Girl Scouts®
Girl Scouts Heart of the Hudson, Inc.
www.girlscoutshh.org

Together We Prepare Patch Program

Girl Scouts®
Where Girls Grow Strong™

American Red Cross
Together, we can save a life

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American Red Cross
American Red Cross in Greater New York
Serving Orange, Putnam, Rockland & Sullivan
Dutchess County Chapter
Ulster County Chapter
Westchester County Chapter
www.redcross.org

Together We Prepare
GSHH Council Patch

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The Together We Prepare Girl Scout patch program was jointly developed by the American Red Cross national headquarters and the following Red Cross chapters: Alexandria, VA; Arlington County, VA; National Capital Area Chapter; and Southern Maryland and the Girl Scout Council of the Nation's Capital. The American Red Cross is dedicated to helping people in need, while the Girl Scout motto is "Be Prepared." Drawing on the strengths of both organizations, this patch was designed to help girls, their families and communities become better prepared for unpredictable events.

For more information about Girl Scouts and the Girl Scout program contact Girl Scouts Heart of the Hudson. For information about Red Cross training or resources referenced in this booklet, contact the American Red Cross or one of the local chapters of the American Red Cross listed below.

American Red Cross in Greater New York
Serving Orange, Putnam, Rockland & Sullivan
520 West 49th Street
New York, NY 10019
Phone: 877-REDCROSS

Dutchess County Chapter
103 Hooker Avenue
Poughkeepsie, NY 12601
Phone: 845-471-0200

Westchester County Chapter
106 North Broadway
White Plains, NY 10603
Phone: 914-946-6500

Ulster County Chapter
21 O'Neil Street
Kingston, NY 12401
Phone: 845-338-7020

National Disaster Preparedness Agencies and Organizations

The following organizations, agencies and websites are among those that provide information regarding disaster preparedness and are good sources to begin your research for this patch.

American Red Cross, www.redcross.org.
American Red Cross offers training courses, disaster preparedness information and curriculum and materials for children, young adults and families. There are several local chapters throughout the Washington DC metropolitan area. Check your local phone book for the chapter nearest you.

Citizen Corps, http://www.citizencorps.gov
Coordinates volunteer activities that will make our communities safer, stronger, and better prepared to respond to any emergency situation.

The Federal Emergency Management Agency Web site, http://www.fema.gov/ The main phone number for the agency is 202-566-1600.

U.S. Department of Homeland Security, www.ready.gov or phone 1-800-BE-READY

National Weather Service, www.nws.noaa.gov. Contains weather safety information.

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Together We Prepare Patch Program

Purpose: To help Girl Scouts have fun learning and living their motto - *Be Prepared*.

Life is full of unpredictable events and situations, but you can take steps to prepare for them. The five action steps of this patch - make a plan, build a kit, get trained, volunteer and give blood - will help each girl to prepare for the unexpected, no matter its type, shape or size.

Disaster relief agencies and organizations in your area, such as the ones listed on the inside cover, can help you learn about and prepare for disasters as you complete this patch.

Have fun while you learn!

Instructions for completing the Together We Prepare patch

The *Together We Prepare* patch includes five action steps:
Action Step 1: Make a plan
Action Step 2: Build a kit
Action Step 3: Get trained
Action Step 4: Volunteer
Action Step 5: Give blood (or help others give blood)

To earn the patch

Girl Scout Brownies: Complete the starred (★) activity for each action step.

Girl Scout Juniors: Complete the starred (★) activity for each action step and 1 additional activity from the action step of your choice.

Girl Scout Cadettes: Complete the starred (★) activity for each action step and 1 additional activity from 2 action steps for a total of 7 activities.

Girl Scout Seniors and ambassadors: Complete the starred (★) activity for each action step and 1 additional activity from 3 action steps for a total of 8 activities.

Daisy Girl Scouts**:** may receive the patch as a participation patch if they attend a Together We Prepare event or participate in an activity with a Girl Scout Brownie, Junior, Cadette, Senior or ambassador troop.

Action Step 1: Make a Plan

Planning ahead is the first step to a calmer and more assured disaster response. Making a disaster plan will help girls and their families feel prepared and be more safe.

★ Take an active part in making a disaster plan.

To complete this action step, girls can work with their troop and their family to make a disaster plan. In a troop meeting girls should discuss the steps needed to create a disaster plan to prepare them to put these steps into action with their family. Use the checklist below to learn what is important in creating a disaster plan.

____ Talk. Discuss disasters that can happen where you live. Call or visit your local American Red Cross or emergency management agency and ask for information on natural or man-made disasters that could happen in your area. What special measures should you include in your disaster plan to be prepared for these emergencies? Establish responsibilities for each member of your family or group to carry out should a disaster occur so you can to work together as a team. Designate alternates in case someone is absent.

____ Plan. Choose a place to meet after a disaster both inside and outside the home and the places you meet regularly. Be sure you have planned 2 ways to exit each building.

____ Gather information. Create an emergency care card file. For example, attach a photo of each individual to a sheet of paper. On the back, record that person's full name, any medications/allergies or other special needs, and the name(s) of parents/guardians or others to call in case of emergency and include phone numbers for these people. Store the cards in a folder that you can easily get in an emergency

____ Check supplies. Review your disaster supplies kit (see page 6) Assign an individual to be "kit captain" to be responsible for getting the kit in an emergency. Also assign someone to check the supplies regularly.

____ Tell. Make sure everyone knows where the emergency contact information and the disaster supplies kit are kept.

____ Practice. Practice evacuating your home and meeting site. Practice drills that apply to specific emergencies you might encounter in your area such as earthquake, tornado, fire and shelter-in-place drills

Provide each girl with a copy of the Emergency Plan found on page 9 so she can work with her family on completing the plan. Discuss how the plan applies to troop meetings. Find

out if the location where the troop meets has an emergency plan in place that can assist you if there is an emergency while your troop is meeting there.

Additional Activities

1. Schedule a troop visit by someone who works with those with special needs (e.g., hospital workers, physical therapists, or health care providers who work with individuals with hearing or vision disabilities.) Discuss how to plan for safety for those with special needs.

2. Find out what radio and television stations, disaster agencies and organizations in your area are involved in disaster notification and relief. Take a field trip to one or more sites to learn the role they play in responding to emergencies.

3. What should be done with the family pet if a disaster occurs? Visit one of the websites listed on the inside front cover to find information about pet emergency plans and create an emergency plan for the family pet.

4. Complete a general preparedness lesson such as those in the American Red Cross curricula, *Masters of Disaster*® (General Preparedness, lesson plan 2, "Family Disaster Plan" for grades K-2, 3-5 or 6-8) and *Facing Fear: Helping Young People Deal with Terrorism and Tragic Events* (lesson plan 9 and 10, "Family Disaster Plan" and "Community Preparedness" for grades K-2, 3-5, 6-8 and 9-12). Activity Sheets for *Masters of Disaster,* and Lessons and Activity Sheets for *Facing Fear* are downloadable at www.redcross.org/disaster/masters.

5. Select one of the topics below and use the library or Internet to learn more about emergency preparedness. Share what you learn with girls in a younger troop.
   - Learn the difference between weather watches and warnings and what to do when they are announced;
   - Find safety information on Web sites that help people get ready for emergencies;
   - Find out where to go in the event of an emergency in the home or in a public place.
   - Learn about three disasters that have happened in your area. If data is available, find out how much damage was done, how many people were injured (if any) and what has changed/been implemented to protect the community in the future.

6. Visit your local sheriff's office, police department or organizations such as the National Center for Missing or Exploited Children to learn how fingerprints are used in locating missing persons. If parents have given permission, have fingerprinting done of the girls. Give the set of fingerprints to your parents to keep.

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Action Step 2: Build a Kit

What you have on hand when a disaster strikes makes a big difference. Organizations and government agencies such as those listed on the inside front cover have information on what to include in a disaster supplies kit.

★ Use the list below and complete Activity # 1 on the following page to understand what goes into a disaster supplies kit and why each item is important. Provide each girl with a copy of this page to take home along with her "picture kit" to work with her family to create a supplies kit.

___ Water. Have a least one gallon per person per day.

___ Food. Pack non-perishable, high-protein items, including energy bars, ready-to-eat soup, peanut butter, etc. Select foods that require no refrigeration, preparation or cooking and little or no water.

___ Flashlight. Include extra batteries and bulbs.

___ First aid kit. Pack a reference guide.

___ Medications. Don't forget prescription and non-prescription items.

___ Battery-operated radio. Include extra batteries.

___ Tools. Gather a wrench to turn off gas if necessary, a manual can opener, screwdriver, hammer, pliers, knife, duct tape, plastic sheeting and garbage bags and ties. *Turning off gas is an adult activity and should not be done unless the local authorities advise to do so. A professional is required to turn the gas back on, which could take days or weeks.*

___ Clothing. Provide a change of clothes for everyone, including sturdy shoes and gloves.

___ Personal items. Remember eyeglasses or contact lenses and solution; copies of important papers, including identification cards, insurance policies, birth certificates, passports, etc.; and comfort items such as toys and books.

___ Sanitary supplies. You'll want toilet paper, towelettes, feminine supplies, personal hygiene items, bleach, etc.

___ Money. Have cash. (ATMs and credit cards won't work if the power is out.)

___ Contact information. Carry a current list of family phone numbers and e-mail addresses, including someone out of the area who may be easier to reach if local phone lines are out of service or overloaded.

___ Pet supplies. Include food, water, leash, litter box or plastic bags, tags, any medications and vaccination information.

___ Map. Consider marking an evacuation route on it from your local area.

Additional activities

1. Draw or find pictures of items that belong in a disaster supplies kit. Discuss why each item belongs in the kit. Use the pictures to create a sample kit for each family. Discuss how basic supplies might be different for:
   - A family with both genders and mixed ages, including those with infants or toddlers and those with grandparents.
   - People with temporary or permanent limited abilities;
   - Pets

   Talk about how to store the items:
   - What type of container might be appropriate to safely protect these supplies?
   - Where should supplies be stored?
   - How often should supplies be checked or changed?

2. Visit a local fire department. Ask for a demonstration on how to use a fire extinguisher. Ask also about unique local challenges and the plans and equipment for dealing with these challenges. What do the fire fighters recommend including in disaster supplies kits?

3. Plan and carry out an event that helps others understand how to build a disaster supplies kit. For example, set up and staff a display at an event such as a health fair that highlights the importance of having a disaster supplies kit. Or, create posters to be displayed at a school, a neighborhood event, Girl Scout service unit or association meeting, a post office, library, etc. Use the resources listed on the inside front cover to help you.

4. Discuss what items should be in a disaster kit stored in a vehicle at different times of the year. Share this information with the troop and their families. Build a disaster supplies kit for a troop trip or event using a family vehicle.

5. Discuss with the troop how people react when disaster strikes. Together, research news articles to learn how people react in different disasters. What does this show about how to respond, when to use kits, etc.? Write a note to yourself describing how you hope to react should disaster strike. Keep the note in a special place and review it from time to time.

6. Role-play what to do with the contents of your disaster supplies kit in different emergency situations. Include responding to a disaster while at school, at different public and private places, with mixes of people and animals of differing ages, skills and abilities. Be sure to include your troop meeting site and other special Girl Scout events.

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Action Step 3: Get Trained

Training will give girls the skills and confidence to help others in an emergency. The American Red Cross and other safety organizations offer first aid training and disaster education for all ages

★ Learn first aid by completing the appropriate activity below or by completing an age-appropriate first aid course. If you have previously completed the Try It, Badge or IP listed, do one of the additional activities listed below.

Brownie Girl Scouts: Read pages 62-75 in your "Brownie Girl Scout Handbook," complete the Safety Sense Try-It or take a course like the Red Cross F.A.C.T. for ages 5-8 or Basic Aid Training (BAT) for ages 8-10.

Junior Girl Scouts: Read pages 76-85 in your "Junior Girl Scout Handbook," complete the First Aide Badge, or take a first aid course such as Red Cross Basic Aid Training (ages 8-10) or Community First Aid and Safety (ages 11 and up)

Teen Girl Scouts: Complete activities 1 and 2 toward earning your "Emergency Preparedness" IP.

Additional Activities

1. Complete the age-appropriate lessons and hands-on activities such as those in *Masters of Disaster* grades 3-5 or 6-8 curriculum kits for a natural disaster that can occur in your area. Lessons cover hurricanes, floods, tornadoes, lightning and earthquakes; find Activity Sheets and background information for teachers at www.redcross.org/disaster/masters.

2. Improve your skills as a babysitter by doing one of the following::
   Juniors –Complete the Caring for Children badge
   Girls 11-14: complete a babysitter's training course

3. Learn what diseases are at greater risk of being spread during a disaster and how to prevent them. Use current resources at the library or on the Internet or complete a disease prevention course, such as one that teaches about preventing blood related diseases such as HIV/Aids. Contact your local health department or American Red Cross for information about such courses.

4. Learn how to handle pet emergencies. Consider one of the of the following resources:
   - Visit a veterinarian, an animal hospital or shelter, or animal rescue center and ask them to demonstrate pet first aid for a variety of situations
   - Check out the website for the American Animal Hospital Association www.healthypet.com and make a display of the information you have learned
   - Complete a course that teaches first aid for pets.

5. If you are old enough, complete a course that teaches you one of the following skills: water safety including basic water rescue; wilderness survival; pre-lifeguard or lifeguard training; Sport Safety Training or become a *First Aid/CPR/AED* instructor aide

Action Step 4: Volunteer

More than one million Americans volunteer each year to serve their communities. Who volunteers? Everyone! Volunteers come from all walks of life, all backgrounds and are all ages. There are many needs and many ways to serve. Girl Scouts of all ages provide service – volunteer – as part of the Girl Scout Program.

★ Volunteer in a community preparedness service project as follows:

Brownie Girl Scouts:	Work as a troop and give three hours of service.
Junior Girl Scouts:	Work as a troop, a patrol or interest group, or with a buddy or family member(s) to complete five hours of service.
Teen Girl Scouts:	Give a minimum of eight hours helping a community preparedness project.

Volunteer Suggestions and Additional Activities:

1. Create a coloring book (or coloring pages) for younger children that helps them learn what to do in an emergency.
2. Create first aid, comfort kits (personal hygiene items such as toothbrushes, etc.) or emergency preparedness kits for schools, shelters, senior living facilities or families in need. (Remember to ask the facility manager or local social services agency first to find out what is needed and what you can distribute.)
3. Working with a service agency, organize a food drive to collect emergency canned food to distribute to individuals and families in need. Don't forget homebound senior citizens and physically or emotionally challenged individuals.
4. Write an article on preparedness for the school or community newspaper.
5. Create an exhibit on preparedness for a science fair or to display in your community at the library, recreation center, local veterinarian's office or any other area where members of the community will see it.
6. Host a preparedness workshop or safety fair for younger Girl Scouts. Use materials such as the American Red Cross "Be Ready 1-2-3" for young children, ages 4 to 7. The materials help children learn through activities and demonstrations led by "experts" *Cool Cat* (home fires), *Ready Rabbit* (winter storms) and *Disaster Dog* (earthquakes). The materials are available at http://www.redcross.org/services/youth/izone/cbooks.html.

Action Step 5: Give Blood

Blood donation is called "the gift of life." Blood is needed in times of emergency, but the ongoing need is also great. Every two seconds someone needs a blood transfusion – cancer patients, accident victims, premature infants and patients with chronic diseases.

★ Brownie and Junior Girl Scouts learn about the importance of blood donations by doing *one of the first four activities* listed below.

★ Teen Girl Scouts complete *any activity #2 through 8* to:

- Explain the need for blood, its components and how a transfusion is made;
- Find out the shelf life of blood; and
- Learn the requirements to donate blood.

Activities

1. Download *A Poster Coloring Book* for children inspired by blood donor posters from the American Red Cross museum collection available at http://www.redcross.org/www-files/Documents/pdf/history/coloringbook.pdf for youth. Complete one or more pages of the coloring book and share it with your family.

2. Create art-work to explain the need for and how blood donations help the critically ill. Contact your local blood chapter and ask if your art can be displayed at a blood drive or used to advertise an upcoming blood drive.

3. Write an essay about a person whose life was saved by a blood donation or a person who donates blood on a regular basis and share it.

4. Contact the local blood bank and find out how to pass out pamphlets advertising blood drives or make arrangements to make and serve refreshments at a blood drive in the community

5. Use what you have learned about the importance of giving blood to convince someone to become a blood donor. Come with them when they donate blood.

6. Volunteer at a blood drive. (must be at least 14 years old.) or coordinate a blood drive.

BONUS – Give blood! (Must be 17 years old, a minimum of 110 lbs. and in good health)

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FAMILY EMERGENCY PLAN

Make copies. Keep 1 copy near telephone and 1 copy in Family Disaster Supplies kit. Each family member should also keep a copy in purse, wallet, book bag or briefcase.

Meeting Places

Meeting Place 1 should be outside your home or building. Be specific, such as next to the mailbox, under the big tree with the tire swing, or at the neighbor's (say which one) front door.

_____

_____

Meeting Place 2 should be outside of your neighborhood in case it is not safe to stay there or you cannot get home. Choose a place everyone knows and one with a telephone if possible, such as a school, library or relative's house outside of your neighborhood.

_____

Phone:_____

Out of town contact

Choose someone who lives out of town as your "gamily check-in contact" person for everyone to call if the family gets separated. It may be easier to call long distance during a local emergency.

_____

_____

Family emergency numbers

List each family member and phone numbers where each can be reached when not at home-work, school or babysitter, etc.

Name:_____
Phone: _____
Cell:_____

Name:_____
Phone: _____
Cell:_____

Name: _____
Phone:_____
Cell:_____

Name: _____
Phone:_____
Cell:_____

Other emergency numbers: 911

_____ _____

Adapted from *Facing Fear: Helping Young People Deal With Terrorism and Tragic Events*, © 2001 by The American National Red Cros

s, Washington, D.C. For more information visit www.redcross.org/disaster/masters.