



Tips For Helping Children

By age three or so, children can begin to understand what earthquakes are, as well as fires and floods, and how to get ready for them.

- Talk to your kids about what your family will do if a disaster strikes.
- Conduct drills and review safety procedures every six months.
- Show children the safest places to be in each room when an earthquake hits or an explosion occurs.
- Show them all possible exits from each room.
- Use sturdy tables to teach children to Duck, Cover & Hold during an earthquake or major emergency.
- Review your family emergency procedures and evacuation plans.

The more informed children are in disaster planning, the more prepared they will be.

