

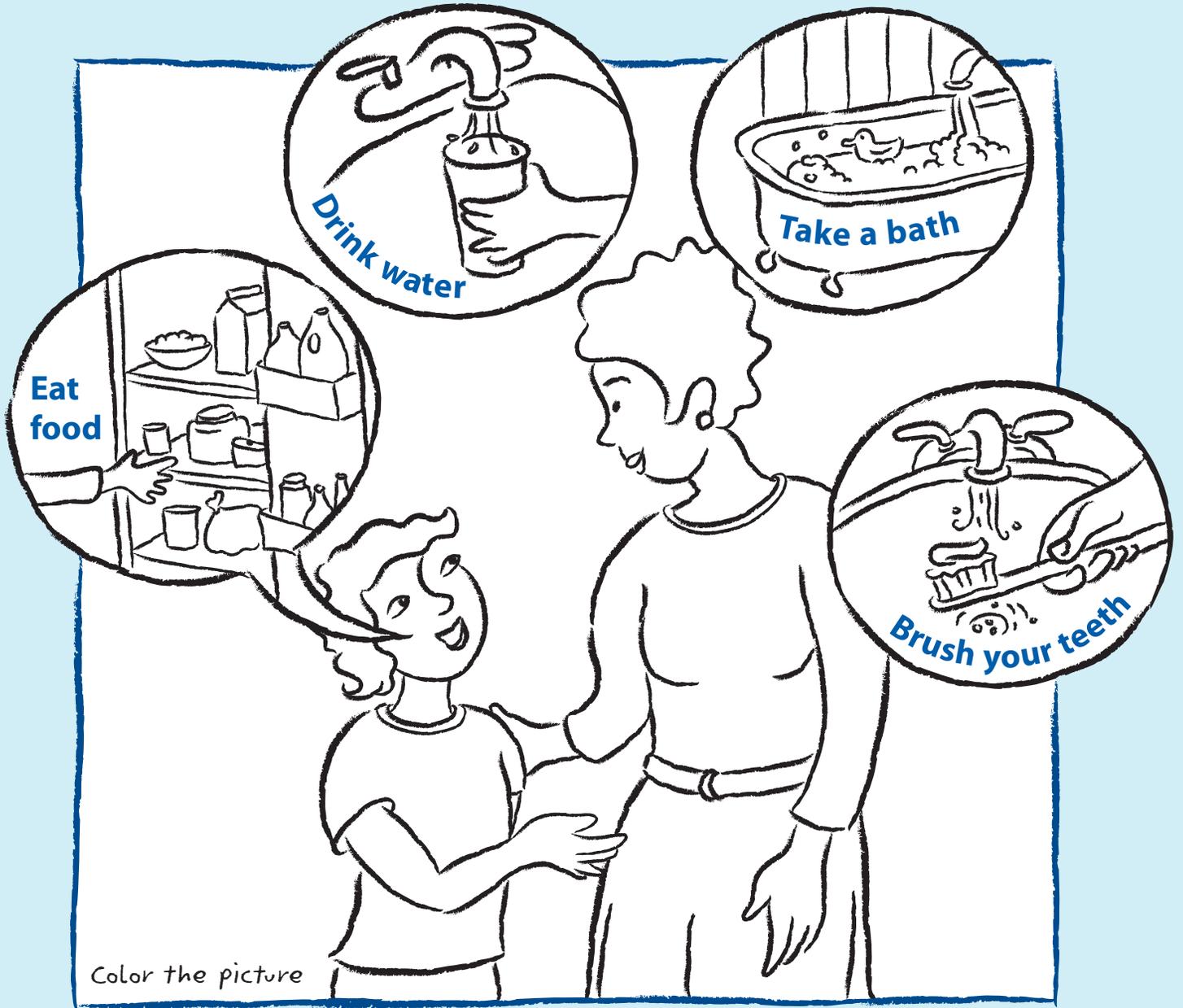
Being Safe After a Flood

Activity Book



Be careful with food and water.

Always ask an adult before you:



Remember:

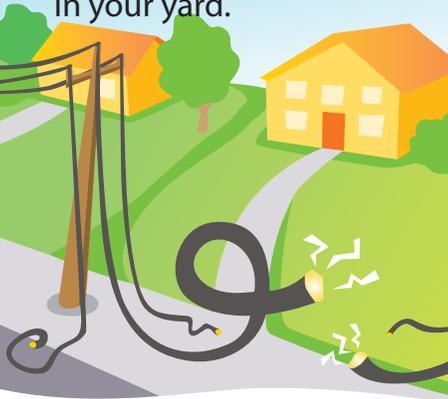
Always wash your hands with soap and clean water.



Be careful outdoors.

Which activities keep you safe after a flood?

1. Going near power lines in your yard.



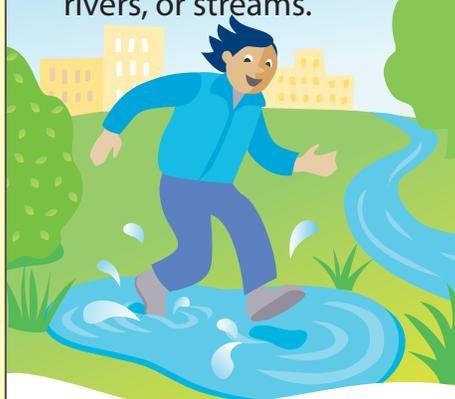
Safe or Not Safe

2. Putting bug spray on your body so you don't get bug bites.



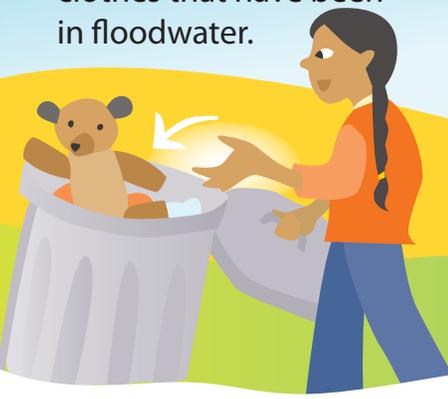
Safe or Not Safe

3. Playing around puddles, rivers, or streams.



Safe or Not Safe

4. Throwing away toys and clothes that have been in floodwater.



Safe or Not Safe

5. Touching dead animals.



Safe or Not Safe

6. Playing with stray dogs or cats or snakes or other wild animals.



Safe or Not Safe

Answers: 1. Not Safe, 2. Safe, 3. Not Safe, 4. Safe (They could be dirty and make you sick.), 5. Not Safe, 6. Not Safe

Tell an adult if you smell something bad or hear a hissing noise (like a snake) in your house.



You may feel sick after a flood.

Always tell an adult if you don't feel well.

Match the words with the pictures.

Dizzy



Tired



Hurt in your chest



Bad dreams



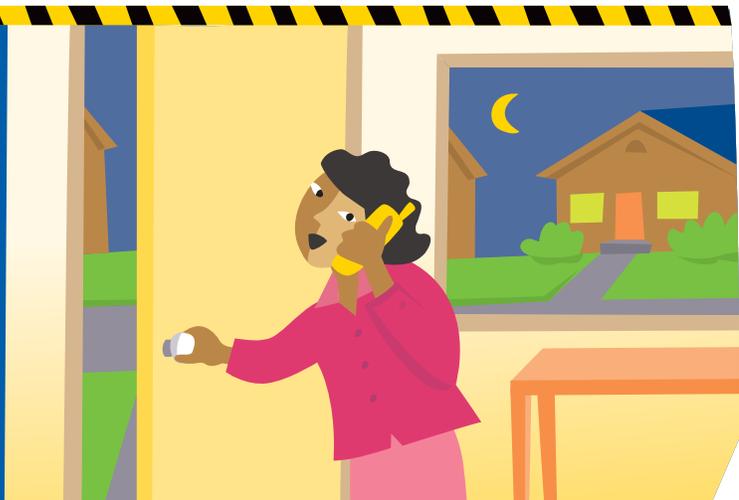
Headache



Throw up



If you feel sick at night, go tell an adult like your mom or dad. Call **9-1-1** if you can't find an adult.

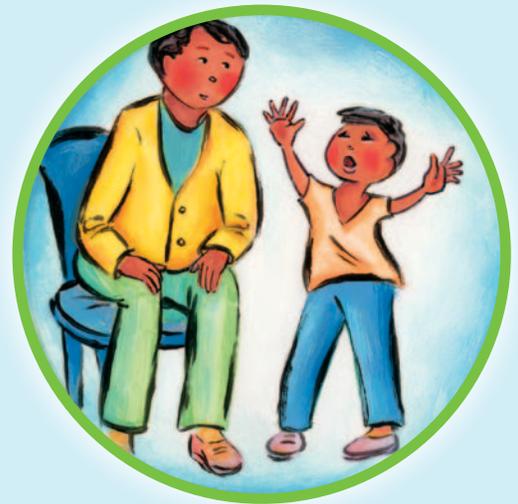


You and your family may be sad after a flood.

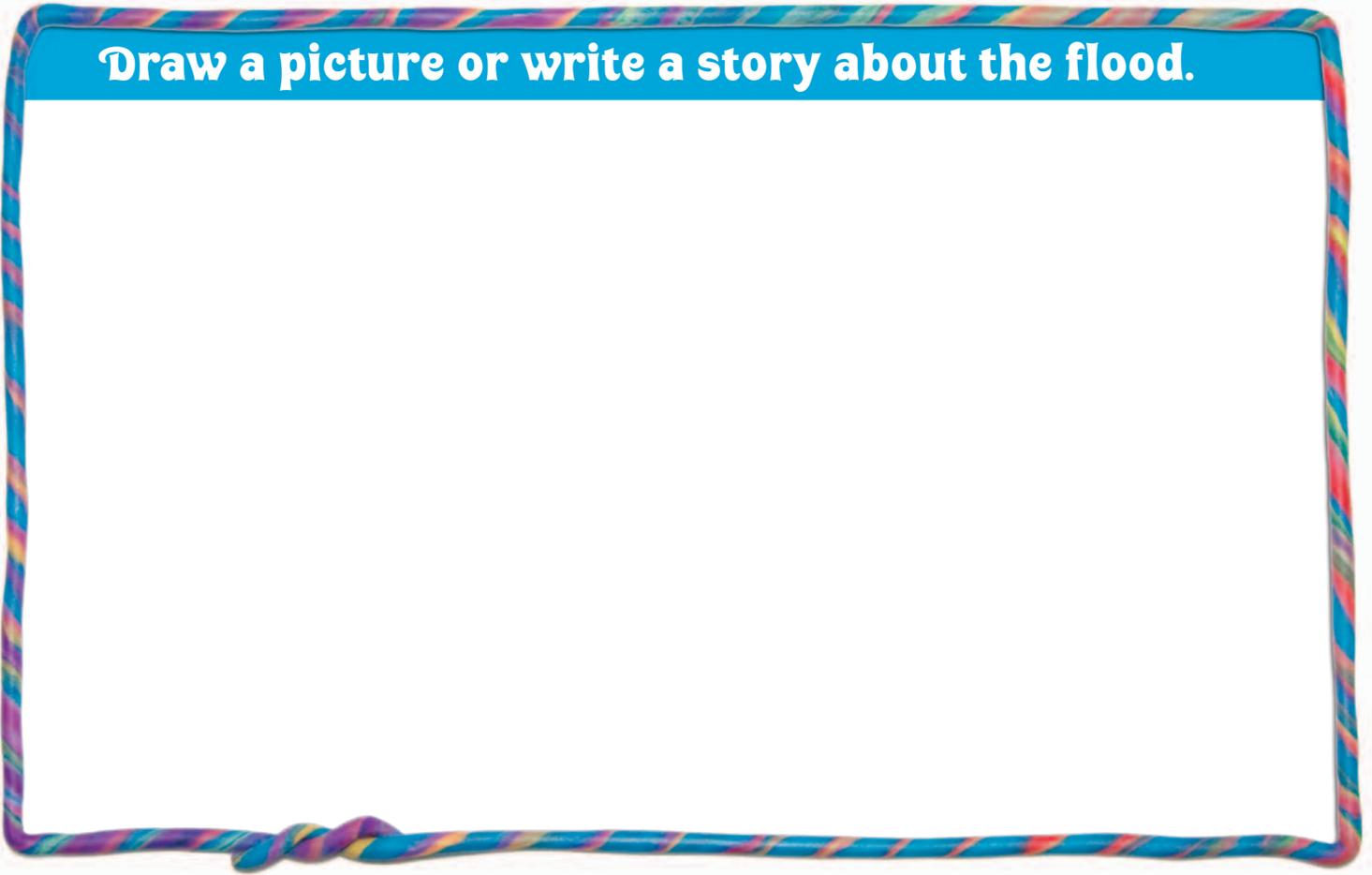
After a flood, you and your family may feel sad or angry. This is normal.

Here are some things you can do if you're feeling sad:

- ✓ Talk about your feelings with your parents or a friend.
- ✓ Do something fun. Listen to music or read.
- ✓ Be kind to others. Doing things for others will make you feel better.
- ✓ Eat healthy food like an apple.
- ✓ Get plenty of sleep at night.



Draw a picture or write a story about the flood.





What makes you happy?

What is your favorite book? _____

What is your favorite song? _____

What games do you like playing with friends? _____



Find these items in the picture:



Apple



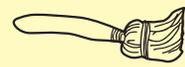
Banana



Baseball Bat



Bird



Broom



Corn



Flower



Football



Grapes



Toothbrush

Being Safe After a Flood Maze

Look for the **safe** activities. They will help guide you to the end.

START

Play with wild animals

Throw away toys that have been in floodwater

Touch dead animals

Wash your hands

Play in water

Eat healthy foods

Go near power lines

Ask an adult before you drink water

END

