

## PREPAREDNESS ACTIVITY: **Emergency Kit Concentration**

### BACKGROUND:

Electrical, water, transportation, and other vital systems can be disrupted for several days, or much longer in some places, after a large earthquake. Emergency response agencies and hospitals may be too overwhelmed to provide you with immediate assistance. Having a kit that will help you attend to immediate issues and allow you to be self-sustaining for at least 72 hours will help you cope after a major earthquake, and can potentially save lives.

### ACTIVITY:

#### Set-Up

The PDF document consists of 13 pairs of cards with important emergency items on them, two to a page. Print out one full set (13 pages) onto some type of thick paper, such as cardstock. Cut each page in half to create the card pairs. Laminate the cards if possible for a longer-lasting set.

#### Procedure

1. Shuffle all 26 cards.
2. Determine a space on a chalkboard or wall where they can be laid out in rows of 5 to 7 cards each to form a grid.
3. Tape each card up to the chalkboard or wall upside-down along its top edge so it can be flipped open.
4. Have students come up to the board in turns to flip over two cards at a time; if a student finds a pair, let them hold on to it and bring it back to their seat, then have the next student take their turn.
5. Once all of the items have been paired, have the students show the class what items they have; discuss the importance of each as an emergency kit item.
6. Students can be given the assignment of writing down a list of the items and creating their own emergency/disaster supplies kit at home.

## CONTENT:

*Bottled Water:* Tap water may stop flowing if strong ground shaking breaks old, brittle water pipes and connectors. People can go without food for much longer than they can live without fresh water. It's important to have enough water to provide for one gallon per person, per day after a major earthquake.

*Canned Goods:* In addition to providing sustenance, canned fruits and vegetables retain water that can supplement the bottled supply.

*Can Opener:* While some cans have a metal tab available for opening, most do not, and require the use of a can opener.

*Contact List:* A list of emergency contacts, and an out-of-town contact that can be reached in case local lines are busy should be kept in a waterproof container.

*Copies of Important Documents:* Copies of important documents such as identification, insurance policies, and financial records should be kept in a secure, waterproof container in case anything happens to the originals or they become unreachable.

*Dried Snack Foods:* Food items such as energy bars and dried fruit are less perishable than other foods, and unlike the water in the kit, do not need to be replaced yearly.

*Emergency Cash:* Power may be disrupted in large regions, making people unable to withdraw cash or use credit cards to purchase needed goods.

*First Aid Kit:* Small tools, alcohol swabs, and medicines will allow you to handle minor injuries immediately in the likely case that outside help takes time to arrive.

*Flashlight:* Crank-powered, or shake-powered flashlights are ideal to set aside for use during emergencies when the power is out and batteries are unavailable or drained.

*Medicines:* Medicines vital to any member of the household – including babies, the elderly, or pets – should have an extra supply stored together with the rest of the emergency kit, so that it is available in the days after a disaster.

*Radio:* Radios are important for receiving information and announcements about the development of post-disaster directions, activities, and warnings, particularly when all other forms of communication are either down due to loss of power (internet, television) or busy from a system overload (phone). Crank-powered radios are also preferable to battery-operated radios because they can function continuously without extra supplies.

*Toiletries:* Items that aid in maintaining hygiene are important to have after any devastating disaster not only for personal reasons, but also for people to avoid falling ill due to unsanitary practices at a time when most likely, little in the way of medical treatment will be available.

*Whistle:* Emergency rescuers are trained to be alert to whistles and knocking coming from people who are trapped in rubble. Using a whistle instead of yelling also helps preserve energy in case it takes a while for the rubble to be cleared.