Be Prepared, Not Scared

4-H Principles of Emergency Preparedness

Head – Keep your head during an emergency, think clearly. Having a plan and practicing makes this easier.

Heart – Be compassionate, help others. Look out for others in the community who need your help.

Hands – Ask how you can help, be willing to pitch in and work to help your community recover. You may be able to apply your knowledge from 4-H – about animals, etc. to help out.

Health – Have food and water to get you through the emergency. You will need energy to keep going. Have a supply of water and food on hand and ready to go.

For more information about safety or emergency preparedness in 4-H, see: http://ucanr.edu/4hsafety