

Be safe, practiced and prepared!

What is an emergency?



Emergency: when something serious happens and immediate help is needed.

Disaster: an emergency that causes great harm to people or an area.

Natural disaster: a disaster that is not caused by humans, like floods, tornadoes and landslides

Why should I be prepared for emergencies?

Emergencies can be scary and stressful. While we can't predict when an emergency might happen, we can prepare for them. Being prepared will help you be safe if something happens & make difficult times easier to deal with.



Three steps to preparedness:

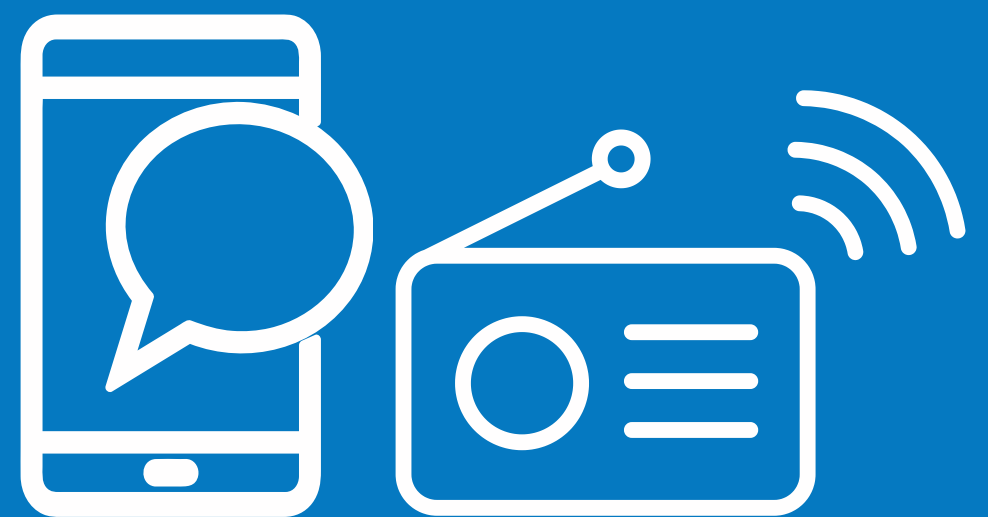
Make a plan



Build a kit



Stay informed



What should I prepare for?



Remember:



Emergency preparedness looks different for everyone. Your plan should be as unique as you are!



Practice makes perfect!



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Ontario

EMO Posters: Instructions for teachers

Be safe, practiced and prepared!

This poster offers general emergency preparedness information that will be useful for all emergency hazards. Students may receive individual copies of the poster, or a larger copy could be hung up on the classroom wall. We also recommend uploading the poster to your digital classroom (if applicable).

Suggested activity: with your students, go over the definitions of an emergency, disaster, and natural disaster, and discuss why it's important to be prepared for emergencies. Emphasize that feeling scared or stressed is normal, but that being prepared will help make emergency situations easier to deal with.

Walk through the 3 steps to preparedness:

- Make a plan: create an emergency plan with your household. This should include contact information of other trusted adults, meeting locations, and a plan for how to contact one another.
- Build a kit: your household's emergency kit should include essentials (water, food, flashlights, batteries, etc.) and comfort items (your favourite stuffed animal, or a small game).
- Stay informed: pay attention to the weather and listen to trusted adults!

As a class, work together to identify the different kinds of hazards represented by icons in the lower left-hand corner (floods, winter storms, extreme heat, thunderstorms, tornadoes, and earthquakes). Ask students to name any other kinds of emergencies they can think of (dam failures, landslides, nuclear incidents, social emergencies, droughts, etc.). Lastly, brainstorm as a class which hazards are most likely in your area.

Follow up: Complete the corresponding lesson plans and/or work through the Preparedness Passport.

Grades
3-8

For more information, visit: ontario.ca/BePrepared

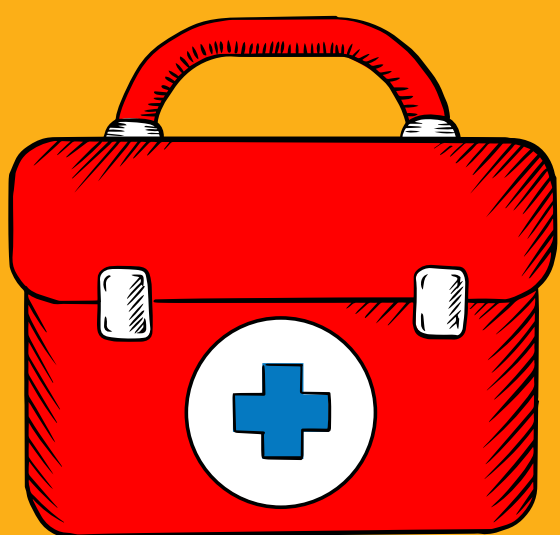
Our classroom is... Ready for anything!

About us:

We are a grade ____ class

Our school is in _____

Our teacher's name is _____



This week...

Our class leader is:

Today...

There are ____ students at school today.

We are prepared for:

EMO Posters: Instructions for teachers

Our classroom is... Ready for anything!

This poster should be a daily window into your class' emergency preparedness. We recommend printing, laminating, and hanging the poster on a classroom wall or uploading to your digital classroom (if applicable). This poster is designed to invite student reflection on emergency preparedness and teach them the importance of being ready for anything!

Suggested use: Update a laminated copy of this poster at the start of every day. Assign a student leader to assist as the Classroom Emergency Management Coordinator (or CEMC).

About us section: At the beginning of the school year, fill in your class's grade, the general location of your school, and your preferred name.

Class leader: Either assign or take volunteers for students to act as the CEMC on a monthly or weekly basis. The CEMC is responsible for updating this poster daily. The CEMC can also share 1 fact about a hazard or 1 preparedness tip each week.

Today section: Every morning, the CEMC records the number of students in class. They will also check the weather (either online, or just by looking outside) and decide which hazard the class will be prepared for that day. If there is no hazardous weather on the way, the CEMC can choose an alternative hazard or be prepared for "anything"!

Follow up: Complete the corresponding lesson plans and/or work through the Preparedness Passport.

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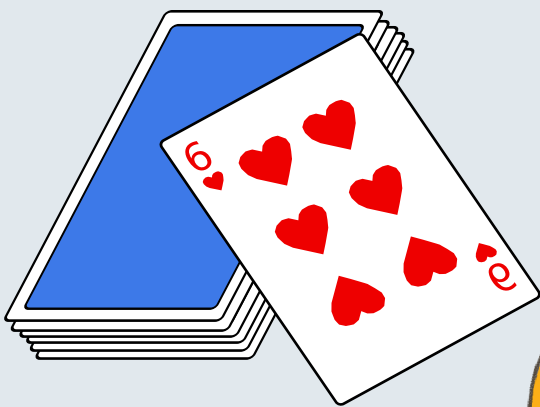
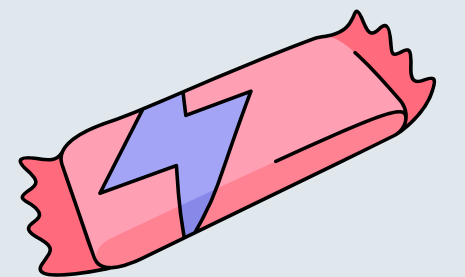
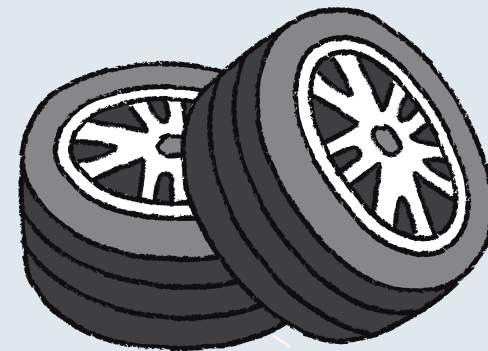
Be ready for anything!

Winter storms



Emergency kits:

- put winter items in your home's emergency preparedness kit (extra blankets, warm clothes)
- if your parent(s) or guardian(s) have a car, make sure to have proper tires & an emergency car kit



Power outages:

- keep electronics fully charged
- put flashlights/batteries in all major rooms at home & at school
- have multiple methods of staying warm
- don't be bored — use puzzles or cards

Play safe outside:

- wear weather-appropriate clothes (layers, hats, gloves, boots)
- take breaks inside to warm up
- regularly check for frostbite



EMO Posters: Instructions for teachers

Be ready for anything... Winter storms

This poster offers practical tips for students to prepare for winter storms. Remind students that winter storms can lead to injuries like slipping on ice and emergencies like power outages. We recommend hanging a copy of the poster on a classroom wall during winter months, and to upload it to your digital classroom (if applicable).

Suggested activity: Begin by asking students what they usually do when it's cold out – what are the everyday steps they are already taking to being prepared? Have they ever experienced a power outage? If so, what did they do while the power was out?

Further discussion: Ask students if they know what frostbite is – do they know what it looks like/how to recognize it?

Signs and symptoms include:

- Redness or pain in any skin area may be the first sign of frostbite
- A white or grayish-yellow skin area
- Skin that feels unusually firm or waxy
- Numbness

How to treat frostbite:

- Seek medical attention as soon as possible
- Get the person into a warm room or shelter
- Remove any wet clothing
- Warm them under dry layers of blankets and clothing
- Place areas affected by frostbite in warm-to-touch water

Grades
3-8

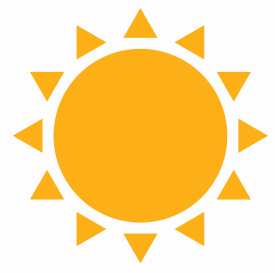
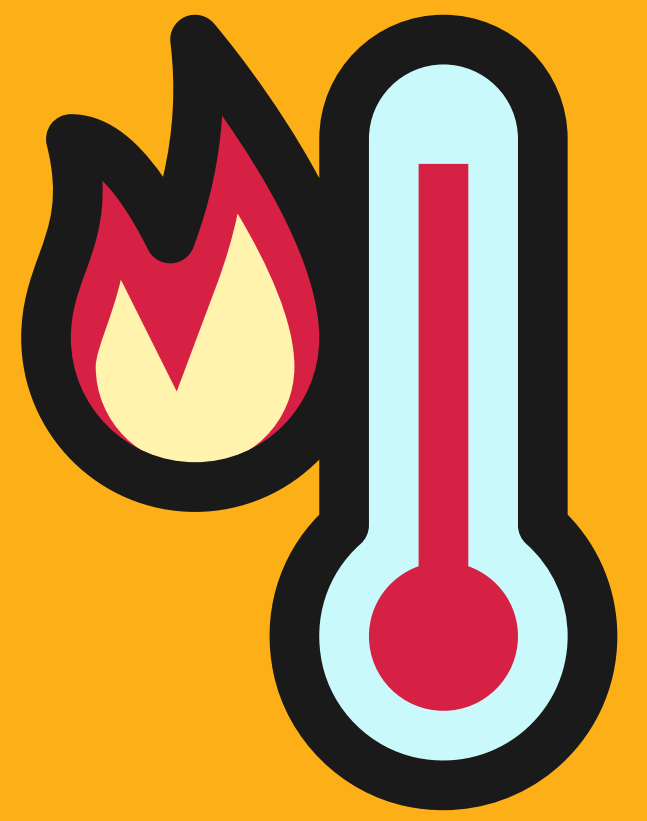
As a class, brainstorm ways to help others during winter storms. Examples can be as small as knowing your neighbours and checking in on them during periods of extreme weather; shoveling driveways/sidewalks; having an extra set of gloves in your backpack in case your classmate forgets theirs at lunchtime; or helping the adults at home put together an emergency kit.

Follow up: Complete the corresponding lesson plans and/or work through the Preparedness Passport.

For more information, visit: ontario.ca/BePrepared

Be ready for anything!

Extreme heat



Stay hydrated!

Drink plenty of cool liquids often — water is best!



Stay cool!

Avoid being outside at the hottest points of the day. Instead, go to air-conditioned public buildings like malls, libraries, rec centres, or cooling stations!

Wear a hat to protect your face, UV-protective eyewear, and apply sunscreen regularly.



If you aren't feeling well, move somewhere cooler, sit or lie down, and drink water!!

Recognizing the signs: heat-related illnesses



Heat rash: red or pink rash usually found on the neck, chest and/or elbow creases



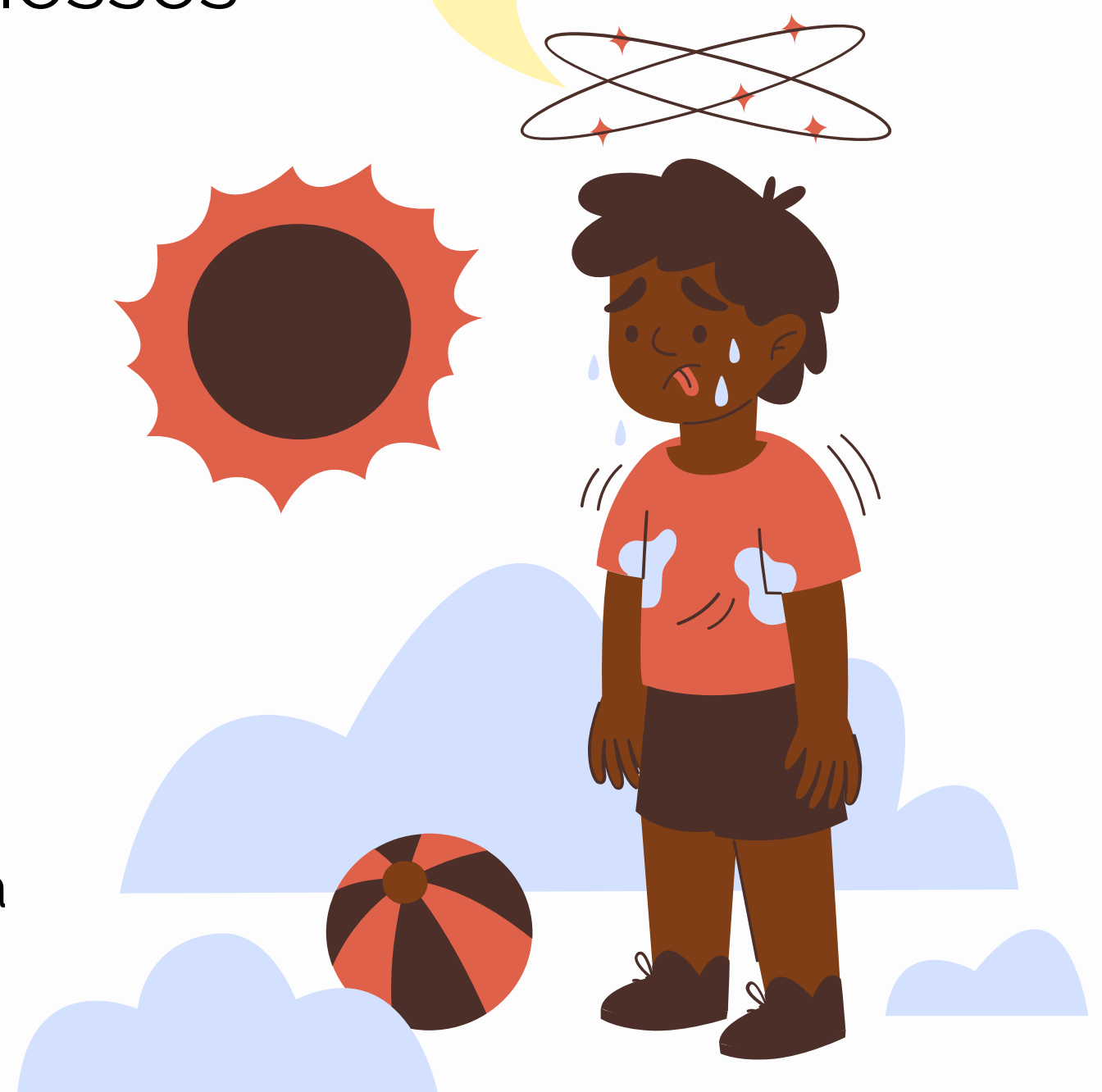
Heat cramps: painful muscle cramps



Heat exhaustion: heavy sweating, weakness, dizziness, nausea, vomiting and fainting



Heat stroke: headache, dizziness, confusion and fainting. Skin may be hot and dry or damp. This is a medical emergency — seek emergency help and cool the person down right away.



EMO Posters: Instructions for teachers

Be ready for anything... Extreme heat

This poster offers practical tips for students to prepare for periods of extreme heat. We recommend hanging a copy of the poster on a classroom wall during summer months, and to upload it to your digital classroom (if applicable).

Suggested activity: Begin by asking students what they usually do when it's very hot out — what are the everyday steps they are already taking to being prepared? Go through the tips on the poster as a group. Go through the different kinds of heat-related illnesses and brainstorm what kinds of situations might prompt these illnesses (being very young or elderly, not having access to A/C, being outside for long periods of time without water and shade, or sitting in a parked car).

As a class, brainstorm creative ways to stay cool at home during hot weather. Examples could include:

- cold compresses (ice packs, frozen vegetable packs, etc.)
- ice cubes wrapped in a cloth
- placing a fan behind a bucket of cold water
- close blinds/curtains
- staying hydrated with water — jazz it up with fruit, tea bags, flavour drops, etc.
- keep air circulating
- have ceiling fans turning counter-clockwise to push cold air down

Grades
3-8

Have students write down 2 of their favourite outdoor activities in the summer (swimming, playing soccer, hiking, water skiing, going to the park, reading outside). Then, have them list at least 3 things they can do to prevent extreme heat illness while doing these activities.

Depending on the age of your students, you may ask them to draw illustrations or write a short story incorporating these activities and safety steps.

Follow up: Complete the corresponding lesson plans and/or work through the Preparedness Passport.

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