



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>



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