

Be Safe, In the Know and Ready to Go

Your Kids Care Club can learn and teach others tips on safety and emergency preparedness with the **Kids Care Clubs Be Safe, in the Know and Ready to Go** project. Make First Aid Kits for



families in shelters, Emergency Preparedness Kits, or posters and flyers with safety tips on bicycling, getting to school safely, playground safety, preventing poisoning or age appropriate toys.



Kids Care Clubs Ready to Go First Aid Kit

The Consolidated School Kids Care Club in New Fairfield, CT made over 50 First Aid Kits (pictured above) for families in shelters. Your club can make First Aid Kits for families in shelters, children attending low income community centers or

an elderly neighbor. You can include first aid items as well as a homemade flyer or brochure on safety tips. Include as many items as you can in each kit.

Materials Needed:

A small plastic box (like a pencil box) or a shoe box

Markers and paper

First Aid Items:

Band-aids

Soap

Bandages – all sizes

Adhesive Tape

Scissors

Wash Cloth

Digital thermometer

Bacitracin

Cotton balls

Vaseline/ A & D Ointment

Non-latex gloves

Antiseptic Wipes

Steps Involved:

Invite a person from your town's Emergency Medical Team or Services or Red Cross, or the school nurse to talk your club about emergency preparedness and first aid. Ask them to talk to the children about calling 911 – when should they call and what information should they tell the operator.

1. Decide how you will collect the items. Will your club fundraise, ask your sponsoring organization to help you or ask local merchants to donate items.
2. Announce in your organization's newsletter, that you will be assembling First Aid Kits. Provide information about the agency receiving your kits.

3. Discuss with your club members the reason you are making the first aid kits. You can also print out tip sheets and activity pages from websites (See Internet Resources below) to initiate discussion on safety.
4. Decide if you are using plastic boxes or shoeboxes.
Make posters and flyers if you are collecting from others in your organization.
5. Plastic boxes can also be decorated. Distribute items as evenly as possible.
6. Make a flyer with safety tips to insert in the kit. See Internet Resources below for more information, some sites are for kids. Choose which tips you will include: First Aid, When to call 911, Poison Prevention, Bicycle safety, Getting to School Safely, Toy Safety or Playground Safety.
7. Include a card from your Kids Care Club.
If you deliver the kits to a shelter, create posters with safety tips for the families who live there.
8. Take photos of your project for your local newspaper.
9. Complete a Club Response Card.

Kids Care Clubs Ready to Go Emergency Preparedness Kits

Emergency Preparedness kits are intended to provide basic supplies for three days. The American Red Cross and the U.S. government Homeland Security websites (See Internet Resources below) will provide complete lists and information about what should be included. Your club can make a modified version of the essentials needed with the related project, **Kids Care Clubs Black Out Boxes**.

Emergency Preparedness Kits are expensive to assemble, but it can be done! The Project Give Kids Care Club in Harvey's Lake, PA received a grant to assemble 150 emergency preparedness kits for local families.

An alternative to raise community awareness about being safe in case of a disaster, would be to create and circulate flyers with information about being prepared and how to keep informed about relief efforts after a disaster strikes.

The U.S. government suggests the following items for a basic kit:

Water – one gallon per person per day

Food – three day supply –non perishable and can opener

Flashlight and batteries

Battery-powered radio

First Aid Kit

Whistle

Dust mask

Baby wipes

Be Safe, in the Know and Ready to Go!

Internet Resources

Homeland Security Disaster Preparedness– Ready America at <http://www.ready.gov/kids/home.html>

National Safety Council at www.nsc.org

National Safety Month at <http://www.nsc.org/NSM>

Bicycle Safety – the National Highway Traffic Safety Administration

at <http://www.nhtsa.dot.gov/people/injury/pedbimot/bike/KidsandBikeSafetyWeb/>

Playground Safety - <http://www.nfpa.org/RiskWatch/topfall.html>

Poisoning Prevention for Kids -<http://www.usa.safekids.org/poison/>

Safe and Age Appropriate Toys for Kids -<http://www.usa.safekids.org/>

Red Cross Emergency Preparedness Kits at www.redcross.org