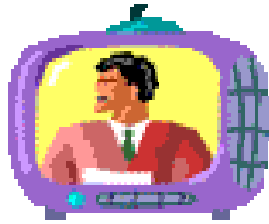


STAYING SAFE: MY HURRICANE PLAN

Last year Hurricane Katrina came. Many children had to leave their homes and some had to stay away for a long time. When children came back, many had trees that fell down in their yards, other children had the water come in their houses and their toys and clothes got messed up. Some children's houses were so flooded that they could not live there anymore, and now they live somewhere else, like in a new apartment, with a relative, or in a trailer.

Every year hurricanes come into the Gulf of Mexico. Weathermen and women watch the hurricane to see where it will go. Sometimes the hurricanes hit places farther away like Florida, and we see pictures of what the hurricane did on the television. Sometimes the hurricane comes near our homes.

When a hurricane comes towards our area, the weathermen and women watch it closely to make sure that everyone will be safe. If it looks like the hurricane may come close to where we live, the Mayor or other newscasters announce on television that we need to evacuate.



When we evacuate, we go somewhere where the hurricane will not go to make sure that we are safe. Usually, when we come back, everything is ok. Sometimes, like when Hurricane Katrina came, everything changes. The most important thing is that you and your family are safe.

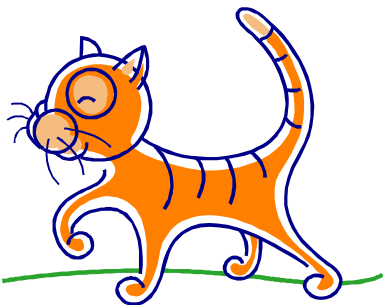
Grown-ups keep children safe, and they decide what is best for their children, but sometimes children get scared when a hurricane may come and want to know what will happen. This book will help your family decide the best ways for you to stay safe during the seasons when hurricanes come.



Some people evacuate whenever there is a hurricane near, others evacuate only when the Mayor says there is a “mandatory evacuation.” If a hurricane is coming near us, **when** will your family decide to evacuate?



The next thing to decide is **who** will go. In some families everyone including their pets go. In other families someone may need to stay, like children who have a mom or dad who is a police officer or firefighter. If you evacuate, who will go with you?





Now your family will decide **how** to go. Will you take one car or two cars? If you don't have a car will you take a bus? Will you take an airplane?

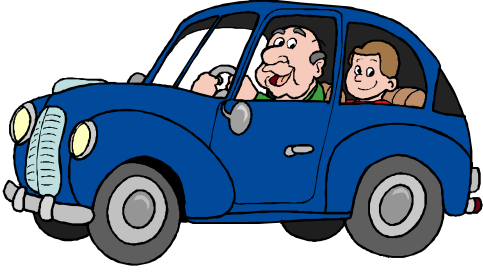
One of the most important things for children to decide is **what** they will bring. Grown-ups will tell you important things to bring, like clothes and a toothbrush. There may not be much room to bring too much, so many children think about their favorite things that they would like to take like a special stuffed animal or toy. What are the 5 most important things you would like to take with you that will fit in your suitcase?

1. _____
2. _____
3. _____
4. _____
5. _____





Some families treat an evacuation like a trip because they can go somewhere else. Some people go to a relative's or a friend's house. Other people go to the closest hotel that is safe and not full. Other people go to shelters where lots of people stay to keep safe. **Where** will your family go?



During the evacuation, it may take a long time to get to where you are going because there is a lot of traffic so some families play games, listen to music, or talk in the car. What would you like to **do** during the car trip?

During the evacuation, you may feel many things like scared, sad, worried, or excited. Remember that it is ok to have these feelings. Think about who you will talk to if you have these feelings and what you can do to feel better. Draw a picture about your feelings.



Congratulations!!! Your family has planned a safe evacuation.

(Booklet prepared by Mindy Kronenberg, Ph.D., LSU Health Sciences Center, Department of Psychiatry, Louisiana Rural Trauma Services Center, Early Trauma Treatment Network, LSUHSC Harris Center for Infant Mental Health)