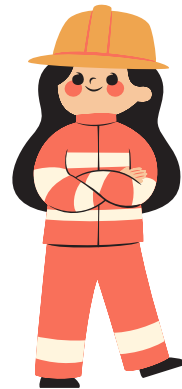


Empowering from Cradle to Career

YOUTH EMERGENCY PREPARATION GUIDE

December 2023



Message from the Director

I am thrilled to share with you the incredible success of the City of Houston Youth Emergency Preparation Campaign, at the heart of this success lies the dedicated contribution of our esteemed City of Houston (COH) Youth Ambassadors.

It is essential to recognize the unique position of youth in reaching underserved communities. As we strive to create a more resilient and equitable city, the participation of our youth becomes imperative. I extend my deepest gratitude to the COH Youth Ambassadors for their outstanding efforts and commitment to this campaign. Their work exemplifies the spirit of community engagement and highlights the significance of youth participation in shaping the future of our great city.

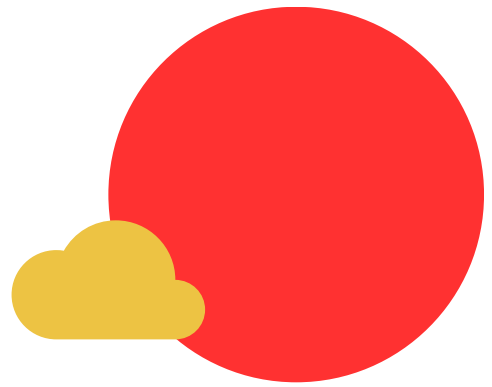
As we celebrate the success of the Youth Emergency Preparation Campaign, let us continue to work together towards a safer, more resilient, and inclusive Houston.



OLIVERA JANKOVSKA

Director of Education &
Youth Engagement

Table of Contents



| | | |
|---|-------|-----------|
| <u>Introduction</u> | _____ | 04 |
| <u>Youth Emergency Preparation Campaign</u> | _____ | 05 |
| <u>Emergency Planning</u> | _____ | 11 |
| <u>Medical Emergency Prep</u> | _____ | 15 |
| <u>Natural Disaster Prep</u> | _____ | 19 |
| <u>Resources for Emergency Prep</u> | _____ | 28 |
| <u>Appendix & Acknowledgements</u> | _____ | 34 |





Introduction

The Problem...



Houston youth, ages 13-18, did not feel adequately prepared for an emergency or hazard to occur in their community



Specifically, they needed:

- Reliable information to better prepare for an emergency
- Better access to emergency resources for their community
- Information on relief/recovery resources after an emergency

SOURCE: CFCI Teen Emergency Preparedness Report

The Response...



The City of Houston, in partnership with UNICEF's Child-Friendly Cities Initiative, worked with a youth-led committee to create an infographic campaign aiming to provide information and resources on emergency preparedness, response, and relief.

The Mayor's Office of Education and Youth Engagement (MOEYE) and the City of Houston Youth Ambassadors launched a public education campaign to educate youth aged 13-18 about emergency preparedness. The guide, developed for youth by youth, provides essential information to protect Houston's young residents during times of crisis. The visually engaging and easy-to-read images convey critical emergency information to a broad audience. The campaign raises awareness about various emergencies, including hurricanes, flooding, and severe weather and provides infographics to help people understand what to do and how to stay safe.



Youth Emergency Preparation Campaign

Background

The youth emergency preparation education campaign is part of the Child Friendly Cities Initiative (CFCI) Houston Action Plan and Houston's recognition as the first UNICEF Child Friendly City in the United States. The Mayor's Office of Education and Youth Engagement (MOEYE) developed the plan and has worked collaboratively with various partners and stakeholders to implement its activities, programs and policies.

This campaign, along with other activities listed in the action plan, aims protect children's rights and create accessible educational materials to improve youth safety and wellness and make Houston a more child-friendly city.

Children's Rights

Through the CFCI Situational Analysis, the MOEYE identified children's rights in need of improvement in the City of Houston. The youth emergency preparation campaign aims to address the following children's rights:

- Every child and young person lives in a safe, secure and clean environment.
- Children have the right to get and to share information.



Youth Engagement

Children comprise over 25% of Houston's population. Including youth in the the decision-making of their city, is not only their right but essential to increasing resiliency and equity in Houston.

The emergency prep campaign included key youth contributions including developing, curating and publicizing the campaign's content.



Natural Disasters in Houston

According to the Understanding Houston report, 58% of Greater Houston residents live in a census tract with medium-high vulnerability to the negative effects of disasters. Preparing for a natural disaster can save lives and minimize the impact of such events for youth and their families.



Teen Emergency Preparedness Survey

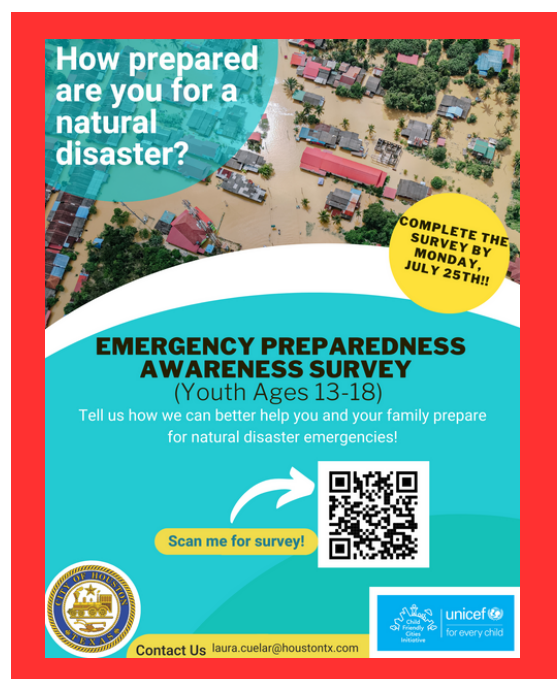
The CFCI Situational Analysis highlighted children’s increased vulnerability in the face of emergencies. As a follow-up to better understand children’s emergency preparation needs, the MOEYE conducted a pilot Emergency Preparedness Awareness Survey to:

- Gain further insight into emergency preparation knowledge and needs of youth ages 13-18.
- Create a template for future surveys that could gather a more representative sample of Houston youth
- Use data collected to develop future projects focused on preparing youth for natural disasters and other emergencies

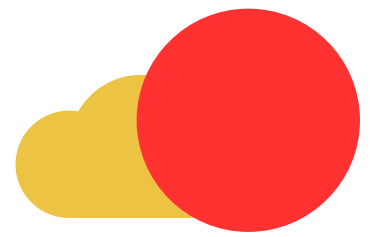
The survey opened during the summer of 2022 and was completed by 44 teens including the CFCI youth leaders and Mayor’s Youth Ambassadors. The responses gathered from the survey helped identify information gaps, and highlighted the need for child-centered emergency preparedness information and improved resource accessibility before, during, and after emergencies.

The survey data was presented to city leaders and community partners in emergency management departments and organizations including the United Way, Harris County Public Health Department and the Office of Emergency Management.

The survey responses were also presented to the City of Houston Youth Ambassadors who used the data collected to prepare the content for the emergency prep campaign and develop a set of recommendations for policy-makers and service providers. Additionally, they created infographics and a video presentation for the youth emergency prep education campaign.

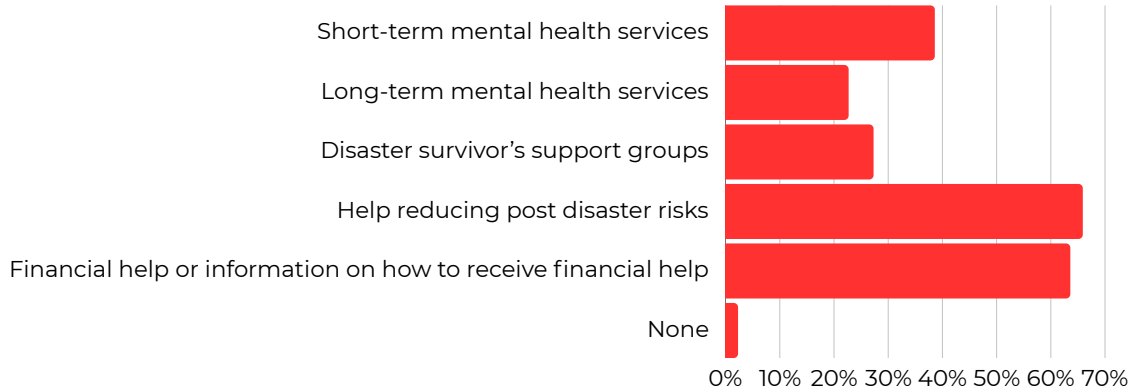


Survey Findings

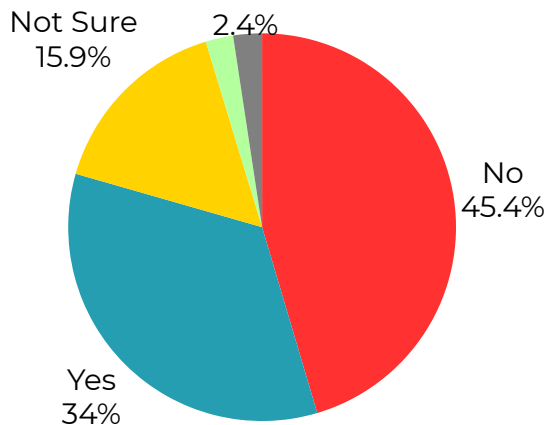


Below are some of the responses collected from the youth who responded to the Emergency Preparedness Survey.

Q: Is there anything you need to recover after a disaster?

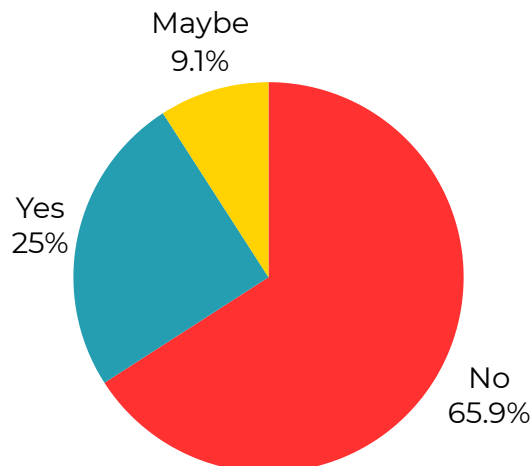


Q: My family has emergency plan and we practiced it?



Over 60% of youth have not practiced an emergency plan with their families.

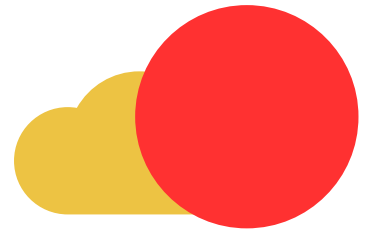
Q: Do you know where the nearest shelter is if you have to leave your home after a disaster hits?



Over 65% of youth do not know where is the nearest shelter after a disaster.



Youth Survey Recommendations



The data collected from the pilot survey provided great insight on how the City of Houston and its community partners can improve emergency management systems and what information to include in future communications campaigns. Based on survey responses the MOEYE, along with youth ambassadors, developed the following the recommendations for policy-makers, service providers and educators.

Develop emergency communication campaigns for teens that include information on:

- Practicing an emergency response plan with their families
- Shelter options
- Post-disaster resources that are related to mental health and financial recovery/stability

Improve access to emergency contacts in their community:

- Leverage social media platforms (i.e. Instagram) to inform teens
- Increase youth leadership opportunities to learn about disaster threats and provide them with resources on emergency preparedness

Disaggregate data and target communications campaigns to communities and youth who:

- Do not feel prepared for an emergency
- Are increasingly vulnerable to flooding or other natural disasters



Students from Galena Park, Summer Creek/Atascocita, and Humble high schools during final exercise of Teen Cert Program



Emergency Prep Infographics

The emergency prep campaign included infographics developed by the City of Houston Youth Ambassadors. The youth wanted to create emergency prep infographics to present information and statistics in a CREATIVE way, and help people understand complex concepts by using engaging and child-friendly visual aids.

The infographics cover various emergency preparation and recovery topics and resources including:

Natural Disaster
Preparation
Checklist

How to Create an
Emergency Plan

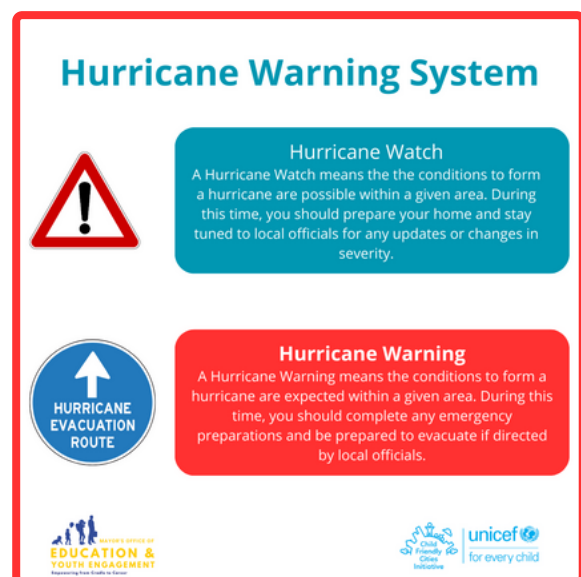
Information About
Houston
Natural Disasters

Mental Health &
Financial Resources
After an Emergency

Medical Emergency
Advice

Resources for Preparing
For And Surviving an
Emergency

In the following section of the Youth Emergency Preparation Guide you will find the infographics, like the one below, used the emergency preparation education campaign.





Emergency Planning

The infographics in this section were designed to help young people initiate the conversation of emergency preparation with their families and help them develop a family emergency plan to use in case of an emergency or disaster.

It is important that Houstonians understand the effect emergencies have on children and have designated roles for each member during emergencies. Every household can benefit from creating an emergency and evacuation plan as this can **SIGNIFICANTLY** increase safety outcomes. Read more below on the impact to children and how to create a plan.



Impact to Children

Children are some of our most vulnerable residents and the effects emergencies might not always be visible. After a disaster, children may experience anxiety, difficulty concentrating, and anger outbursts. Below you can find Information on how emergencies impact children. Remember: not all wounds are visible!



HURRICANES

More than 50% of children exposed to the disaster exhibit symptoms of:

- Posttraumatic Stress Disorder (PTSD)
- Disruptive behaviors
- Manifestations of psychological distress



FLOODS

Youth and their families may be affected by economic impacts of floods including:

- Job loss
- Financial hardship
- Stress



THUNDERSTORMS

Thunderstorms can produce anxiety or stress due to loud noises, bright flashes of lightning and strong winds. Anxiety can lead to changes in appetite or sleeping.

This can be overwhelming to those who have experienced traumatic weather events in the past.

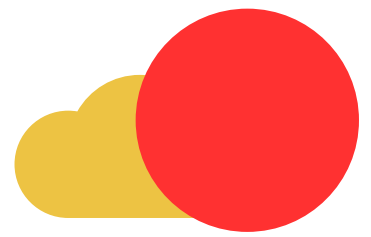


WINTERSTORMS

Power outages during winter storms can disrupt daily routines, leading to boredom and frustration. Additionally, the isolation and confinement caused by severe weather conditions can lead to feelings of:

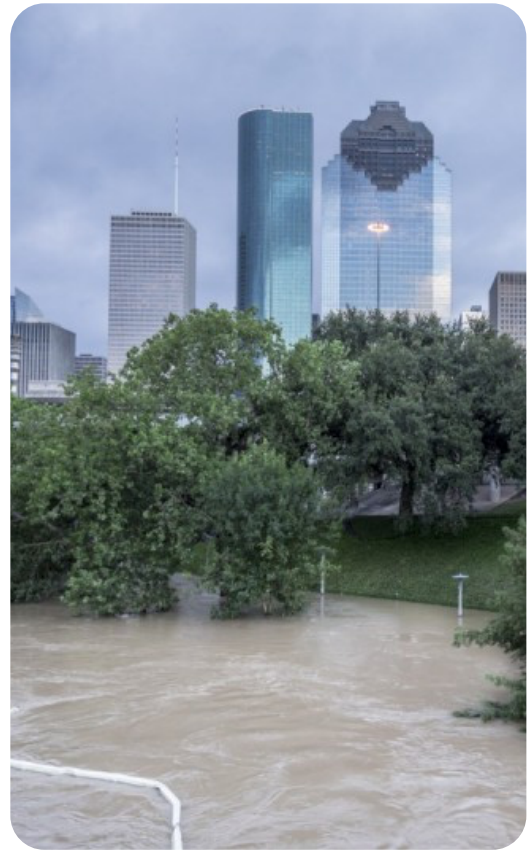
- Loneliness
- Anxiety
- Depression

Preparing for Natural Disasters



Here is an outline of key topics to consider when preparing for a natural disaster:

- 1. Risk Assessment:** understand the types of natural disasters that are common in your region.
- 2. Emergency Plan:** develop a comprehensive family or household emergency plan.
- 3. Emergency Supplies:** Create an emergency kit that includes essential supplies like food, water, medications, first-aid items, flashlights, batteries, and important documents (birth certificates, passports, insurance policies).
- 4. Evacuation Planning:**
 - Identify evacuation routes and safe locations.
 - Know where local shelters are located.
- 5. Home Preparedness:**
 - Secure heavy objects and furniture to prevent injury during shaking (earthquakes) or strong winds (hurricanes).
 - Install smoke detectors, fire extinguishers, and carbon monoxide detectors.
 - Reinforce your home against specific hazards if necessary (e.g., hurricane shutters, earthquake-resistant foundations).



**Prepare
&
Adapt!**



Family Emergency Plan

If you are at risk of a natural disaster, it is important to create a family or personal emergency plan



Family Responsibilities

- Discuss how to prepare and respond to an emergency
- Create an organized plan system with each person having a specific role



Stay Informed

- Learn the types of disasters
- Identify local authorities who provide disaster info
- Sign up for severe weather alerts
- Be aware of the differences of weather alerts



Secure Shelter

- Create an evacuation route
- Locate your nearest shelter
- Note friends and family you could stay with



Medical Emergency Preparations

The infographics in this section aim to educate young people about vital materials and information needed in a medical emergency. Things as simple as having an emergency medical kit and knowing the signs of a stroke can increase the chances of a fast and efficient reaction to an emergency.

How to Build a Medical Emergency Kit

Constructing a comprehensive medical emergency kit is important for ensuring preparedness in any extreme situation.

Bandages



Ointment



Antiseptic Wipe Packets



Using a combination of antiseptic wipes, ointment and bandages over a small cut or scrape will clean and protect the affected area from dirt, germs, and further injury

Oral thermostat



Adult fever:
Above 99°F
Adult hypothermia:
Below 95°F

Gauze Pads and Rolls



Draw fluids away
from the wound
site, cleans dirt
and germs from
the injured area

Aspirin



Reduce
fevers and
relieve mild
to moderate
pain

Emergency Blanket



Traps body
heat and
lessens the risk
of
hypothermia

Instant Cold Compress



Reduce swelling and relieve discomfort from bites

Non-Latex Gloves



Shields from bacteria, viruses, bodily fluids, abrasive materials

Tweezer



Can be used to pick things like splinters

Places to keep or locate an emergency kit:

Home



Vehicle



Work



School



Things to keep in mind:

- In a medical emergency call 911.
- Include any items such as medical prescriptions, emergency phone numbers, insurance card, or other items your health-care provider suggests.
- Check the kit regularly for expiration dates and replace any used or out-of-date contents.

5 Signs of a Stroke and What To Do

Strokes can occur when you can least expect it. Here are tips on how to identify a stroke and when to contact an medical professional.

1) Check for symptoms

- Numbness in the face, arm, or leg
- Sudden confusion of understanding or speaking
- Severe headache
- Trouble seeing clearly or walking



ACT F.A.S.T

F.A.S.T is an acronym to check for a stroke, a series of yes or no questions to identify a medical emergency.

2) F: FACE

Ask the person to smile

Check: Does one side of the face drop?



3) A: ARMS

Ask the person to raise both arms

Check: Does one arm drift downwards?



4) S: SPEECH

Ask the person to repeat a simple phrase.

Check: Is the speech slurred or strange?



5) T: TIME

If you observe any of these signs, **call 911 immediately.**





Natural Disaster Preparations

The infographics in this section provides important resources and information on common natural disasters and severe weather events in Houston. Learning the steps to prepare for a disaster and understanding severe weather events can decrease fear and increase follow-up on alerts issued by local governance.

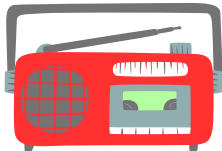
Preparing for a Disaster

After you create an emergency plan, here are follow-up steps to be prepared.



Pack an Emergency Kit

- 1 gallon per person per day of drinking water and non-perishable foods (i.e. canned veggies, protein bars, baby food, pet food)
- A flashlight, a solar powered radio, and a first-aid kit with any prescription medications
- Extra clothing, blankets, and toiletries



Listen to Official Instructions

- Stay updated on reliable disaster/emergency information from local officials, through radio, TV, or a mobile phone
- Be patient and wait for official next steps
- Sign up for alerts on your mobile phone

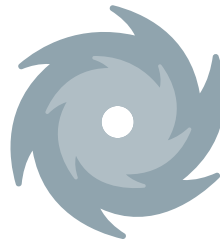


Manage your Details

- Keep important documents safe such as SSN, birth certificate, etc.
- Keep important phone numbers on hand
- Adults should know home and car insurance policy numbers and the phone numbers to claims departments

What is a Hurricane?

Information and resources to help you prepare for Hurricane Season



What is a Hurricane?

Hurricanes are large storms that form over warm ocean waters near the equator. When these storms make landfall, they bring with them high-speed winds and heavy rainfall.

Hurricane Warning System



Hurricane Watch

A Hurricane Watch means the conditions to form a hurricane are possible within a given area. During this time, you should prepare your home and stay tuned to local officials for any updates or changes in severity.



Hurricane Warning

A Hurricane Warning means the conditions to form a hurricane are expected within a given area. During this time, you should complete any emergency preparations and be prepared to evacuate if directed by local officials.

Hurricane Wind Scale

Wind scale conveys the intensity of wind speeds in various weather events, and serves as a crucial tool.

| Category | Winds (MPH) | Damage |
|----------|----------------|---------------------|
| 1 | 74-95 | Some |
| 2 | 96-110 | Extensive |
| 3 | 111-129 | Devastating |
| 4 | 130-156 | Catastrophic |
| 5 | 157+ | Catastrophic |

Preparing for a Flood

Houston receives an average of 50 inches of rain every year. Here is how to prepare for a potential flood emergency.



Locate your evacuation zones at h-gac.com

and stay informed on what places need to be evacuated due to the flood emergency.



Make sure your family has flood insurance if you own a home, rental, and business



Have your parents install **check valves** in your home to make sure that no sewage water backs up into the drains.



Millions people in the United States live in a flood zone.

A low percentage have flood insurance.

Staying Safe in the Heat

Information and resources to help you prepare for excessive heat and high temperatures

Stay Cool



Drink More Water. Drink lots of liquids before even getting thirsty. Avoid beverages with caffeine, alcohol, or large amounts of sugar; these can result in loss of body fluid.



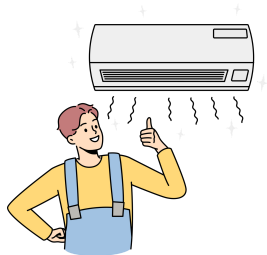
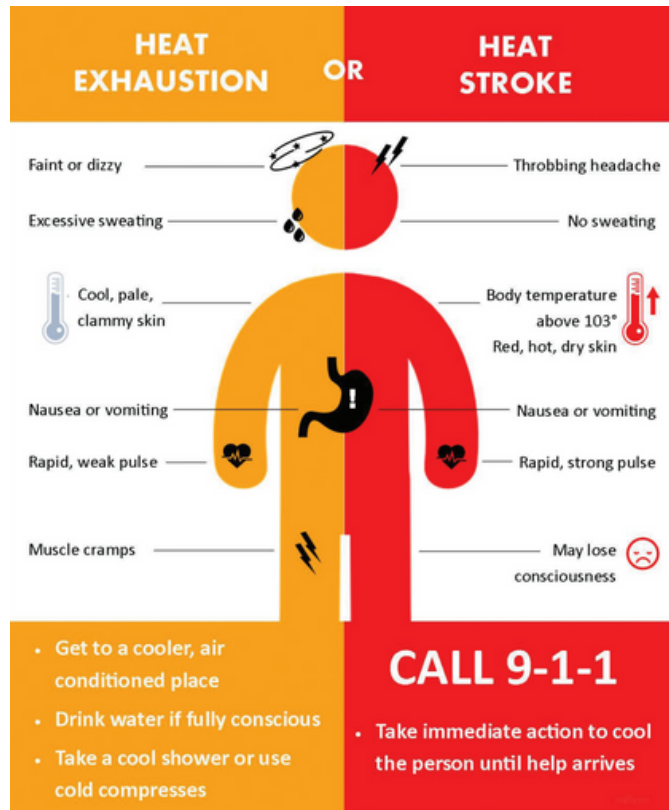
Outdoor Work or Exercise should be conducted early morning or late in the evening when temperatures are not as high. Outdoor workers should take frequent breaks and drink lots of water.



Wear light-colored, loose-fitting clothing that permits the evaporation of perspiration. Wearing a wide-brimmed hat can help prevent sunburn as well as heat-related illness.

Know the Signs

The chart provided differentiates between heat exhaustion and heat stroke.



Know the Options

You can visit the City of Houston's Office of Emergency Management website for a map of all available cooling centers across Houston.

People without adequate transportation to a cooling center can call **3-1-1** to request a free ride only to and from a cooling center.

www.houstonoem.org

Staying Safe in the Cold

Information and resources to help you prepare for excessive cold and low temperatures

Remember “The Four P’s”



PEOPLE:

- Dress in warm, layered clothing.
- Never leave children or elderly in vehicles during cold weather.
- Never use a generator, grill, camp-stove, or any gasoline, propane, natural gas or charcoal-burning device inside your home (or any enclosed area).



PETS:

- Bring them inside! If it's too cold for you, it's too cold for them.
- Outdoor cats may seek shelter in the warm engine of your car. Tap your car's hood before turning it on!
- Call 832-927-PAWS if you see a pet that is being left unattended in dangerous weather.



PIPES:

- During cold weather, pipes may freeze and rupture. Leave the cabinets under your kitchen and bathroom sinks open to allow your home heater to keep them warm.
- Insulate outdoor faucets and pipes with insulation or newspaper, and be sure to disconnect and drain hoses from outdoor spigots.



PLANTS:

- Protect plants from freezing by covering them with plant-cover fabric, or a light blanket with plastic sheeting on top of it.
- Bring in potted plants or group them together, near the edge of a building.

Know the Options

You can visit the City of Houston's Office of Emergency Management website for a map of all available warming centers across Houston.

People without adequate transportation to a warming center can call **3-1-1** to request a free ride only to and from a cooling center.

www.houstonoem.org/



Resources for Emergency Preparation

The infographics in this section offer vetted and reliable resources to use before, during, and after an emergency or disaster. While it is important to prepare before, it is extremely valuable to know what resources are available after experiencing a disaster. These resources are offered by various city and county departments and other emergency aid organizations.

Resources to Prepare for a Disaster

Here are 5 reliable resources to prepare and guide you through a crisis.



ReadyHarris.org

An official government resource that has local information on natural disasters, disaster kit checklist, and preparedness videos in English, Spanish, and ASL.



COH Office of Emergency Management houstonoem.org

A City of Houston website with weather and disaster alerts and where to register for emergency alerts and workshops.



American Red Cross redcross.org

Information on local emergency shelters and how to stay safe during and after a disaster.



Team Rubicon Disaster Response teamrubiconusa.org

This veteran-led humanitarian organization shares disaster survivor stories with advice on what survivors wished they had known.



University Resources

University resource pages, such as University of Houston, Texas Southern University, Rice University, and St. Thomas, can help you develop evacuation plans and ideas on what to do in an emergency situation.

Recovery Assistance

Ways to find aid and recover after a
experiencing a disaster



Harris County Recovery Assistance

Harris County currently issues a fund of around \$1500 for families affected from emergencies including COVID-19.

mamhouston.org/hcra



Gulf-Coast Community Service Association

This organization provides funding for gas, books, prescription drugs, and healthcare. Apply through county page where you reside or call 211.



American Red Cross Family Assistance Center

This center helps with emergency aid. Call 833-492-0094
redcross.org/virtual-family-assistance-center.html



Emergency Aid Coalition

The coalition offers opportunities for clothing and food assistance. Call (713) 528-FOOD (3663)

Emergency Phone Numbers

If you are at risk of having an emergency, here is a list of emergency phone numbers ready to use.



Houston Police Dept./ EMS

911

Call 911 when someone's life, safety, health, or property is in immediate danger.



American Red Cross

(866) 526-8300

Call the Red Cross for emergency aid, and advice and assistance to help you recover from a disaster or become better prepared.



Disaster Distress Helpline

(800) 985-5990

For anyone experiencing emotional distress related to disasters such as: severe storms, hurricanes, and tornadoes.



United Way

211

Call 211 if you need to connect to basic needs like housing, food, transportation, and health care.

Recovery Assistance

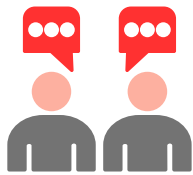
Here are disaster support groups and mental health services to contact after emergencies



Substance Abuse and Mental Health Services Administration (SAMHSA)

- crisis counseling
- support for emotional distress related to natural or human-caused disasters.

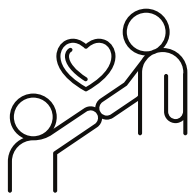
Call 1-800-985-5990



Mental Health America of Greater Houston

Toolkits, videos, and workshops to navigate the traumatizing effects and help those around you recover from a disaster.

mhahouston.org/get-help/disaster-relief/



BakerRipley Disaster Recovery
Provide individuals and households with financial assistance, from temporary housing to furniture and appliance replacement, to address their recovery needs.

Call 211 or visit bakerripley.org/services



Salvation Army
The Salvation Army Emergency Disaster Services provides critical services to make sure survivors have the support needed to rebuild their lives when disasters strike

Call 713-752-0677



Resources Available for Teens

Below are resources that are specifically tailored to meet the needs of the youth after going through the aftermath of a disaster.

- **Counseling Services**

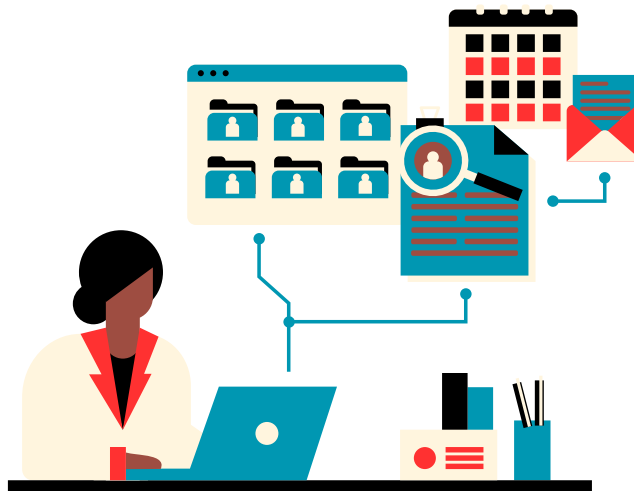
- Mental Health America of Greater Houston has various lists of resources and providers who can provide mental and emotional support for children, youth, families, etc.
- mhahouston.org/mental-health-resources

- **Support Groups**

- The National Child Traumatic Stress Network has developed a variety of resources including guides and videos, designed to provide support for youth to grow and heal.
- nctsn.org/audiences/youth

- **Emergency Preparation**

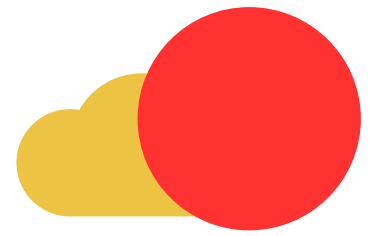
- The Community Emergency Response Team (CERT) Program is a national program of volunteers trained in disaster preparedness and emergency response.
 - ready.gov/kids/teen-cert
 - harriscountycitizencorps.com/CERT
- The American Red Cross of Greater Houston provides services in disaster relief and preparedness education etc.
 - redcross.org/local/texas/gulf-coast/about-us/locations/houston.html





Appendix & Acknowledgements

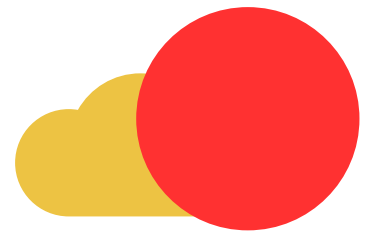
Appendix



Resources Used for Infographics Campaign

- **Find Help** - free or reduced-cost resources like financial assistance, health care, and more: www.findhelp.org
- **Greater Houston Community Foundation** - offers financial assistance, employee disaster relief, and more: www.ghcf.org
- **COH Office of Emergency Management** - educational resources for emergency preparation, disaster response, and relief: www.houstonoem.org
- **COH Resources** - a list of disaster relief resources and helpful phone numbers: www.houstontx.gov/business/resources/disaster-assistance.html
- **MHA Greater Houston** - free or reduced-cost mental health resources: mhahouston.org
- **Tulane University** - educational resources on natural disaster planning: www.publichealth.tulane.edu/blog/how-to-prepare-for-a-natural-disaster/
- **Texas A&M University** - offers resources on disaster preparation, relief, mental health assistance, and more: www.texashelp.tamu.edu/disaster-resources/
- **University of Houston** - offers certification training and disaster information and planning resources: www.uh.edu/emergency-management
- **United Way** - offers 24/7 support chat and call center and provides relief for communities impacted by a disaster: www.unitedwayhouston.org
- **ReadyGov** - offers educational resources and more: www.ready.gov
- **ReadyHouston** - offers educational resources and more: www.readyhoustontx.gov/prepare-today/stay-informed/
- **Red Cross** - offers disaster relief and recovery assistance: www.redcross.org/get-help.html
- **SAMHSA** - offers a disaster distress hotline and counseling services: www.samhsa.gov/find-help/disaster-distress-helpline

Acknowledgements



MOEYE Staff

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Director Olivera Jankovska



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City and Community Partners



To learn more please visit: houstontx.gov/education