

SURVIVAL WATER

FINDING • TREATING • STORING
WATER IN AN EMERGENCY

Be Prepared
Be Safe
Be Ready
♡

1 WHY WATER MATTERS

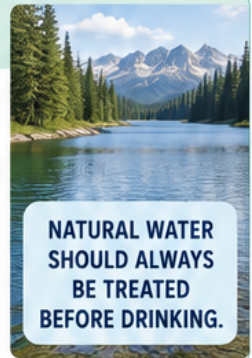
- Your body needs water to survive.
- Water helps your body stay cool, think clearly, and keep organs working.
- You can only survive a few days without water, so it should be one of your top priorities during an emergency.



CLEAN WATER
SAVES LIVES.

2 FINDING WATER

- Use stored bottled water if available.
- Check your home's water supply (e.g., water heater, pipes) if safe and accessible.
- Melt ice or snow.
- Collect rainwater.
- Natural sources like rivers, lakes, and streams can be used, but they must be treated before drinking.



NATURAL WATER
SHOULD ALWAYS
BE TREATED
BEFORE DRINKING.

3 MAKING WATER SAFER

- If water is cloudy, filter it through a clean cloth, coffee filter, or water filter first.
- Boil water for at least 1 minute (3 minutes at higher elevations).
- You can also use water purification tablets or unscented household bleach (follow directions carefully).
- Let the water cool before drinking.



BOILING KILLS
HARMFUL GERMS.

4 WATER YOU SHOULD AVOID

- ❌ Seawater (too much salt)
- ❌ Floodwater
- ❌ Water contaminated with fuel, chemicals, or sewage
- ❌ Water with an unusual smell, color, or taste
- ❌ Stagnant water
- ❌ Unknown water just because it looks clear

5 STORING WATER

- Use clean, food-safe containers (BPA-free if possible).
- Keep containers tightly closed.
- Store in a cool, dark place.
- Keep water away from chemicals, gasoline, and pesticides.
- Rotate stored water every 6–12 months.



STORE ENOUGH
WATER FOR AT LEAST
3 DAYS
(1 GALLON PER PERSON
PER DAY).



QUICK CHECK

ANSWER THE QUESTIONS BELOW.

1. Why can clear-looking water still be unsafe? _____
2. Name two emergency sources of water. _____
3. Why shouldn't you drink seawater? _____
4. What should you do with cloudy water before treating it? _____
5. Name one type of water you should avoid. _____

PREPARE TODAY FOR A SAFER TOMORROW.



THE DANIELLE EFFECT

Knowledge
Builds
Confidence
♡



EMERGENCY SHELTER

STAY DRY • STAY WARM • STAY SAFE
BUILDING A SHELTER IN AN EMERGENCY

Be Prepared
Be Strong
Be Ready
♥

1 WHY SHELTER MATTERS

- A shelter protects you from the weather (wind, rain, heat, and cold).
- It helps you stay dry and maintain your body temperature.
- Shelter can prevent hypothermia, heat exhaustion, and other serious health problems.
- Even a simple shelter can make a big difference in an emergency.

**SHELTER
CAN SAVE
LIVES.**

2 CHOOSING A SAFE LOCATION

- Look for high ground (avoid low areas that can flood).
- Stay away from dead or unstable trees.
- Choose a spot protected from strong winds.
- Use natural features like trees, rocks, or large bushes for cover.
- Avoid areas with signs of falling rocks, landslides, or animal activity.



**HIGHER GROUND
IS SAFER.**

3 TYPES OF SIMPLE SHELTERS

- **Lean-To:** A slanted shelter made with branches and a cover like a tarp, leaves, or a poncho.
- **Debris Hut:** A stronger shelter made with branches and natural materials (leaves, grass, etc.).
- **Tarp Shelter:** Use a tarp, poncho, or plastic sheeting between trees.
- **Natural Shelter:** Caves or dense tree cover can provide protection, but always check for hazards first.



**A SIMPLE SHELTER
CAN PROVIDE
PROTECTION.**

4 TIPS FOR A WARM & DRY SHELTER

- Use branches, leaves, grass, or other natural materials for insulation.
- Keep the ground dry (use branches, leaves, or a tarp).
- Make the shelter small enough to keep heat in.
- Block wind with walls or natural barriers.
- Use a slanted roof so rain runs off.
- Add extra layers like leaves, pine needles, or blankets.

**KEEP IT DRY.
KEEP IT SMALL.
KEEP IT WARM.**



5 WHAT NOT TO DO

- ❌ Don't build under dead or unstable trees.
- ❌ Don't build in low areas that can flood.
- ❌ Don't make the shelter too large (it will be harder to keep warm).
- ❌ Don't use materials that can easily catch fire.
- ❌ Don't ignore signs of animal activity.
- ❌ Don't build in areas with falling rocks or avalanches.

6 EXTRA TIPS

- Always carry a lightweight emergency shelter item (tarp, emergency blanket, or poncho).
- Learn basic shelter-building before an emergency.
- Work with what you have — even a simple shelter is better than none.
- If possible, build a small fire nearby (in a safe location) to help keep warm and dry.

**PLAN AHEAD.
PRACTICE.
BE PREPARED.**



QUICK CHECK

ANSWER THE QUESTIONS BELOW.

1. Why is shelter important in an emergency? _____
2. What are two good locations to build a shelter? _____
3. Name one type of simple shelter. _____
4. What should you use on the ground to stay dry? _____
5. Name one thing you should NOT do when building a shelter. _____

PREPARE TODAY FOR A SAFER TOMORROW.



THE DANIELLE EFFECT

PREPARE | PROTECT | PROVIDE | TOGETHER

Knowledge
Builds
Confidence
♥



WHAT TO DO IF YOU GET LOST

STAY CALM • THINK • BE PREPARED
SURVIVAL INFORMATION

Be Aware
Be Prepared
Be Safe
♥

1 STAY CALM

A CLEAR MIND HELPS YOU MAKE BETTER DECISIONS.

- Take a deep breath and stay calm.
- Panic can lead to poor choices.
- Remind yourself that help is possible.
- Focus on what you know and what you can do.
- Move slowly and think through each step.

**STAY CALM.
STAY STILL.
THINK.**



2 STOP AND ASSESS

LOOK AROUND AND TAKE STOCK.

- Stop moving and find a safe place.
- Think about where you were and how you ended up here.
- Look for landmarks (rivers, roads, mountains).
- Listen for sounds (traffic, water, people).
- Check the time, weather, and conditions.



**OBSERVE
YOUR SURROUNDINGS
FOR CLUES.**

3 MAKE A PLAN

DECIDE WHAT TO DO NEXT.

- If you know which direction to go, follow a familiar route if it's safe.
- If you're unsure, it's often safer to stay put.
- Look for higher ground where you can be seen.
- Conserve your energy, water, and supplies.
- Use a whistle, signal, or bright clothing to attract attention.

**IT'S OFTEN
SAFER TO
STAY PUT
UNTIL HELP
ARRIVES.**

4 SIGNAL FOR HELP

MAKE YOURSELF VISIBLE.

- Use a whistle (3 short blasts is a universal distress signal).
- Wear bright clothing.
- Create a signal on the ground (large SOS or arrow using rocks, branches, or other materials).
- At night, use a flashlight (3 flashes, pause, 3 flashes).
- If possible, make a small fire with smoke during the day (in a safe location).



**3 SHORT BLASTS
= HELP**

5 CONSERVE AND SURVIVE

TAKE CARE OF YOURSELF WHILE YOU WAIT.

- Find or make shelter if needed.
- Stay warm and dry.
- Drink water if available (purify it if necessary).
- Avoid unnecessary movement.
- Keep a positive attitude.
- Be ready to signal again if you hear or see rescuers.



**STAY SAFE.
STAY STRONG.
HELP CAN COME.**

6 WHAT NOT TO DO

AVOID THESE MISTAKES.

- ❌ Don't panic.
- ❌ Don't wander without a plan.
- ❌ Don't ignore natural hazards (cliffs, rivers, extreme weather).
- ❌ Don't drink unclean or unknown water.
- ❌ Don't take unnecessary risks.

7 QUICK CHECK

ANSWER THE QUESTIONS BELOW.

1. Why is it important to stay calm if you get lost? _____
2. Name two ways you can signal for help. _____
3. When is it usually safer to stay put? _____
4. What are two things you should conserve? _____
5. Name one thing you should NOT do if you get lost. _____

BE PREPARED TODAY FOR A SAFER TOMORROW.



THE DANIELLE EFFECT

PREPARE | PROTECT | PROVIDE | TOGETHER

Knowledge
Builds
Confidence
♥



BASIC FIRST AID

BE PREPARED • KNOW WHAT TO DO • HELP OTHERS
SURVIVAL INFORMATION

Small Steps
Can Make
a Big
Difference
♥

1 WHEN TO USE FIRST AID

- For minor injuries and illnesses.
- To stabilize a situation until professional help is available.
- To care for yourself or others in an emergency.
- Knowing basic first aid can help prevent a small problem from becoming serious.

**BE PREPARED.
BE INFORMED.
BE READY.**



2 COMMON INJURIES & WHAT TO DO

Cuts & Scrapes

- Clean with clean water and mild soap.
- Apply an antibiotic ointment and a bandage.

Bleeding

- Apply gentle, steady pressure with a clean cloth.
- Keep pressure until the bleeding stops.

Burns

- Cool the burn with cool (not cold) water for 10–20 minutes.
- Cover with a clean, non-stick bandage.

Sprains

- Rest the injury.
- Apply ice (wrapped in a cloth).
- Use compression (bandage) and keep it elevated.

3 WHEN TO GET EMERGENCY HELP

- Severe or uncontrolled bleeding
- Deep cuts or wounds
- Signs of infection (increased redness, swelling, warmth, or pus)
- Broken bones or suspected fractures
- Serious burns
- Head injuries or loss of consciousness
- Difficulty breathing
- If you are unsure, it's always better to get professional help.

**CALL 911
FOR
LIFE-THREATENING
EMERGENCIES.**



4 WHAT TO KEEP IN A FIRST-AID KIT

- ☐ Bandages (various sizes)
- ☐ Sterile gauze pads
- ☐ Adhesive tape
- ☐ Antibiotic ointment
- ☐ Alcohol wipes
- ☐ Antiseptic wipes
- ☐ Pain relievers (e.g., ibuprofen, acetaminophen)
- ☐ Tweezers
- ☐ Scissors
- ☐ Disposable gloves
- ☐ Instant cold pack
- ☐ Thermometer
- ☐ Emergency contact information

**CHECK AND
RESTOCK YOUR
KIT REGULARLY.**



5 IMPORTANT REMINDERS

- Keep the area clean.
- Wash your hands before and after giving first aid.
- Use clean supplies.
- Don't remove large or deeply embedded objects.
- Follow instructions on any medications or supplies.
- Stay calm and think clearly.
- Be prepared at home, in the car, and when outdoors.



**KNOWLEDGE
BUILDS
CONFIDENCE.**

6 WHAT NOT TO DO

- ☒ Don't use dirty water to clean a wound.
- ☒ Don't ignore serious injuries.
- ☒ Don't apply ice directly to the skin.
- ☒ Don't remove objects that are deeply embedded.
- ☒ Don't give someone food or drink if they may need surgery.
- ☒ Don't use expired medications or supplies.



QUICK CHECK

ANSWER THE QUESTIONS BELOW.

1. What should you do first for a small cut? _____
2. How long should you cool a minor burn with water? _____
3. Name three items that should be in a first-aid kit. _____
4. When should you call 911? _____
5. Why is it important to keep a first-aid kit in your home, car, or when outdoors? _____

PREPARE TODAY FOR A SAFER TOMORROW.



THE DANIELLE EFFECT

PREPARE | PROTECT | PROVIDE | TOGETHER

Knowledge
Builds
Stronger
Futures
♥



FIRE SAFETY

PREVENT • BE PREPARED • STAY SAFE

EMERGENCY FIRE BASICS

Awareness
Today
A Safer
Tomorrow

1

PREVENT FIRES

PRACTICE SAFE HABITS EVERY DAY.

- Keep anything that can burn away from heat sources.
- Don't leave cooking unattended.
- Unplug electronics when not in use.
- Use candles safely and never leave them unattended.
- Keep flammable liquids (gasoline, cleaners, etc.) closed and stored properly.
- Check for damaged cords, outlets, or appliances.

STOP FIRES
BEFORE THEY
START.



2

IF A FIRE STARTS

STAY CALM AND ACT QUICKLY.

- Alert others in the area.
- If the fire is small, you may be able to put it out using a fire extinguisher (only if it's safe to do so).
- If the fire is spreading, get out immediately.
- Close doors behind you (if safe).
- Call 911 once you are in a safe place.

ONLY FIGHT
A FIRE IF IT IS
SMALL AND
YOU ARE SAFE.



3

HOW TO USE A FIRE EXTINGUISHER

P.A.S.S. METHOD

P

Pull the pin.

A

Aim at the base of the fire.

S

Squeeze the handle.

S

Sweep from side to side.

P.A.S.S.
PULL • AIM
SQUEEZE • SWEEP



4

WHEN TO EVACUATE

GET OUT AND STAY OUT.

- The fire is spreading quickly.
- There is heavy smoke.
- You don't have the right type of extinguisher.
- You feel unsafe or unsure.
- Your clothes catch fire.
- You hear an alarm or are told to evacuate.
- Never go back inside a burning building.

YOUR SAFETY
IS MORE
IMPORTANT
THAN ANYTHING
ELSE.



5

IF YOUR CLOTHES CATCH FIRE

STOP. DROP. ROLL.

1

STOP – Don't run.

2

DROP – Get on the ground.

3

ROLL – Cover your face and roll back and forth until the flames are out.

STOP.
DROP.
ROLL.



6

IMPORTANT REMINDERS

BE PREPARED AT HOME AND ELSEWHERE.

- Know two ways out of every building.
- Make sure smoke alarms are working.
- Practice fire drills at home.
- Keep a fire extinguisher in key areas (kitchen, garage, etc.).
- Teach all family members what to do.
- Have a meeting place outside in case you need to evacuate.

PRACTICE
TODAY FOR
A SAFER
TOMORROW.



QUICK CHECK

ANSWER THE QUESTIONS BELOW.

1. What does P.A.S.S. stand for? _____
2. When should you evacuate instead of trying to put out a fire? _____
3. What should you do if your clothes catch fire? _____
4. Name two ways to prevent fires at home. _____
5. Why is it important to have a meeting place outside? _____



THE DANIELLE EFFECT

PREPARE | PROTECT | PROVIDE | TOGETHER

Safer
Families
Stronger
Tomorrows

SEVERE WEATHER SURVIVAL

KNOW THE RISKS • BE PREPARED • STAY SAFE

DIFFERENT WEATHER. DIFFERENT STEPS.

Be Informed
Be Prepared
Be Safer
♥

1 THUNDERSTORMS

LIGHTNING • HEAVY RAIN • STRONG WINDS

- Go inside a sturdy building or vehicle when you hear thunder.
- Stay away from windows.
- Avoid tall trees, open fields, and water.
- Unplug electronics if possible.
- Wait at least 30 minutes after the last thunder before going back outside.



**WHEN THUNDER
ROARS, GO INDOORS.**

2 TORNADOES

FAST • DANGEROUS • UNPREDICTABLE

- Go to a basement, storm shelter, or interior room on the lowest level.
- Stay away from windows.
- Cover your head and neck.
- If you're in a mobile home, get to a sturdy building or storm shelter.
- Listen for weather updates.



**GET LOW.
GET INSIDE.
STAY AWAY
FROM WINDOWS.**

3 HURRICANES

STRONG WINDS • HEAVY RAIN • STORM SURGE

- Listen to local officials and evacuation orders.
- Prepare early with food, water, and supplies.
- Secure outdoor items.
- If told to evacuate, leave as soon as possible.
- Stay indoors during the storm and away from windows.



**PREPARE EARLY.
FOLLOW WARNINGS.
STAY SAFE.**

4 EXTREME HEAT

HIGH TEMPERATURES • HEAT EXHAUSTION • HEAT STROKE

- Drink plenty of water.
- Stay in air-conditioned spaces if possible.
- Wear light-colored, loose-fitting clothing.
- Avoid being outside during the hottest part of the day.
- Watch for signs of heat exhaustion (headache, dizziness, nausea) and get cool immediately.



**STAY COOL.
STAY HYDRATED.
KNOW THE SIGNS.**

5 EXTREME COLD

FREEZING TEMPERATURES • ICE • SNOW

- Dress in layers, including a hat, gloves, and waterproof outer layer.
- Limit time outside.
- Keep skin dry.
- Watch for signs of frostbite (numbness, pale skin) and hypothermia (shivering, confusion).
- Bring pets inside.



**STAY WARM.
STAY DRY.
CHECK ON OTHERS.**

6 STAY INFORMED

BE PREPARED YEAR-ROUND

- Check the weather forecast regularly.
- Sign up for emergency alerts in your area.
- Keep an emergency kit ready.
- Have a plan for your family, including where to go and how to communicate.
- Know the risks for your area.
- Take weather warnings seriously.



**KNOW THE RISKS.
HAVE A PLAN.
BE READY.**



QUICK CHECK

ANSWER THE QUESTIONS BELOW.

1. What should you do when you hear thunder? _____
2. Where should you go during a tornado? _____
3. Name two things you should do to prepare for a hurricane. _____
4. What are two ways to stay safe in extreme heat? _____
5. What is one sign of hypothermia? _____
6. Why is it important to check the weather forecast regularly? _____

PREPARE TODAY FOR A SAFER TOMORROW.



THE DANIELLE EFFECT

PREPARE | PROTECT | PROVIDE | TOGETHER

Prepared
People
Make Stronger
Tomorrows
♥



EARTHQUAKE SURVIVAL

PREPARE • KNOW WHAT TO DO • STAY SAFE

BE READY BEFORE, DURING, AND AFTER AN EARTHQUAKE.

Stronger
Safer
More Prepared
Together



1

BEFORE AN EARTHQUAKE

PREPARE YOUR HOME AND FAMILY.

- Secure heavy furniture to the walls.
- Keep breakable items on lower shelves.
- Know where to shut off gas, water, and electricity.
- Keep an emergency kit ready (3+ days of supplies).
- Make a family communication plan.
- Identify safe places in each room (under sturdy tables or against interior walls).

**PREPARATION
CAN REDUCE
INJURIES AND
SAVE LIVES.**



2

DURING AN EARTHQUAKE

DROP. COVER. HOLD ON.

- **DROP** to the ground.
- **COVER** under a sturdy table or desk (or protect your head and neck).
- **HOLD ON** until the shaking stops.
- Stay away from windows, mirrors, and anything that could fall.
- If you're outside, move to an open area away from buildings, trees, and power lines.
- If you're in a vehicle, pull over in a safe place and stay inside.



DROP



COVER



HOLD ON

3

AFTER AN EARTHQUAKE

STAY ALERT AND BE CAREFUL.

- Check yourself and others for injuries.
- Be prepared for aftershocks.
- Check for gas leaks, fire hazards, and electrical damage.
- If you smell gas or see damage, leave the area and report it.
- Avoid damaged buildings.
- Listen to local officials for updates and instructions.



**AFTERSHOCKS
CAN HAPPEN.
STAY AWARE.**

4

PLACES TO AVOID

STAY AWAY FROM DANGEROUS AREAS.

- Damaged buildings
- Downed power lines
- Bridges or overpasses
- Areas with gas leaks
- Loose rocks, cliffs, or steep slopes (landslides can occur)
- Beaches or low-lying areas (tsunamis may follow coastal earthquakes)



5

EMERGENCY KIT ESSENTIALS

KEEP THESE ITEMS READY.

- Water (1 gallon per person per day)
- Nonperishable food
- Flashlight and extra batteries
- First-aid kit
- Battery-powered or hand-crank radio
- Medications
- Important documents (in a waterproof bag)
- Phone charger / power bank
- Extra clothing and blankets



**BE PREPARED
FOR AT LEAST
3 DAYS.**

6

IMPORTANT REMINDERS

KNOW THE FACTS.

- Earthquakes can happen anytime, with little or no warning.
- Aftershocks are usually smaller but can still cause damage.
- Not all earthquakes cause major damage.
- Being prepared helps you stay calm and make safer choices.
- Practice earthquake drills at home and know what to do at school, work, and other places you go.

**PREPARE
PRACTICE
BE AWARE
STAY SAFE**



QUICK CHECK

ANSWER THE QUESTIONS BELOW.

1. What does "Drop, Cover, Hold On" mean? _____
2. Name two things you should avoid after an earthquake. _____
3. Why is it important to have an emergency kit? _____
4. What is an aftershock? _____
5. Where should you go if you're outside during an earthquake? _____

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