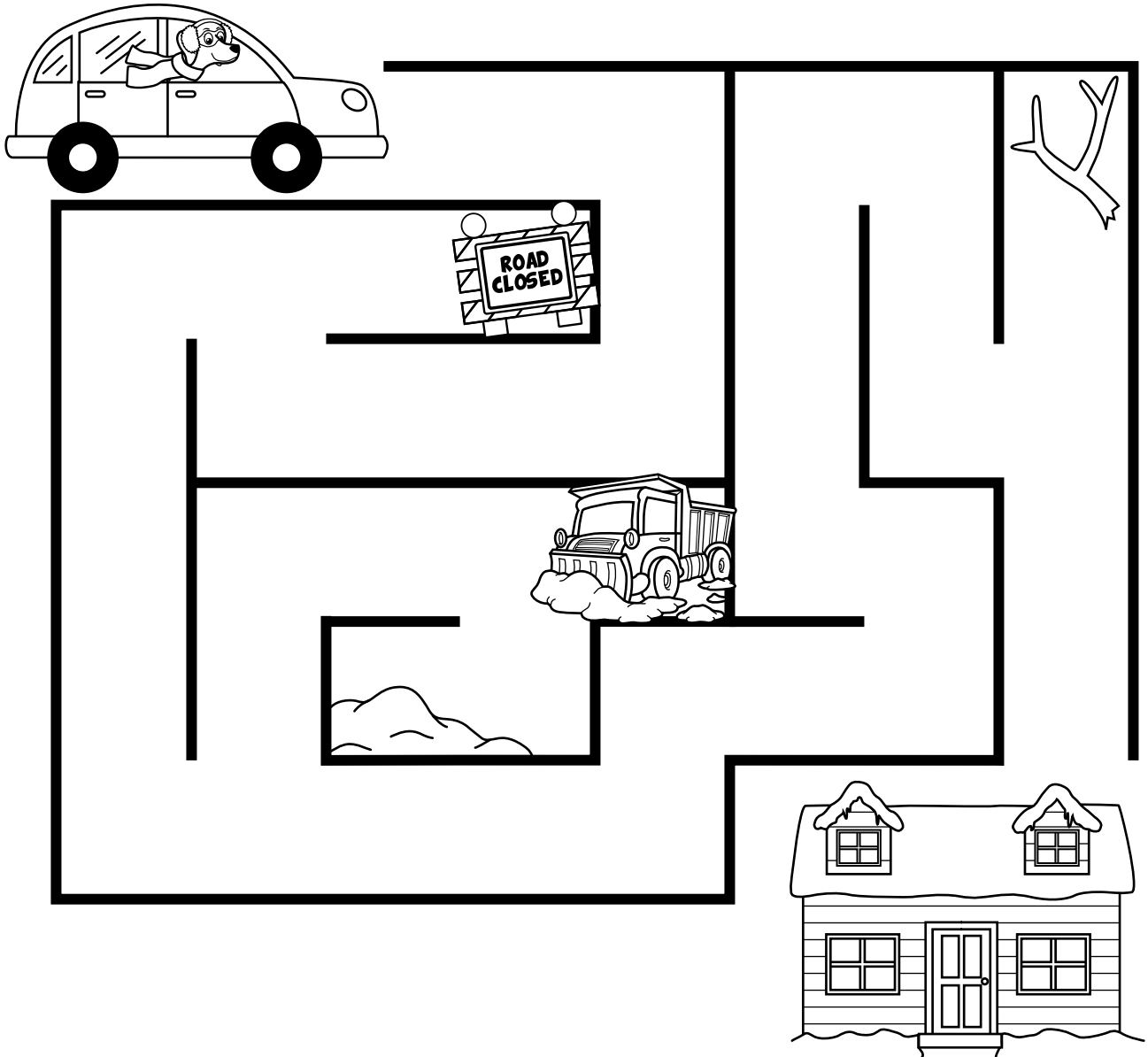


Shivering, tiredness, and numbness in your nose, earlobes, fingers, and toes can be signs of frostbite or hypothermia.

MAZE

Wrigley and her family travel in the daytime when it is snowing. They tell someone where they are going, what time they will be there, and what route they are going to take.

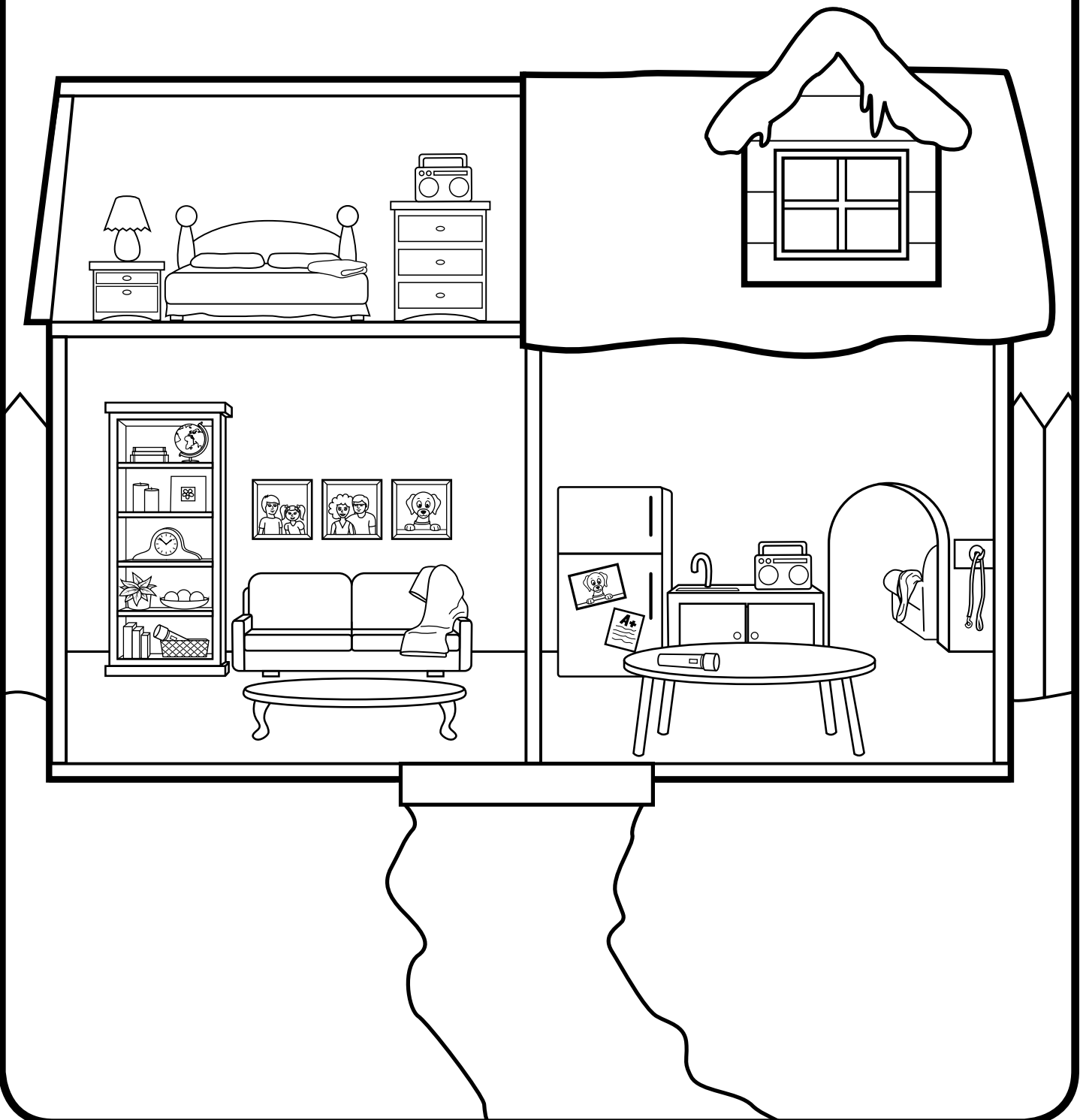
Help Wrigley get home safely!



Double check to make sure that you have winter supplies in your car emergency kit.

In case the power goes out, Wrigley and her family find blankets, flashlights, and a radio to put in one room. It is easier to heat one room than an entire house!

Help Wrigley find supplies by circling the blankets, flashlights, and radios in the house.



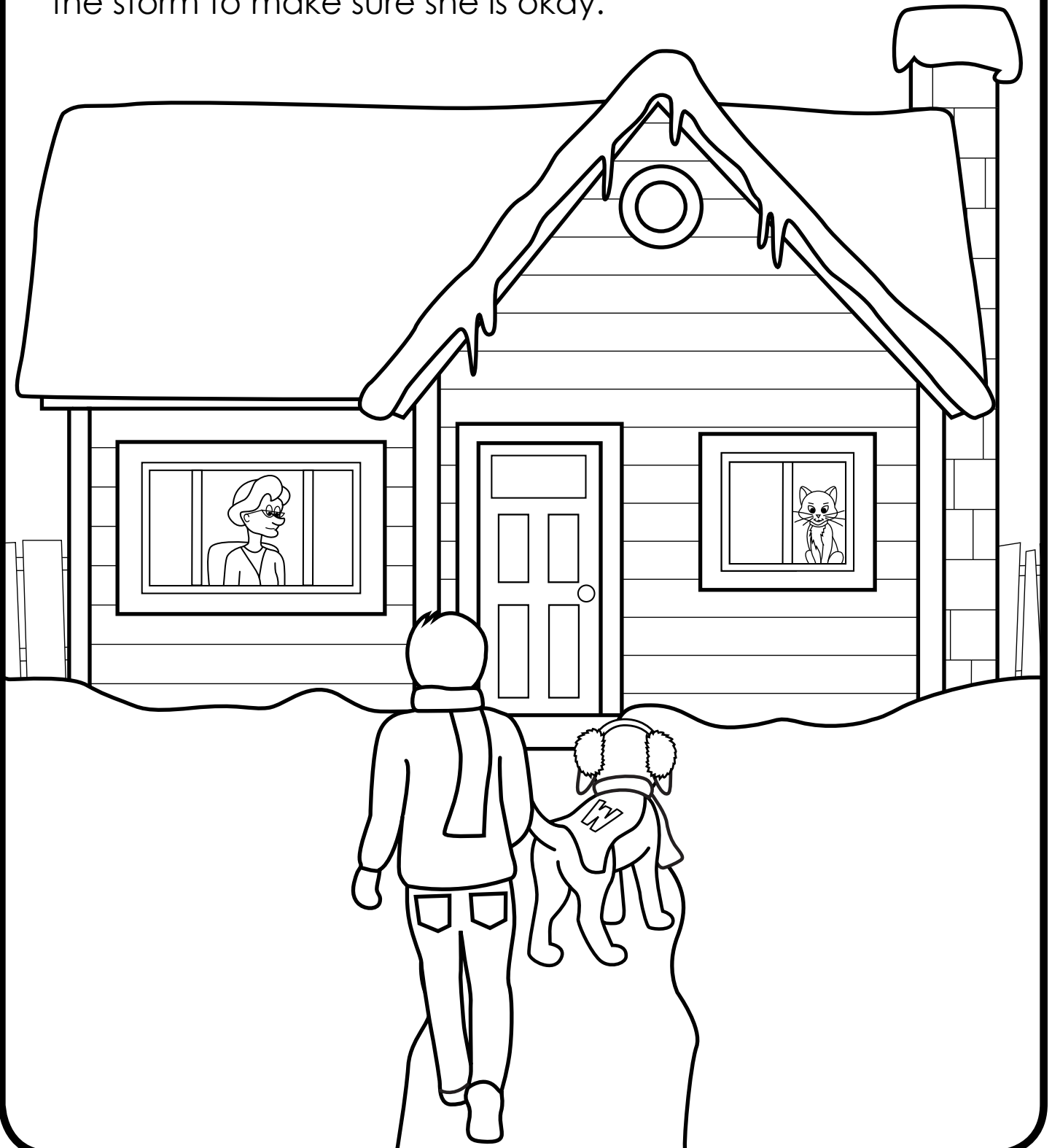
KEEP YOUR PETS SAFE!

Bring your pets inside during the winter. Make sure their drinking water is not frozen!



HELP YOUR NEIGHBORS

Your neighbors might need extra help before and after a winter storm. Wrigley and her family visit Mrs. Jackson after the storm to make sure she is okay.



WINTER WORD SEARCH

After a storm, roads and sidewalks may be dangerous and icy. There may be a lot of snow and it may be very cold outside. Wrigley and her family stay inside where it is nice and warm.

Help Wrigley find all the winter words below. The words can be across, down, or even diagonal.

R	R	W	A	T	F	W	I	N	T	E	R	E
K	M	P	C	Q	J	R	U	O	R	X	B	V
S	W	U	O	S	H	E	E	Q	H	H	B	M
C	J	T	A	N	O	J	D	E	P	L	N	Z
O	Q	D	T	O	C	D	I	C	Z	M	N	F
L	V	A	X	W	U	X	M	F	S	I	C	E
D	H	R	C	M	Z	M	I	A	B	N	N	N
I	Z	S	C	A	R	F	T	J	O	Y	O	G
Q	S	C	A	N	S	J	T	O	O	J	L	W
L	K	R	S	H	O	V	E	L	T	B	F	P
G	F	H	H	R	W	D	N	Y	S	F	C	M
S	L	H	O	K	N	X	S	Q	S	Q	C	L

BOOTS

HAT

SHOVEL

COAT

ICE

SNOW

COLD

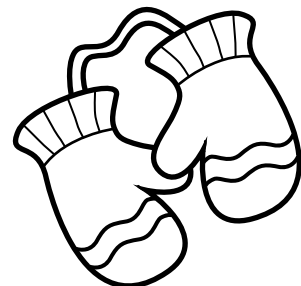
MITTENS

SNOWMAN

FREEZING

SCARF

WINTER



GREAT JOB!

(Your Name)
is ready for winter weather!

Before winter weather arrives, remember to:

- Fill out your emergency communication plan.
- Get the house ready.
- Check your emergency kit and make sure you have everything you need.
- Listen to the radio or TV for information.
- Keep your pets safe!

Here are some things I learned:

1 _____

2 _____

3 _____



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For more fun activities visit
www.cdc.gov/phpr/readywrigley