

Prepare with Pedro!


EARTHQUAKE 



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American
Red Cross



Hi! I'm Pedro!
I'm learning how
to prepare for
emergencies.



Prepare means “get ready.”

You get ready for things all the time — like when you put on a jacket and grab an umbrella to get ready for a rainy day.

I want to be ready for any emergency, so I'm learning how to help stay safe when emergencies happen.



You can prepare
for emergencies, too!
Just follow me!

Important words to know: **EARTHQUAKE, DROP, COVER, HOLD ON, AFTERSHOCK**

Pedro was at his friends Brandon and Jasmine's house having dinner. Suddenly, they all felt a little shake and heard a soft rumbling noise.



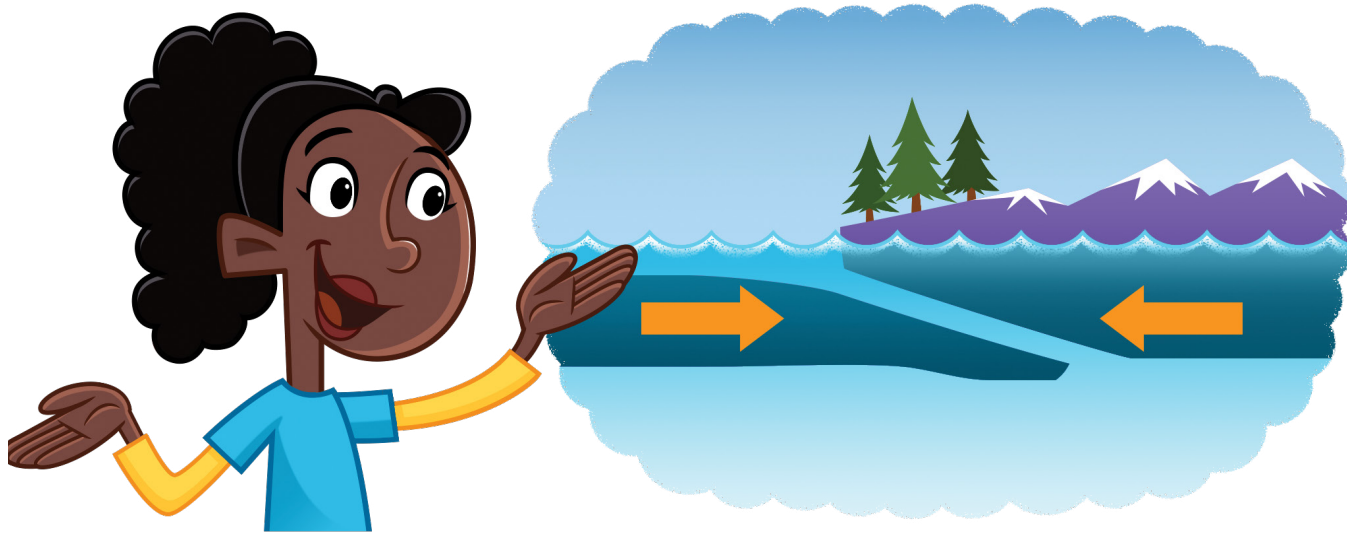
"Whoa!" said Jasmine. "Did anyone else feel that?"

"I did!" said Grandma. "That was just a big truck driving by, but it did remind me of the earthquake I felt when I was your age, Jasmine!"

"What's an earthquake?" asked Pedro.



“Oh I know! We just learned about this in school. An **EARTHQUAKE** is when the rock under the earth’s surface moves and makes the earth shake!” said Jasmine. “They can happen with no warning and can occur anywhere in the world.”



“How can I help stay safe during an earthquake?” asked Pedro.

“You can **TAKE ACTION** by doing these three steps: drop, cover and hold on,” said Brandon.

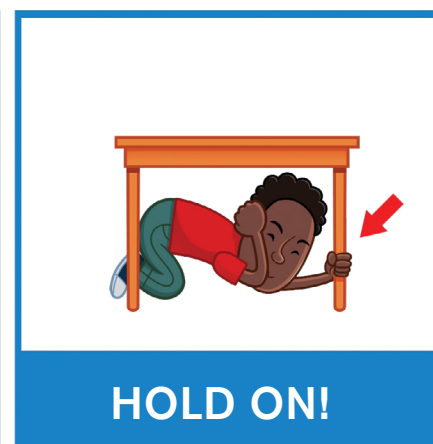
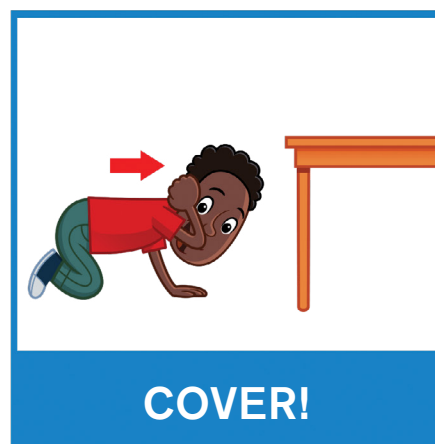
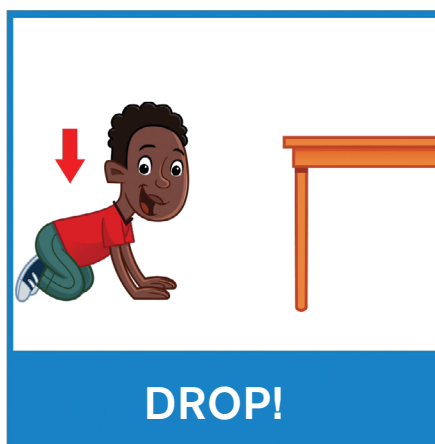
“What do those things mean?” asked Pedro.



“First, we **DROP** to the ground on our hands and knees, so we won’t fall down from all the shaking,” said Grandma. “Because I’m in a wheelchair, I’m going to make sure my wheels are locked so I don’t start rolling around.”



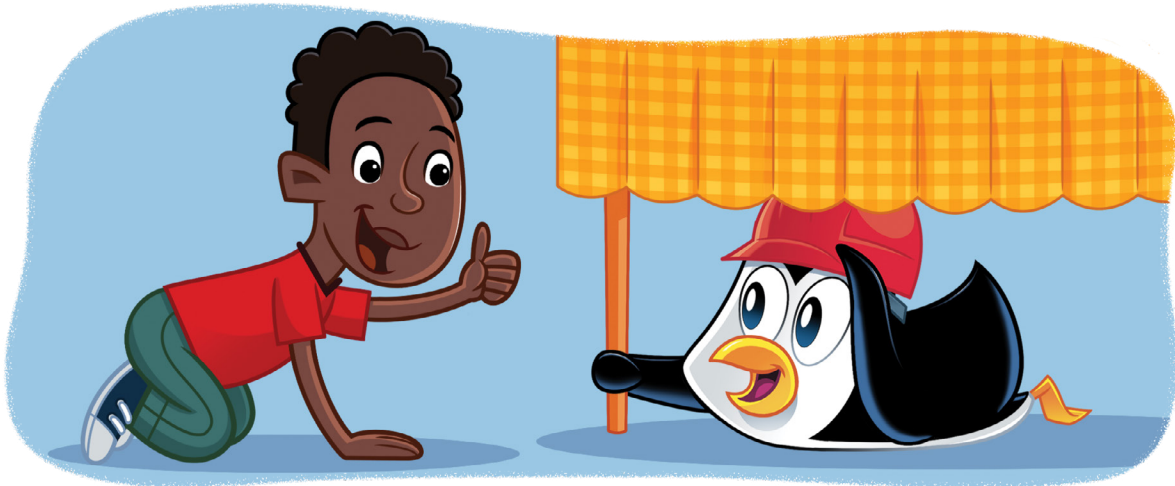
“Then we move away from anything that could fall and hurt us,” said Jasmine. “If you’re inside, move away from windows or go under a table,” added Brandon. “If you’re outside, move away from trees and other objects that could fall on you,”



If you can, get under a sturdy piece of furniture like a desk or table. **COVER** your head and neck with one hand,” said Jasmine.

“And finally, **HOLD ON** to whatever is covering you!” said Brandon.
“If you aren’t under anything, cover your head and neck with both arms and hands.”

“Wow! I want to practice to make sure I’m doing it right,” said Pedro.
So he got under the table, covered his head and neck, and held on to the table.



“Great job, Pedro!” replied Brandon. “And just so you know, because earthquakes can happen at any time, you can drop, cover, and hold on no matter where you are.”





“You never know when an earthquake might happen, so we do a few things to **BE PREPARED** so we have what we need,” said Brandon. “First, we make sure big furniture is attached to the wall so it won’t fall down.”



“We also make sure we have enough supplies like water, canned food, a first aid kit, some extra money and a flashlight,” added Jasmine. “This way we’ll have supplies after an earthquake or if there’s an aftershock.”

“What’s an aftershock?” asked Pedro.

“An **AFTERSHOCK** is another, usually smaller earthquake that can happen after the first earthquake,” said Brandon. “They can happen suddenly, just like an earthquake. That’s why it’s important to know where safe spaces are so you can drop, cover and hold on.”



“Wow, thank you for teaching me all about earthquakes,” said Pedro.



Pedro went home and looked for the best safe places in his house and yard. He also secured his dresser and bookshelf to the wall and put some emergency supplies together so he was prepared.

A FEW WEEKS LATER...

Pedro was at home when he suddenly felt the ground shaking. “I think an earthquake is happening. I know what to do!” he said. Pedro dropped to the ground and went underneath his table. Then he covered his head and neck while holding on to the table leg.



Once the shaking stopped, Pedro remembered that aftershocks could also happen at any time. He made sure it was safe to come out from underneath the table and that nothing was going to hurt him.

Once it was safe to travel, Brandon and Jasmine's family arrived at Pedro's home to check on him.



“Thank you so much for teaching me how to help stay safe during an earthquake!” said Pedro.

“Of course, Pedro!” said Jasmine. “We love teaching our friends how to help stay safe. It’s also important to check on the people you care about after an emergency to make sure they’re okay.”

Pedro was so happy he was prepared and knew how to take action. He was excited to share what he had learned with others!



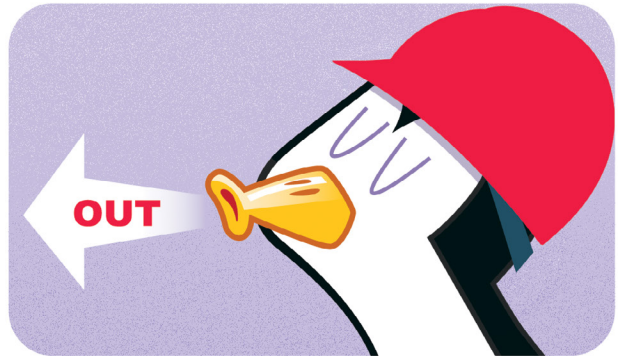
Chill Out with Pedro!



Wow!
Practicing for emergencies is exciting. But it makes me feel nervous, too. So I take big, slow breaths to calm down.



Breathe in slowly through your nose, like me.



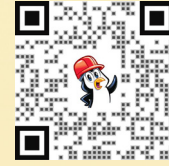
Then breathe out slowly through your mouth.

After just five or six breaths, I feel better and start to relax. Try it yourself and see!



Dear Grown-ups,

We hope that your child has enjoyed learning how to prepare for an emergency! To learn more, please visit: [redcross.org/youthprep](https://www.redcross.org/youthprep) and [ready.gov/kids](https://www.ready.gov/kids).



Pedro's Safety Checklist

- Make a household emergency plan that everyone understands.
- Make a household emergency supplies kit and keep it updated.
- Start saving for an emergency fund.

Did you know that there are nearly 350,000 home fires each year in the United States? That's nearly 1,000 each and every day!

- Practice your home fire escape drill — be sure you can get outside in 2 minutes or less!
- Test all smoke alarms once a month.



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