

The Idaho Office of Emergency Management Presents

Ida Prepares!

A Year in Emergency Preparedness with Ida and Tank



by Lori Otter and Elizabeth Duncan

Illustrated by Tim Williams

To the hard working Idahoans who help and protect each other, their communities and their state.

Ida Prepares!

A Year in Emergency Preparedness with Ida and Tank

Dedicated to

JC, Ruby, Gretta, Emma, Kenneth, Addy, Jackson, Harriett & Beatrice

— Miss Lori

*“A community is like a ship; everyone ought
to be prepared to take the helm.”*

— Henrik Ibsen

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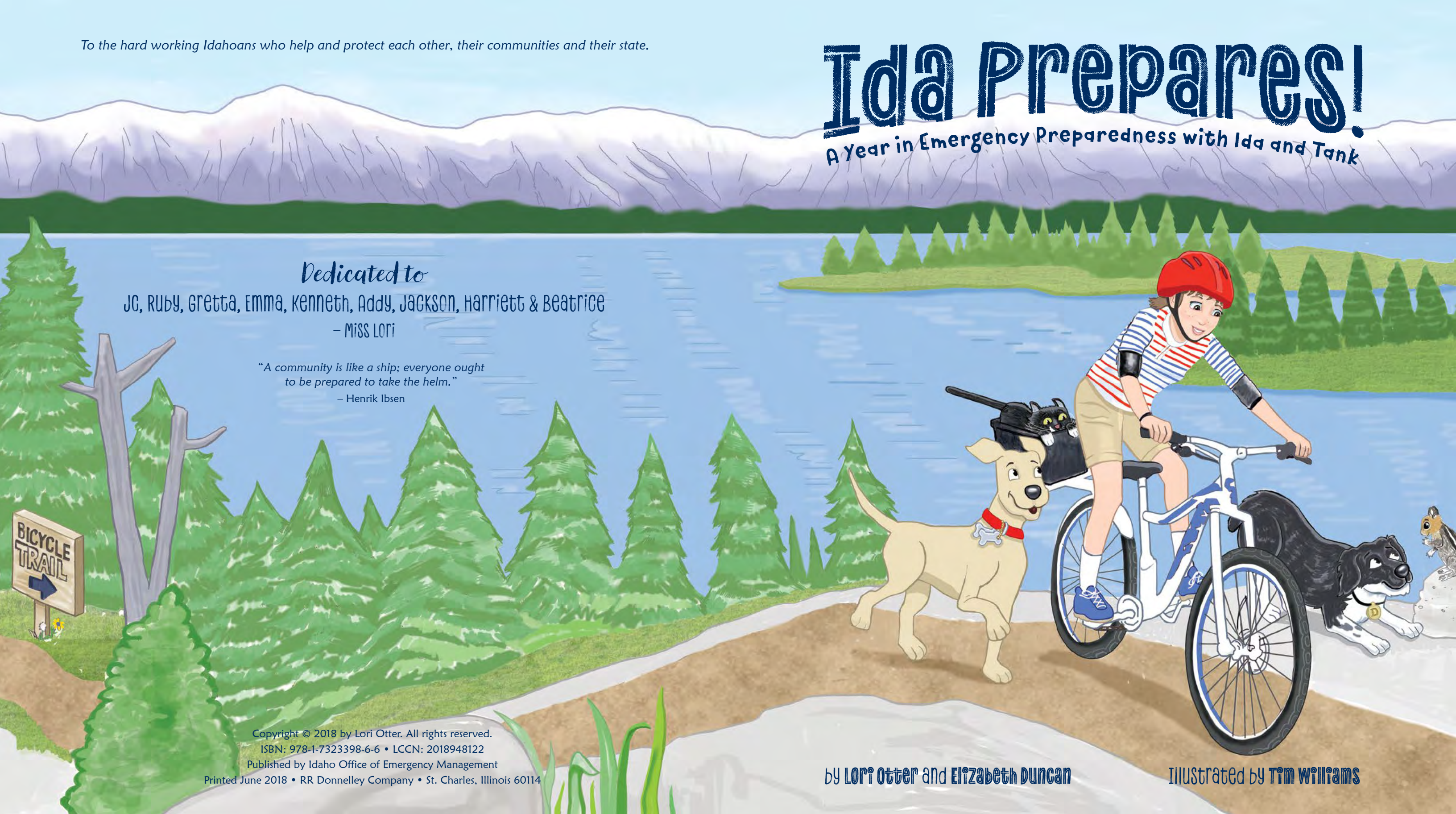
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Office of the First Lady

Welcome to Ida Prepares! A Year in Emergency Preparedness with Ida, Tank, Duke, and Ace.

Idahoans are resilient and self-sufficient. We get things done, and we know the importance of both saving for a rainy day, and planning for a rainy day. In Idaho being prepared means we have to be agile and fast. We must always be aware of the threats, hazards and risks we face each year. Many of our natural threats and hazards come with living in a beautiful state that has a lot of rugged and untamed wilderness, and sometimes extreme weather. Idahoans know that winters are often tough, and that when spring arrives our melting snow can lead to dangerous and destructive flooding. We also know that Idaho is a seismically active state so being prepared for earthquakes is smart and important.

I hope you find that this book is an important and fun guide. It helps young Idahoans understand how they can be prepared. I also hope that it reinforces the message that being prepared is both a whole community and a whole family undertaking.

Our threats and hazards may change and evolve in the years to come. Whatever those changes are, and how ever they present themselves, Idahoans must have a mindset of preparedness that will minimize damage to the places, and people we love.

Come along with Ida as she and her trusty companions, Tank, Duke, and Ace, make "being prepared" a fun and informative undertaking.

Special thanks to Brad Richy, the Director of the Idaho Office of Emergency Management for his leadership, and his agency's contributions to this book (this means you Elizabeth Duncan). IOEM works year round to prevent, protect, mitigate, respond to, and recover from any and all hazards the citizens of this great state may encounter. We appreciate their efforts.

Now, let's get prepared! Are you ready?

Esto Perpetua,

Lori Jean Otter

Lori J. Otter, First Lady of Idaho



Tank



Duke



Ace

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Idaho Office of
Emergency Management
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Boise, Idaho 83705



Ida, Tank, Duke & Ace
102 E. King Street
Kuna, Idaho 83634

04 December:
It's Christmas Time
06 January: Build a
Family Emergency Kit
08 February:
Winter Weather Preparedness

10 March: Flood Awareness
"Turn Around, Don't Drown"
12 April: ISAWS - Idaho State
Alerts and Warnings
14 May: Wildfire Awareness
Create Defensible Space

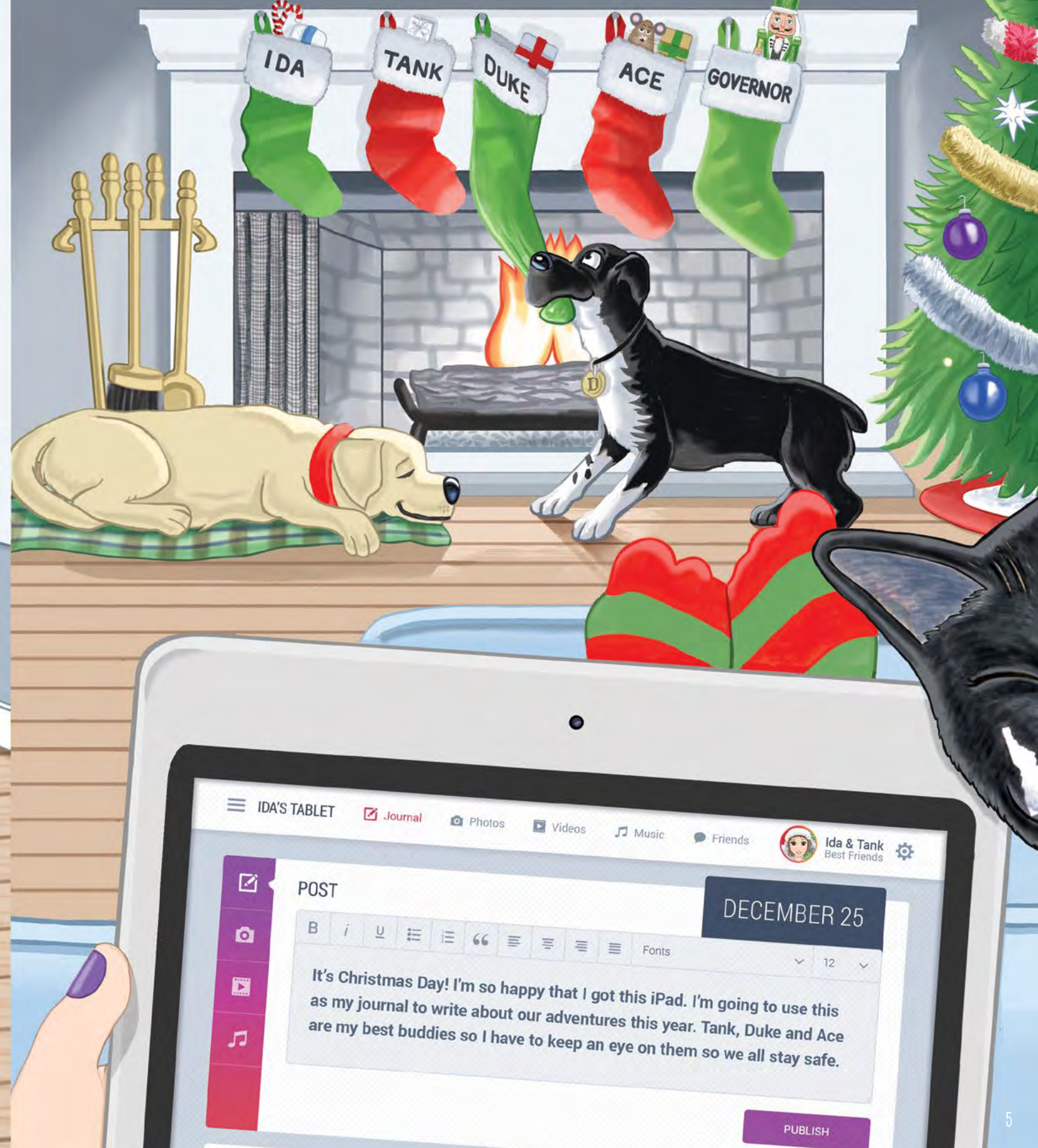
16 June: Summer and Water
Safety, "Fight the Bite!"
18 July: Extreme Heat,
Heat Stroke, Air Quality
20 August: Camping Safety
and Fire Awareness

22 September: National
Preparedness Month
24 October: Earthquake
Awareness Month
26 November: Stay Safe Online
and Cyber Security

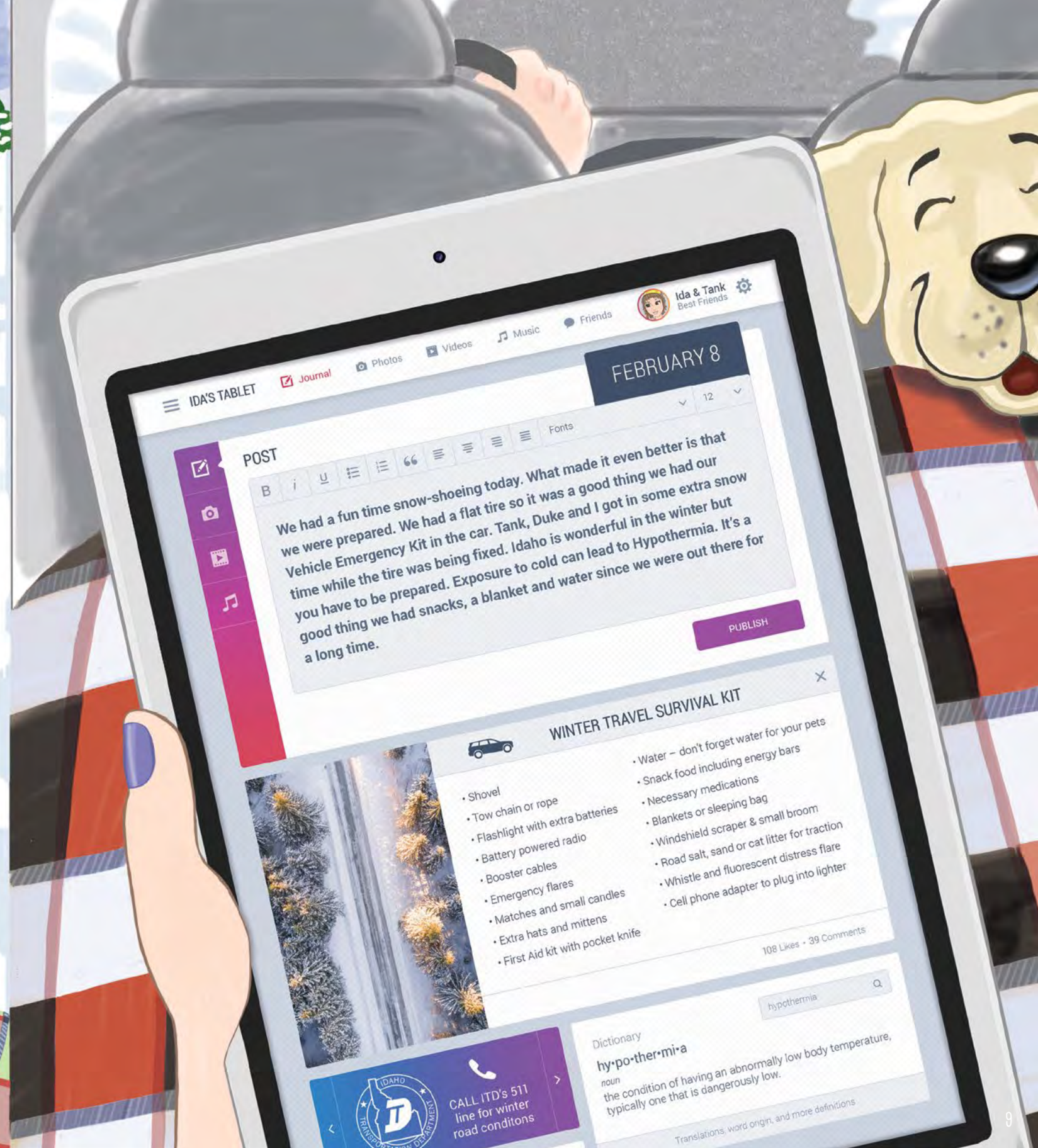
28 What I Learned:
Be Prepared! Have a Plan!
29 Build Your
Family Emergency Kit

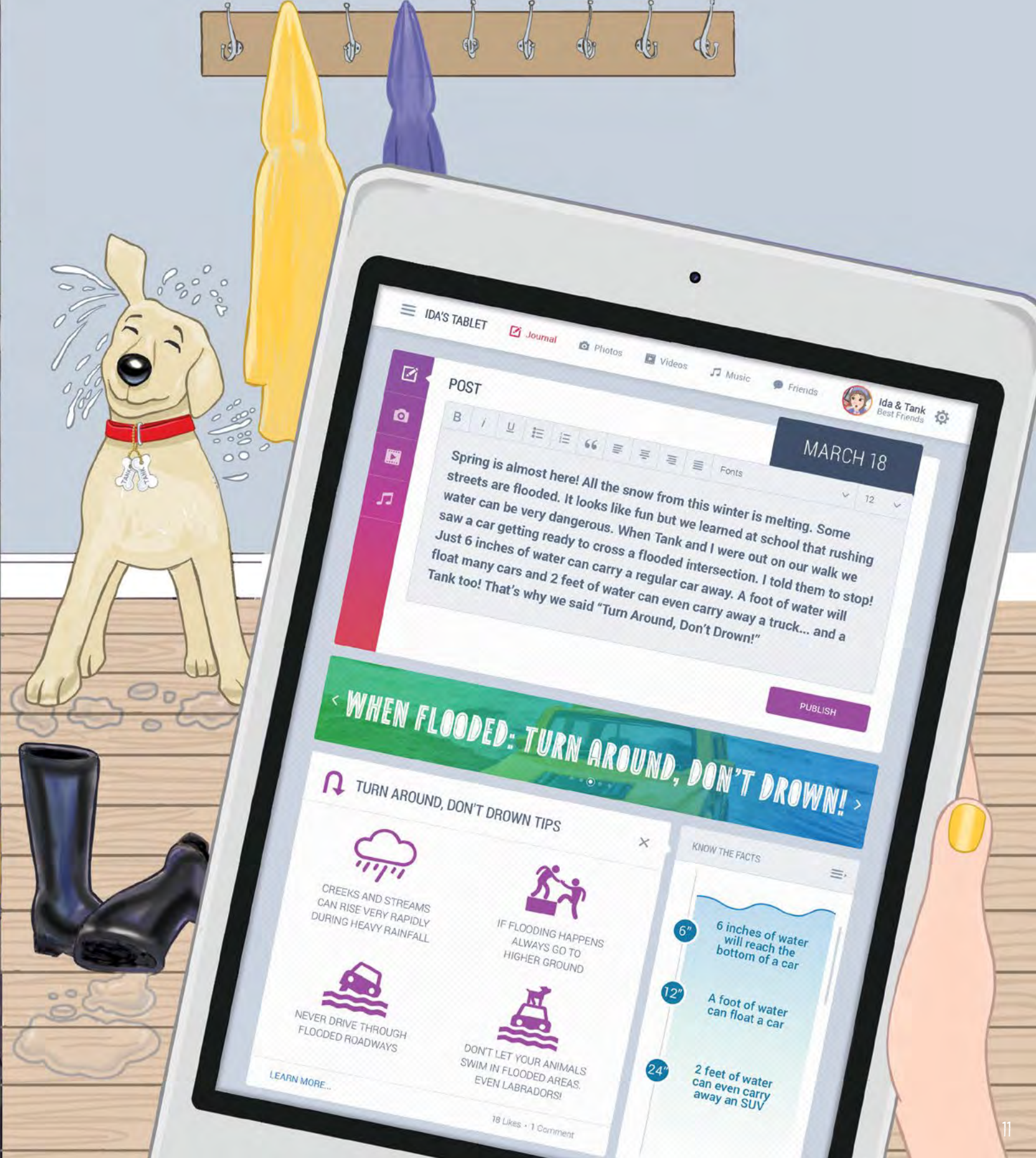
30 Emergency Contact
Numbers for your fridge
31-35 Activities:
Fun with Ida

36 Answers to Activities:
Fun with Ida (no cheating!)



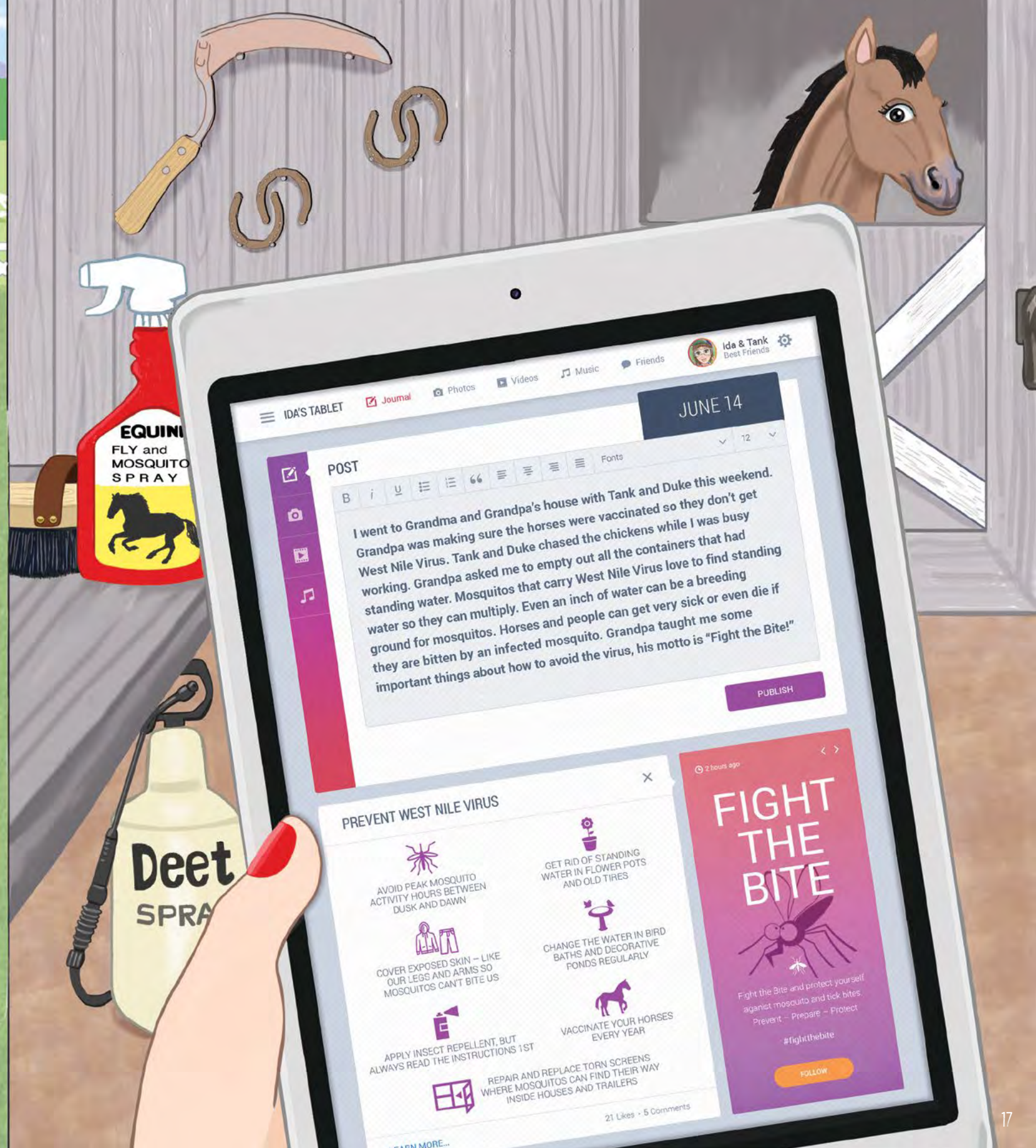
















August 2nd ☆ ☆ ☆ ☆
School starts later this month. I've gone on a bunch of adventures this summer and learned a lot along the way. I can't wait to post this journal entry to my website.

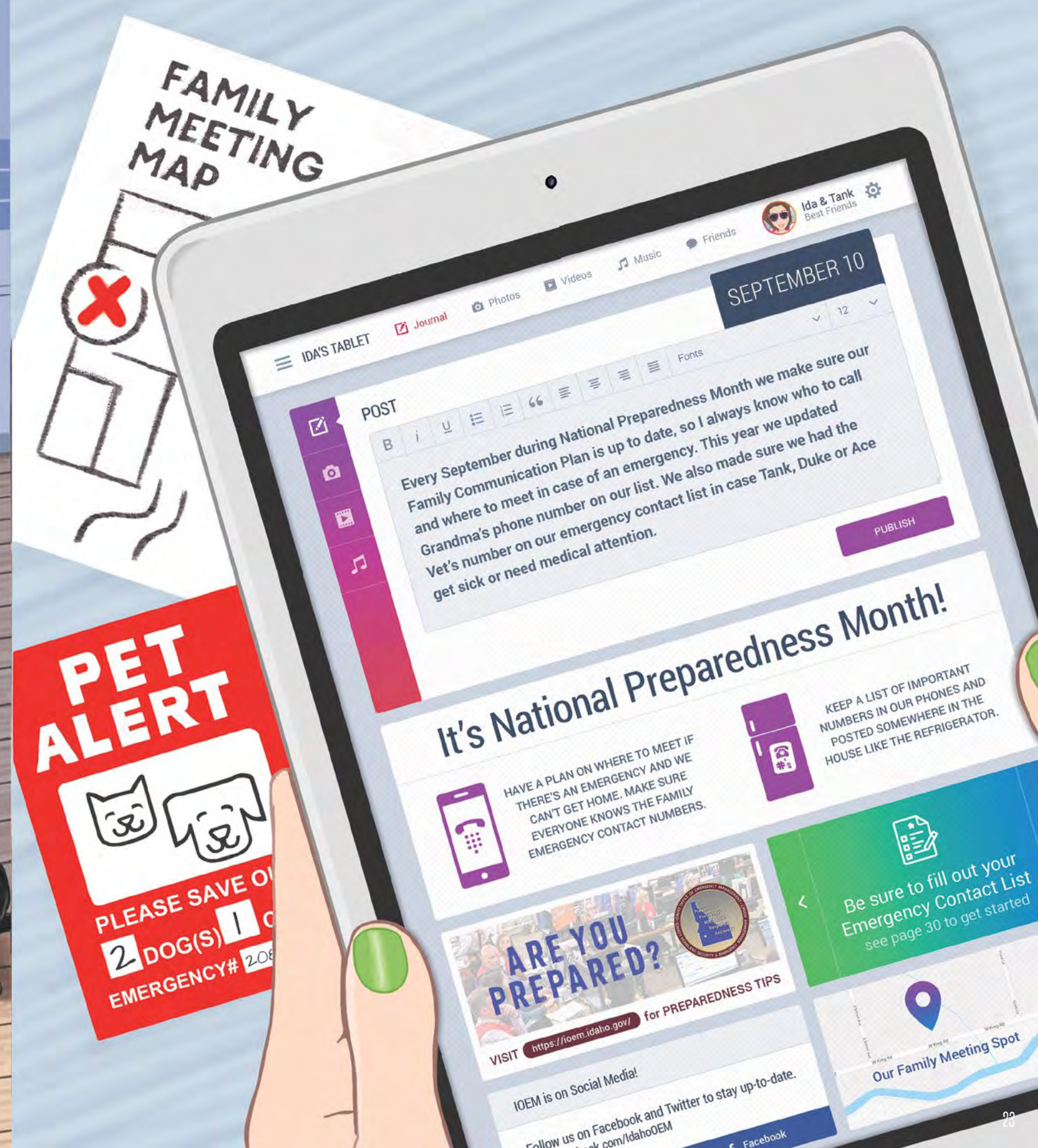
Each year we take an August camping trip. It's important to be a safe camper so I make sure we follow our camping safety list.

- Make sure someone knows where you'll be camping
- Always be prepared with emergency supplies
- Always bring adequate bedding and clothing
- Bug spray is in the bag! Remember what Grandpa says "Fight the Bite!"
- When we're finished with the campfire we make sure it's put out completely. Even a small spark can start a fire
- We pack healthy food and lots of extra water & we keep raw foods away from cooked foods
- We pack out our trash since Bears and other critters like camp food



i ♥ Huckleberries!

Be Bear AWARE!



DROP, COVER, HOLD ON DRILL DAY







Ida, Tank, Duke & Ace
102 E. King Street
Kuna, Idaho 83634

Idaho Office of Emergency Management

IDAHO OFFICE OF



EMERGENCY MANAGEMENT

WHAT I LEARNED ABOUT BEING PREPARED IN IDAHO...

Name Ida

I've had some great adventures this year with Tank, Duke, and Ace. We learned how to be prepared in Idaho. Some of the highlights are:

- Be Prepared! Have a Plan!
- Have an Emergency Kit for home and your vehicle and update it each year
- Cold weather exposure can be dangerous – avoid hypothermia
- Always travel with a Car Safety Kit – is yours up to date?
- Fight the Bite – protect yourself from mosquito bites
- Know your flooding safety tips “Turn Around, Don’t Drown”
- Are you FireWise? Protect yourself and your home from wildfires
- Sign up for ISAWS
- Have a Family Communication Plan – Who will you call?
- Be safe online



build your family emergency kit



Build your own Family Emergency Kit just like Ida did on page 6.
Check off the boxes as you build your kit...



Water, one gallon of water per person per day for at least 3 days



Extra batteries for flashlight



Food, at least a three-day supply of non-perishable food



Can opener for food



Battery-powered or hand crank radio and a NOAA Weather Radio



Pet food



First aid kit including a whistle to signal for help



Local maps



Non electronic games and books to pass the time





Moist towelettes, garbage bags and plastic ties for personal sanitation





Cell phone with chargers and a backup battery





Wrench or pliers to turn off utilities



emergency contact numbers

Fill out and post somewhere in your house like the refrigerator.

FAMILY NAME

HOME PHONE #

OUR ADDRESS

PARENT / GUARDIAN #

PARENT / GUARDIAN #

FIRE

POLICE

AMBULANCE

POISON CONTROL

DOCTOR

OTHER

In an EMERGENCY

Call 911

HELP Ida BE Prepared With Words

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

ACE
BATTERIES
BUG SPRAY
CAMPFIRE
CYBER SECURITY
DISASTER

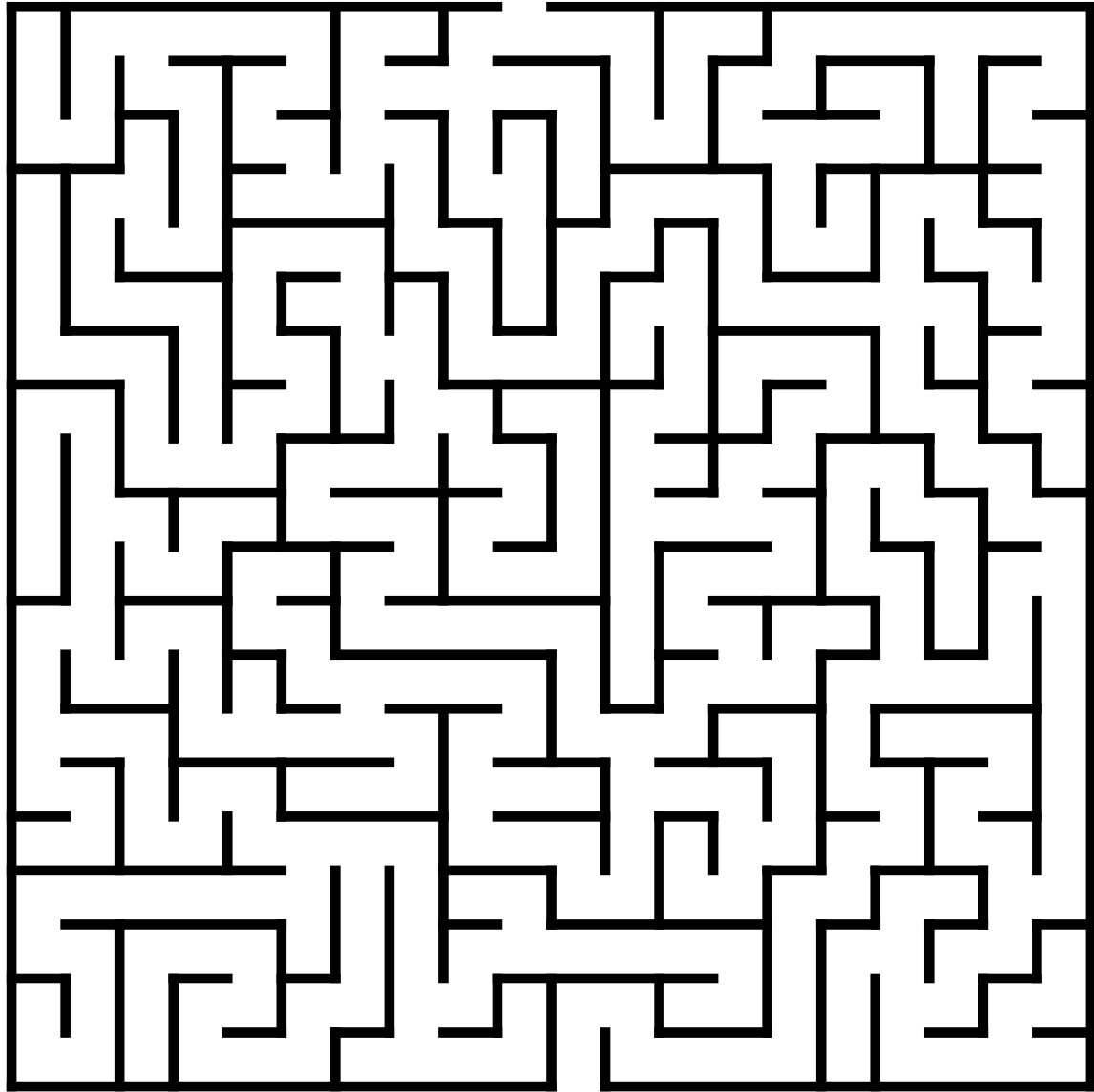
DUKE
EARTHQUAKE
FIRST AID KIT
FLOODING
HAZARDS
HEAT STROKE

HYPOTHERMIA
IDA
JOURNAL
PREPAREDNESS
RAINFALL
SANDBAGS

SNOW MELT
SUNSCREEN
TANK
WATER
WESTNILE
WILDFIRE

find TANK'S bone before DUKE does!

★ start here



unscramble these words for Ida!

8

3

Any time you come to a flooded road, follow this simple advice: Turn Around, _____.

5

Idaho State Alert and Warning System (_____).

9 12 1 10

_____ is a dangerous drop in body temperature, usually caused by prolonged exposure to cold temperatures.

4 2 13

Creating _____ is essential to improve your home's chance of surviving a wildfire.

7

_____ means taking the necessary steps to help prevent mosquito bites for you and your family.

6

_____ can help you stay safe online.

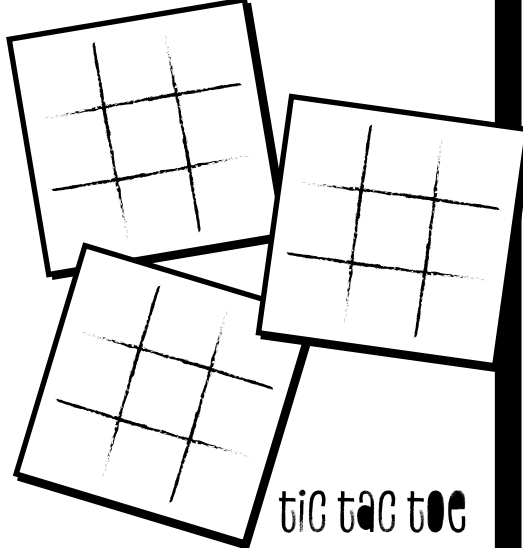
11 14

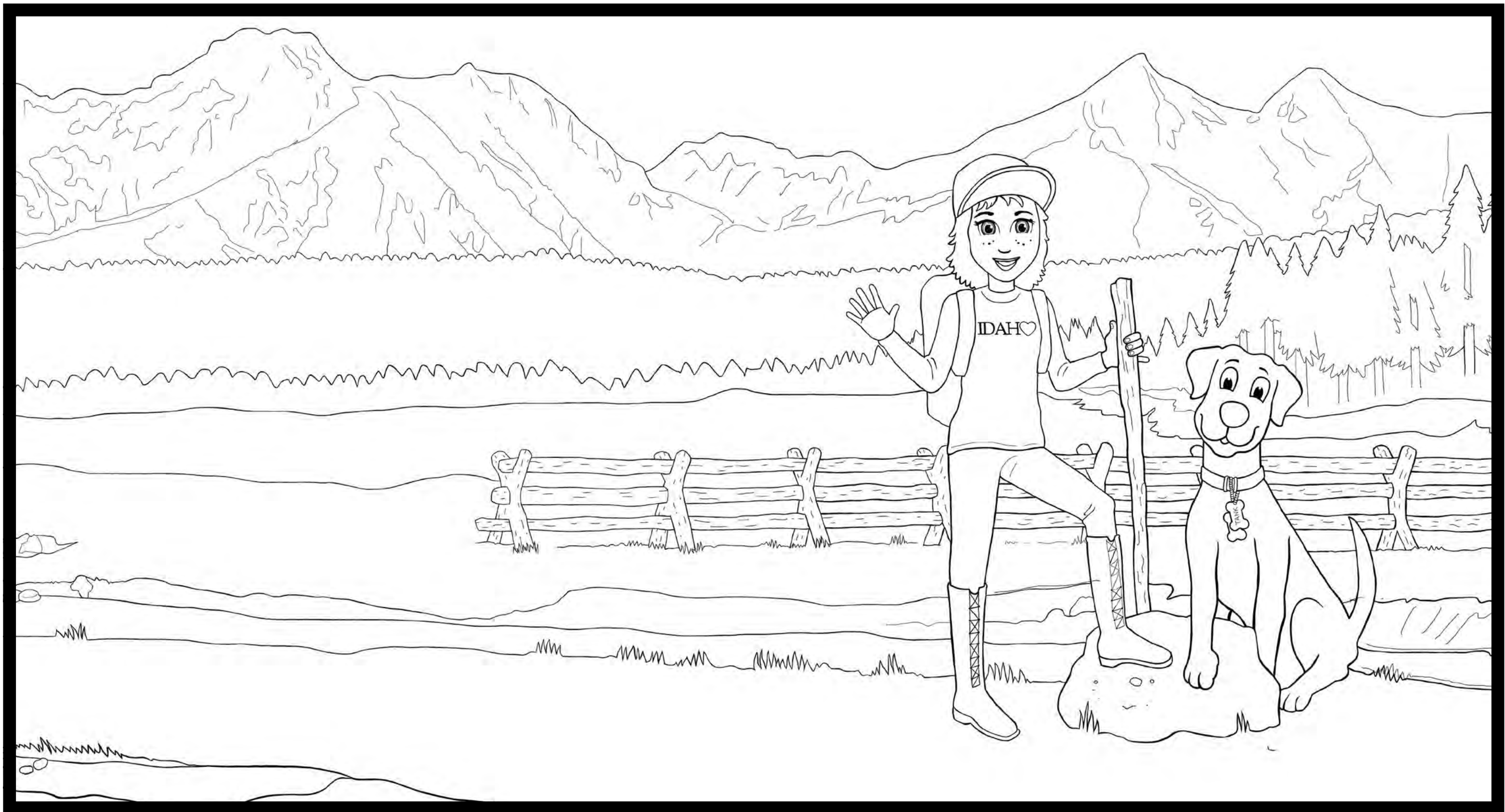
Have an _____ survival kit for your car and home.

Unscramble the words at the top of the puzzle, then use all of the letters in the circled boxes to solve the final phrase!

B 1 P 2 3 4 5 6 7 8 ,

9 10 V 11 A 12 L 13 14 !





Ida shares the answers...

BE PREPARED
HAVE A PLAN!

CYBER SECURITY
EMERGENCY
FIGHT THE BITE

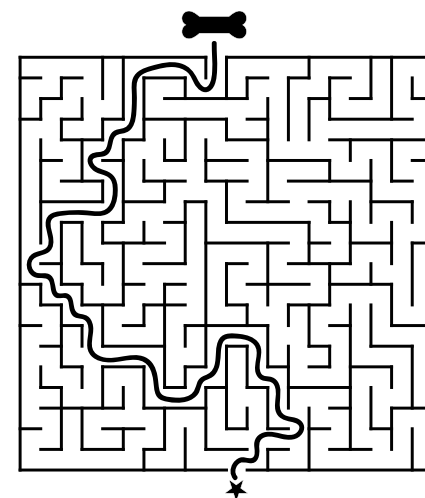
DEFENSIBLE SPACE

HYPOTHETICAL

IS A WS

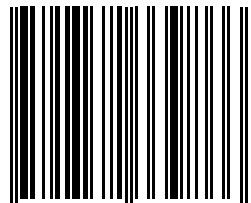
DO NOT DOWN

SAND BAGS DRAZAH
PDTLEMONSRY
JSRBUGSPRAYFF
CYBERSecurity
EJINPKFJRCTC
WKDDUOLSEAFN
IADAUROMTEC
LCWURWAEPOEAK
DETNGIEFDMDM
FWAHDHISCNVM
LEKORTSTAEHNAD
REIYENRNZSGO
ETANKUSAIQSDO
DISASTERFGLTDF
HLAFNIARAVGEA

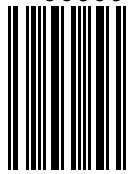




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