

GET PREPARED WITH  
**Molly of Denali™**



# Get Prepared with Molly of Denali™!

was created in partnership with the  
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ALASKA NATIVE  
TRIBAL HEALTH  
CONSORTIUM

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[pbskids.org/molly](http://pbskids.org/molly)

Hi! My name is Molly and I'm here to talk to you about preparing for emergencies!

An emergency is a serious situation that requires you to leave an area or get help right away.

What types of emergencies can you think of?

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Here is what you need to prepare!

1: Family Emergency Plan

2: Meeting Place

3: Emergency Kits

CAN YOU  
HELP MOLLY  
PREPARE BY  
FINDING THE  
WORDS OR  
PHRASES  
BELOW?



O I L G O R C P T F F O L W I  
E M E E T I N G P L A C E A N  
I C C A I M N U I A M I R T C  
U I U V E A S M C S I U E E A  
P D S I M E E S E H L S M R B  
L I V D E C C U S L Y M I D O  
A D E A R E T S M I S O P A R  
N U L R G N E P A G E D S R A  
V N F I E A T E F H C V U I L  
I T A S N S U O A T T I M S I  
V U C U C A R M C Q E V D U Q  
M O L L Y I S P R E P A R E D  
R L L B R C E O L F I R L C A  
R A I O A R E D Y O U ? O O O  
A B A C K P A C K O I A R M T  
M O I M M S I V I D S M S M P  
A R S H A T L R D A C A I O A  
E M L N E B S A F E T Y T N P

MOLLY  
PREPARED  
HAT  
PLAN

MEETING PLACE  
EMERGENCY  
FOOD  
WATER

SAFETY  
FAMILY  
BACKPACK  
FLASHLIGHT

# PREPARING FOR COLD WEATHER

Living in Alaska means that we have a lot of cold weather.

But that doesn't stop us from getting outside!

Whether we are camping in the summer or traveling to play basketball in the winter, packing the right gear can help us stay warm and safe.

What do you pack to help you stay safe while traveling in the cold? List your ideas below!

Then, on the next page, color the items that Molly should bring on her cold weather adventure!



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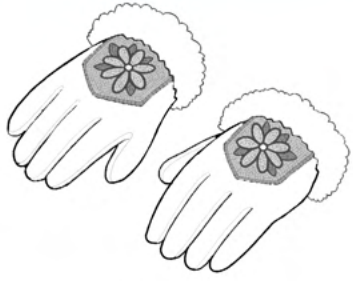
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# Creating a Family Evacuation Plan and Picking Your Meeting Place

Many types of emergencies can require you to evacuate your home. In some cases, you may have time to prepare while other times you may need to leave immediately.

Planning can help you evacuate quickly and safely.

## Before an Evacuation:

- 1: Learn the types of emergencies that would require you to evacuate your home.
- 2: Plan how you will leave the house and where you will meet the rest of the family if you need to evacuate. This is known as a meeting place or safe spot.
- 3: Come up with a family plan to stay in touch in case you become separated; have a meeting place and update it as needed.

If you would like help creating a plan, check out the pages at the back of the book and reach out to your local emergency preparedness program!

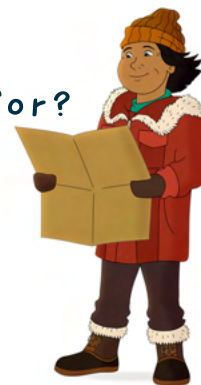
## During an Evacuation

- 1: Grab your to-go kit.
- 2: Go to your family's meeting place.
- 3: If necessary, call for help. That can mean calling 9-1-1 or other trusted adults.

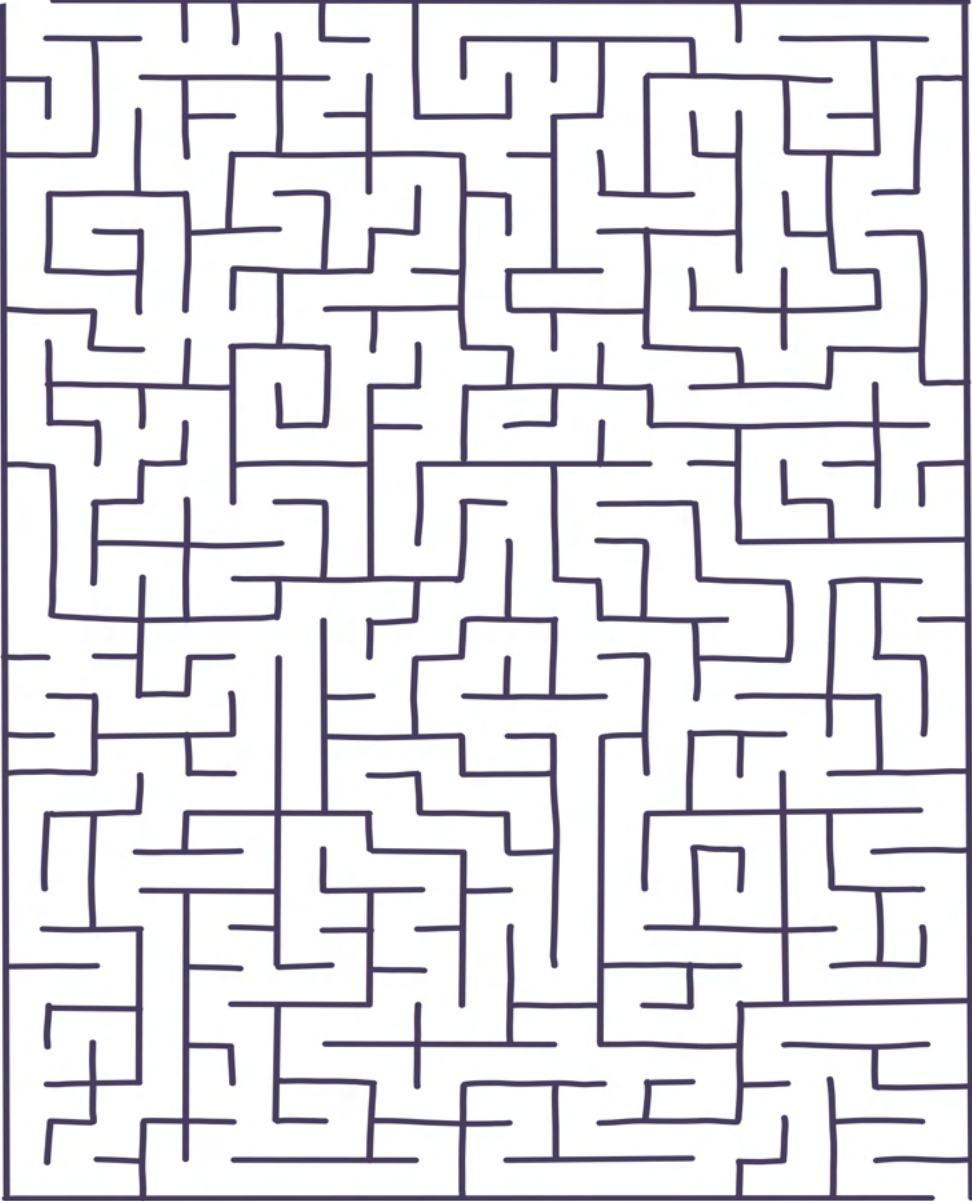
*What are some emergencies that you would evacuate for?*

*List them here!*

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Help Molly meet up with her family at their SAFE SPOT!





**Making sure you have a plan for your pets is an important part of being prepared!**



*Don't forget to include your pets in your emergency plans!*

*CIRCLE the items that Molly should pack for Suki.*

PET FOOD

SNOWBALLS

FOOD/TREATS

WATER

PICKLES

PET CARRIER

BASKETBALL

EXTRA COLLAR/HARNESS

LEASH

VET RECORDS

CUPS AND BOWLS

TOYS



*What OTHER items would you bring for your pet?*

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# Emergency Kit Checklist

An emergency kit is made up of supplies to help you stay safe at home for a few days.

Use the checklist below to help you get started!

- Water (1 gallon per person per day for several days)
- Food (at least a three-day supply per person)
- Battery-powered or hand crank radio
- Flashlight
- First aid kit
- Extra batteries
- Whistle (to signal for help)
- Dust mask (to help filter contaminated air)
- Wrench or pliers (to turn off utilities)
- Manual can opener (for food)
- Local maps
- Cell phone:chargers and a backup battery

*What other items would you put in your kit?*

- Example: medicine, special toys, blankets  
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- 





# Family Planning Checklist

Our family meeting place is at:

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If I can't go there, our backup spot is:

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## Important Phone Numbers

### Parent/Guardian(s)

Name: \_\_\_\_\_ Number: \_\_\_\_\_

Name: \_\_\_\_\_ Number: \_\_\_\_\_

### Emergency Contact

Name: \_\_\_\_\_ Number: \_\_\_\_\_

### Home Address

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### Allergies/Food Restrictions/Medications

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### OTHER IMPORTANT NOTES

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Each family member should have a personal copy of this. If you would like more pages, please contact the ANTHC Emergency Preparedness Program at 907-729-3495.



# Grab Bag Checklist

A grab bag is a different type of emergency kit. You want to grab this on your way out if you are evacuating your home. This is also a great bag to have while traveling.

- Water
- Snacks
- Identification
- Medications
- Radio
- Flashlight
- First aid kit
- Whistle (to signal for help)
- Emergency contact information
- Warm clothing
- Local maps



*What other items would you put in your Grab-Bag?*

- Example: medicine, special toys, blankets  
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# Doodle Page

