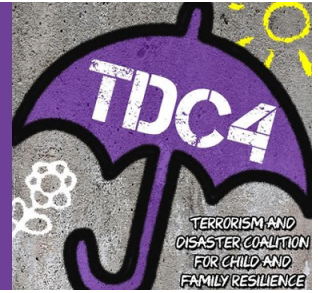


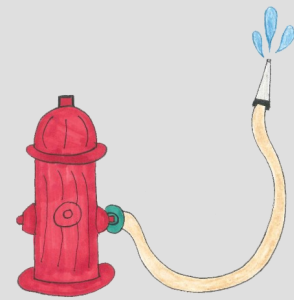
Being Safe During Wildfires: A Guide for Families



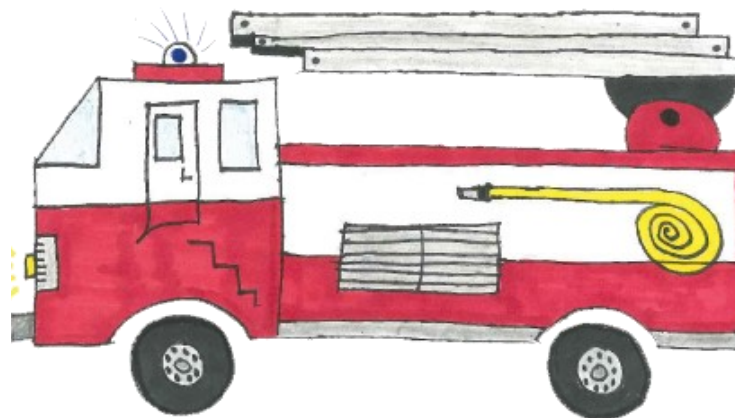
Preparation

- ◆ **Talk and Listen! Children of all ages** might have a lot of questions about wildfires, so it is important to find out what your children know and answer any questions in simple, easily understandable language. Try something like this:

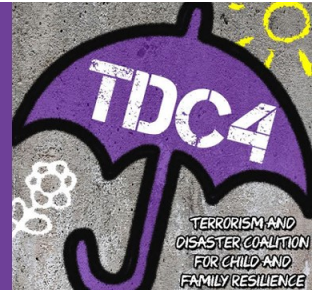
Wildfires are hard to control fires that can happen suddenly. They happen in places like forests, parks and fields. Sometimes they happen because of the weather and sometimes people are not careful with matches. They can look really scary but there are ways you and your family can be safe.



- ◆ **Plan!** Make a safety plan for your family, including the whole family when possible. Make sure you are prepared just in case you have to leave your home, which is unlikely, but possible. Know where you and your family need to go to be safe. Make sure you are prepared and take toys and other things that are important to you.
- ◆ **Supply Kit!** Make a supply kit as part of your safety plan. What will you need if you stay? (Food, water, batteries, etc.)
What should be in your kit if you have to leave? (Chargers, important documents, pet carriers, etc.)
- ◆ **Practice!** Practice evacuating. It's a good idea to practice different routes to leave the neighborhood in case roads gets blocked off.



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Response

- ◆ Children may be afraid, anxious and worry a lot about another fire starting. Fire Engines, sirens, smells, ashes, and other things that remind them of the fire might make them more upset.



- ◆ Remember that kids can respond in different ways—some might be more clingy and upset, others may be more withdrawn and be unable to concentrate. Children may do all or none of these things-and still be afraid.
- ◆ Some kids might show how they feel with physical symptoms like stomachaches, trouble sleeping, taking

Recovery

- ◆ Be available to your children to listen to them and notice changes in their behaviors. There are so many ways kids can be affected. It is important to know that they are all normal responses.
- ◆ Talk to your kids about their feelings and any changes you see. Listen to their fears and feelings. Reassure them and answer their questions. It's best to be brief, honest and supportive of their feelings and to gently correct misinformation.
- ◆ Talk care of yourself. Self-care is important. You may be experiencing some of these reactions too and that's okay. Give yourself time to recover, don't feel like clean-up or other tasks need to be done right away. Ask for help if it's available and model self-care for your kids.

