

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



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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by Lori Otter and Elizabeth Duncan

Illustrated by Tim Williams





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,

hori Jean

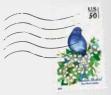


Lori J. Otter, First Lady of Idaho

State Capitol • Boise, Idaho 83720 • (208) 334-2100

Ace





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

March: Flood Awareness "Turn Around, Don't Drown"

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

00 What I Learned: 20 Be Prepared! Have a Plan!

29 Build Your Family Emergency Kit

Emergency Contact 30 Emergency Contact Numbers for your fridge

31-35 Activities: Fun with Ida



36 Answers to Activities: Fun with Ida (Buijpəyɔ ou)





0 E IDA'S TABLET Dournal O Photos Videos J Music Friends Ida & Tank Best Friends B *i* U I II II 66 ≣ ≅ ≣ I Fonts JANUARY 1 × 12 ×

Tank, Duke, Ace and I are starting off on the right foot since it's New Year's Day by making sure we're prepared for some of the hazards and dangers we may face in Idaho. Being prepared and having a plan are the two best ways to stay safe. I'm helping Mom update our Family's Emergency Kit. That's a kit that we would use if we ever lost power or had a disaster. Mom says our Emergency Kit actually needs to include items that will keep us safe for two weeks or "until help arrives." That's because sometimes when there's a big disaster no one is available to help so we have to be able to help ourselves. I have a checklist of what should go inside.



PUBLISH

 \square Build-Your-Kit Checklist see page 29 to get star



we had a flat tire so it was a good thing we had our we were prepared, we had a flat tire so it was a good thing we had our Vehicle Emergency Kit in the car. Tank, Duke and I got in some extra snow

WINTER TRAVEL SURVIVAL KIT . Water – don't forget water for your pets Snack food including energy bars

- Necessary medications
- Blankets or sleeping bag
- Windshield scraper & small broom • Road salt, sand or cat litter for traction
- Whistle and fluorescent distress flare
- Cell phone adapter to plug into lighter

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108 Likes - 39 Comments

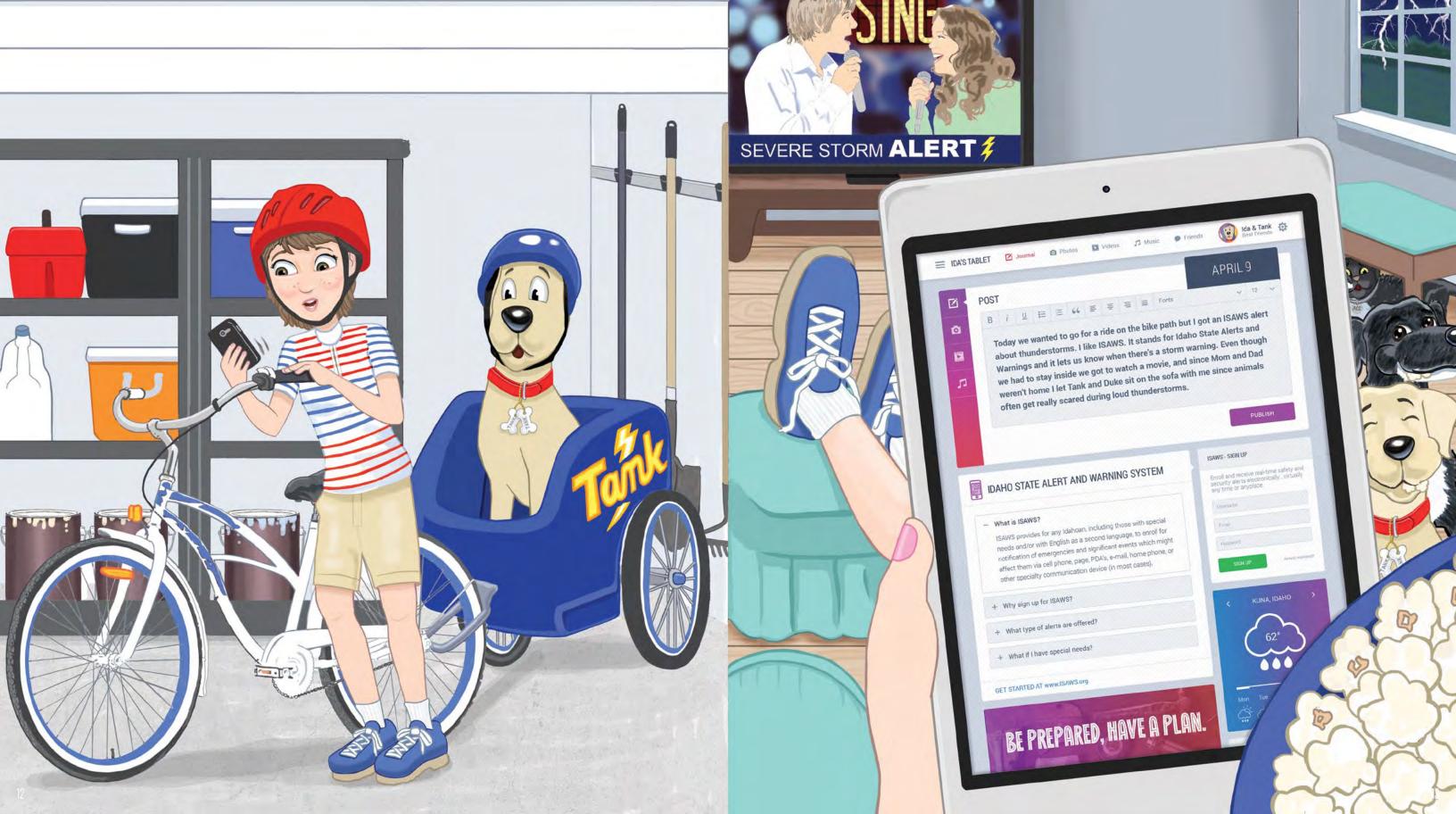
hypothermia

a

- . Emergency flares Matches and small candles
- Extra hats and mittens
- First Aid kit with pocket knife

- noun the condition of having an abnormally low body temperature, typically one that is dangerously low.
 - Translations, word origin, and more definitions







We went to our Cabin in the mountains this weekend. It was such a wonderful trip! It's starting to get warmer so we're preparing for the summer. Tank and Duke were very well behaved. Duke really likes chewing on pine cones so he had a blast. Whenever we go to the cabin we always work as a family to make sure we clear all the limbs, brush and branches that may have fallen in the winter months. We create a "Defensible Space," a fire free area within 5 feet of the cabin as a way to protect our cabin

PUBLISH

adjective Creating defensible space is essential to improve your home's chance of surviving a wildfire. It's the buffer you create between a building on your property and the grass, trees, shrubs, or any wildland area that surround it.

Translations, word origin, and more definitions

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FIREHOUSE

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Ida & Tank Best Friends

× 12

MAY 21

Dictionary

de-fen-si-ble space



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www.SPARKY.org

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I went to Grandma and Grandpa's house with Tank and Duke this weekend. Grandpa was making sure the horses were vaccinated so they don't get West Nile Virus. Tank and Duke chased the chickens while I was busy working. Grandpa asked me to empty out all the containers that had standing water. Mosquitos that carry West Nile Virus love to find standing water so they can multiply. Even an inch of water can be a breeding ground for mosquitos. Horses and people can get very sick or even die if they are bitten by an infected mosquito. Grandpa taught me some important things about how to avoid the virus, his motto is "Fight the Bite!"

FIGHT

B

Ida & Tank Best Friends

v 12

JUNE 14

50

× 0 ť GET RID OF STANDING WATER IN FLOWER POTS AND OLD TIRES 4 CHANGE THE WATER IN BIRD BATHS AND DECORATIVE PONDS REGULARLY 970 VACCINATE YOUR HORSES EVERY YEAR

REPAIR AND REPLACE TORN SCREENS WHERE MOSQUITOS CAN FIND THEIR WAY INSIDE HOUSES AND TRAILERS

21 Likes + 5 Comments

1



CHECK THE THERMOSTAT

Never allow children to play with or ignite fireworks.

Never try to re-light or pick up fireworks that have not Always have a bucket of water or garden hose on hand when lighting fireworks.

Light fireworks one at a time. Always use them outdoors.

18 Likes - 1 Comment

Know the signs of HEAT EXHAUSTION and HEAT STROKE. ×

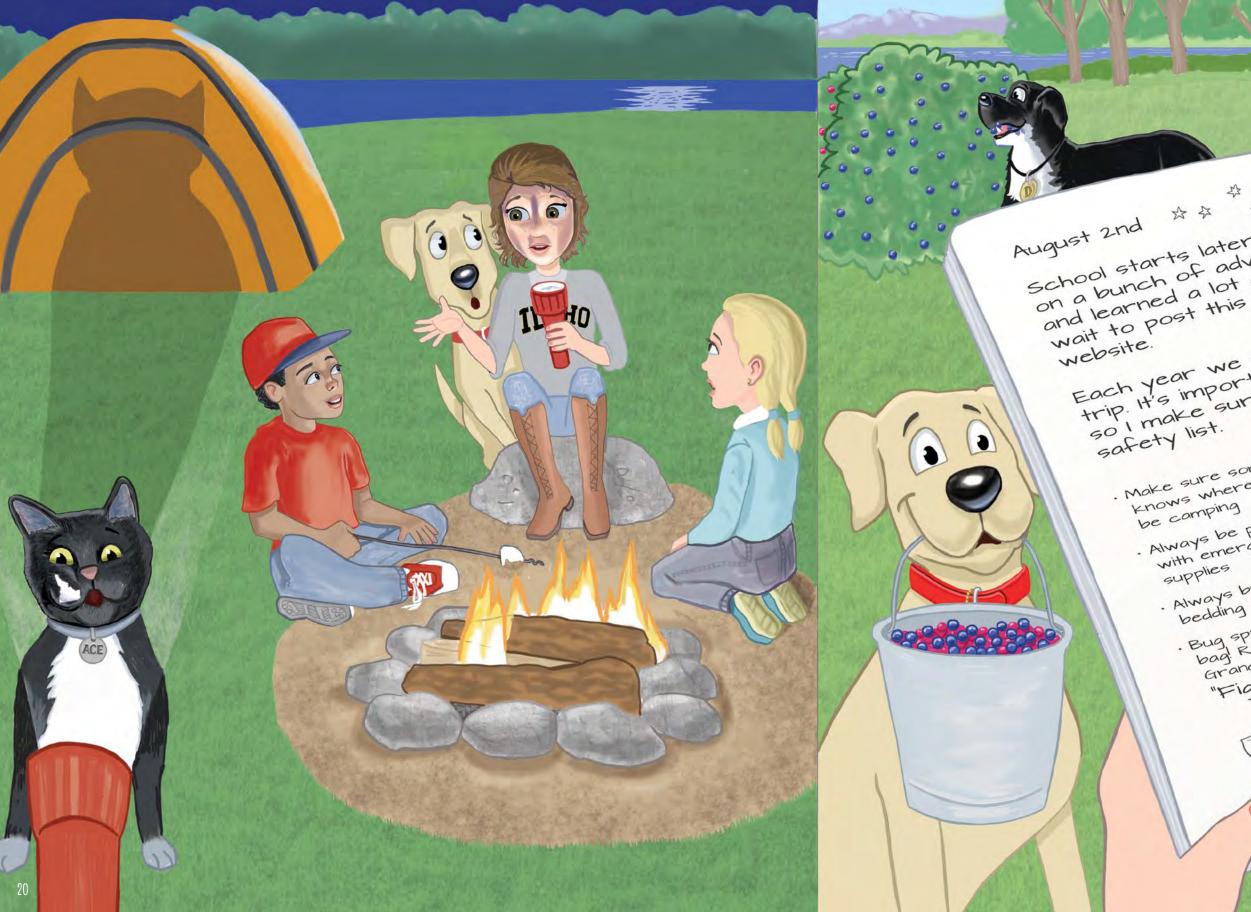
JULY 4

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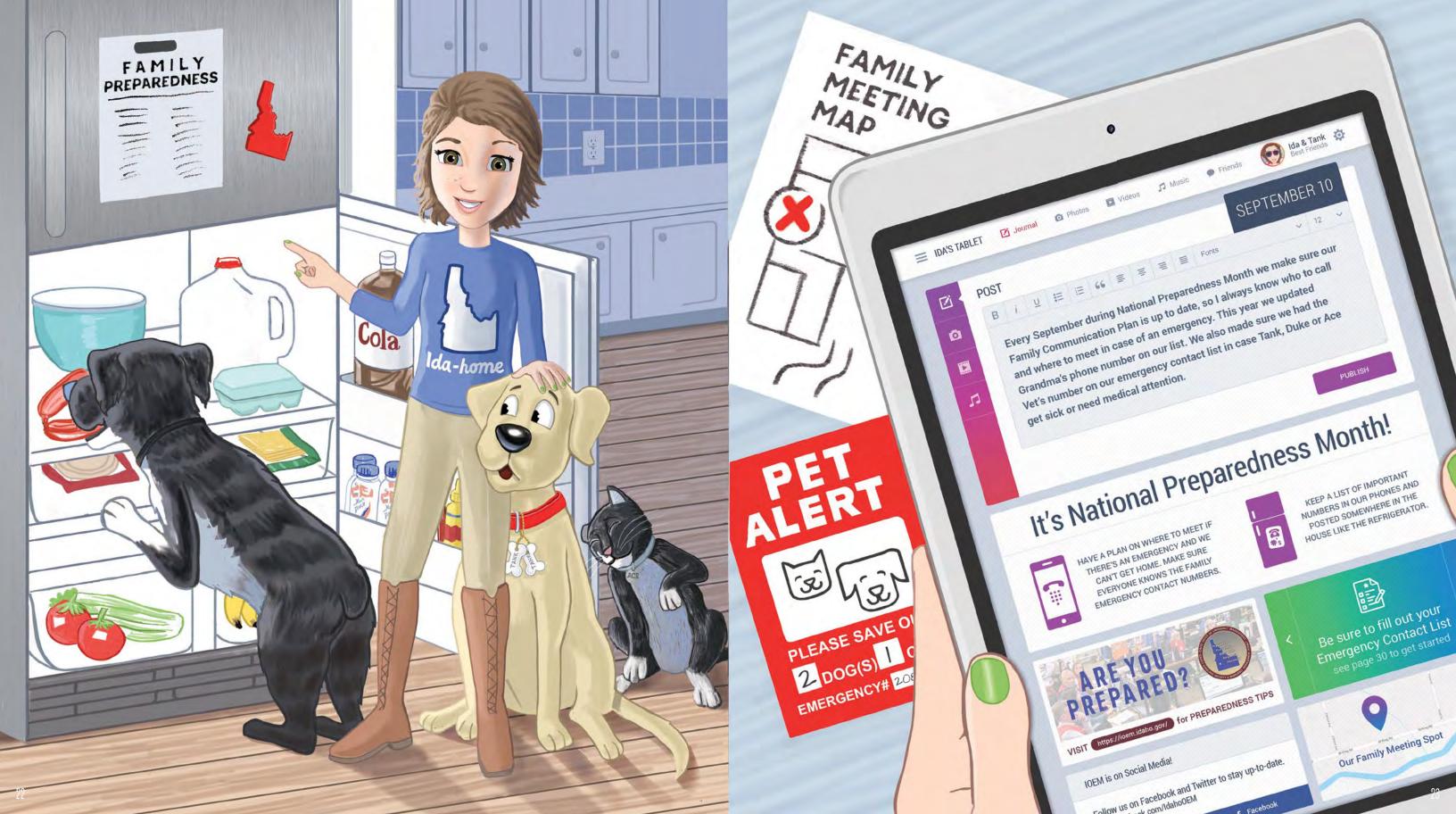
Ready

Learn more www.ready.gov/heat

Check to see if your home's cooling system is working properly before you really need it.



BeBeor school starts later this month. I've gone School Starts later this morth. I've gorie on a bunch of adventures this summer on a bunch of a aventures 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 the important to be a safe comper EUCON YEAR WE TAKE AN AUGUST CAMPING trip. It's important to be a safe camper so I make sure we follow our comming trip it is important to be a sate camper so I make sure we follow our camping . When we're finished with the campfire we make sure it's put out completely. Even a small spark can . Make sure someone . We pack healthy food and knows where you'll lots of extra water & we Keep raw foods away . Always be prepared from cooked foods with emergency . We pack out our trash · Always bring adequate since Bears and other bedding and clothing critters like camp . Bug spray is in the bag Remember what Food i C? Huckleberries! "Fight the Bite!" Grandpa says





OCTOBER 27

Ida & Tank Best Friends

12

B i ⊻ ☵ ☵ 66 ☴ ☴ ☴ ☴ Fonts Today at school we practiced Drop, Cover, and Hold On. I just learned that Idaho has a lot of earthquakes. We're the sixth most seismically active state in the country. Now I know what to do if an earthquake happens. I grab Ace, Duke and Tank, and we DROP, COVER, AND HOLD ON. Sometimes people get injured when falling objects hit them. That's why we get under a table or desk. Tank and Duke can even bring their chew toys.

ake

EARTHQUAKE: KNOW THE FACTS

Drop, Cover, and Hold On – during an earthquake it's important to protect yourself from falling objects.

E

Identify things inside the house that could be a hazard during an earthquake like heavy items that are not secured.

If you're in your car, pull over, put on the emergency brake, and stay away from underpasses until the trembling

Always keep shoes and a flashlight next to your bed.

EARTHQUAKE ACTIVITY MONITOR

What white the second





Idaho Office of Emergency Management

IDAHO OFFICE OF

EMERGENCY MANAGEMENT

WHAT I LEARNED ABOUT BEING PREPARED IN IDAHO...

Name_Oda

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



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



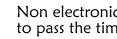
Food, at least a three-day suppl of non-perishable food



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



First aid kit including a whistle signal for help



Non electronic games and bool to pass the time



Moist towelettes, garbage bags plastic ties for personal sanitation



Cell phone with chargers and a backup battery



Wrench or pliers to turn off uti

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...

ays	\checkmark	Extra batteries for flashlight
ly	\checkmark	Can opener for food
k adio	\checkmark	Pet food
to	\checkmark	Local maps
ks	\checkmark	
and on	\checkmark	
1	\checkmark	
lities	\checkmark	

emergency contact numbers Fill out and post somewhere in your house like the refrigerator. FAMILY NAME In an EMERGENCY 19). 691 HOME PHONE # OUR ADDRESS PARENT / GUARDIAN # PARENT / GUARDIAN # POLICE FIRE AMBULANCE POISON CONTROL DOCTOR OTHER

HCIP Ida BC Propared with Words

S	Α	Ν	D	В	Α	G
Ρ	Ρ	D	Т	L	Ε	Μ
J	S	R	В	U	G	S
С	Y	В	Ε	R	S	Ε
Ε	J	T	Ν	Ρ	Κ	F
W	Κ	D	D	U	Α	0
Ι	Α	Α	D	Α	U	R
L	С	W	U	R	W	Α
D	Ε	Т	Ν	Q	Ι	Ε
F	W	Α	Η	D	Н	I
Ι	L	Е	Κ	0	R	Т
R	Ε	Ι	Y	Ε	Α	Ν
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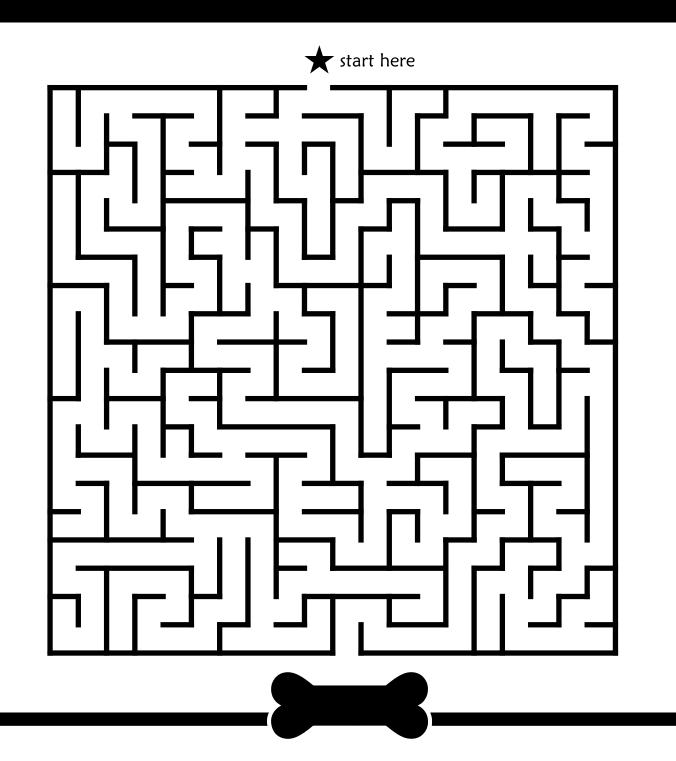
ACE
BATTERIES
BUG SPRAY
CAMPFIRE
CYBER SECURITY
DISASTER

DUKE EARTHQUAKE FIRST AID KIT FLOODING HAZARDS HEAT STROKE

S	D	R	Α	Ζ	Α	Н	S
W	0	Ν	S	R	R	Y	Ε
Ρ	R	Α	Y	F	F	Ρ	Ι
С	U	R	I	Т	Υ	0	R
J	R	R	Т	С	С	Т	Ε
L	S	Ε	Α	F	Ν	Η	Т
Т	0	Μ	Т	Ε	С	Ε	Т
Ε	Ρ	0	Ε	Α	Κ	R	Α
F	D	R	D	Μ	W	Μ	В
S	С	Ν	V	I	Μ	I	Q
S	Т	Α	Ε	Η	Ν	Α	D
R	Ν	Ν	Ζ	S	G	G	0
S	Α	Т	I	Q	S	D	0
R	F	Ε	G	L	Т	D	F
Α	R	Α	V	G	Ε	Ε	Α

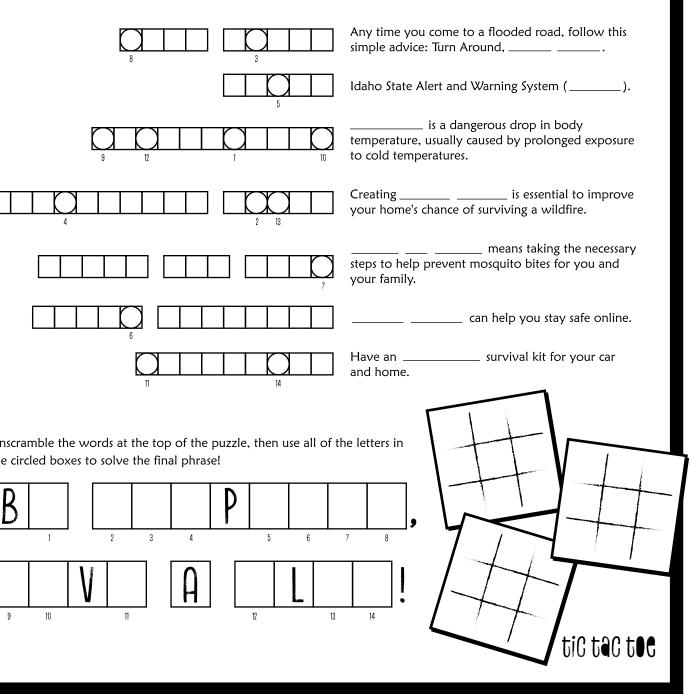
HYPOTHERMIA IDA JOURNAL PREPAREDNESS RAINFALL SANDBAGS SNOW MELT SUNSCREEN TANK WATER WESTNILE WILDFIRE

find Tank's bong before duke does!

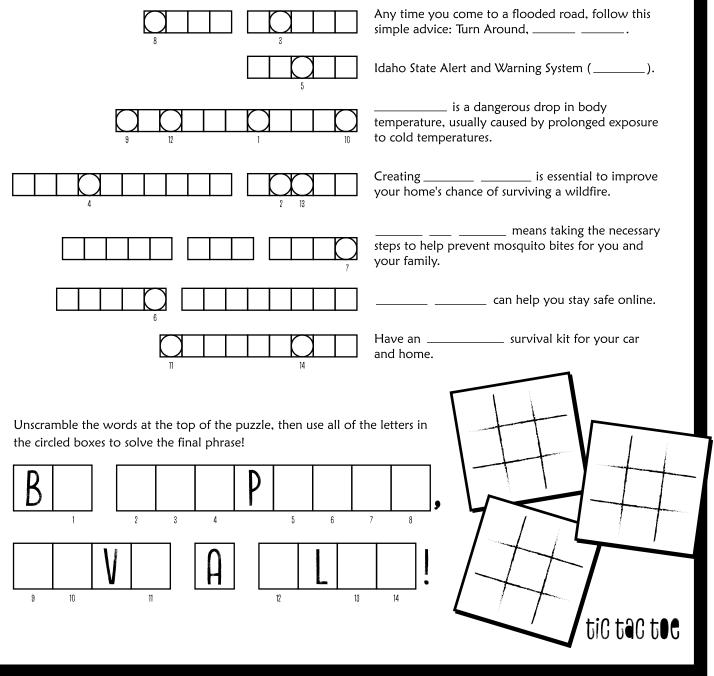


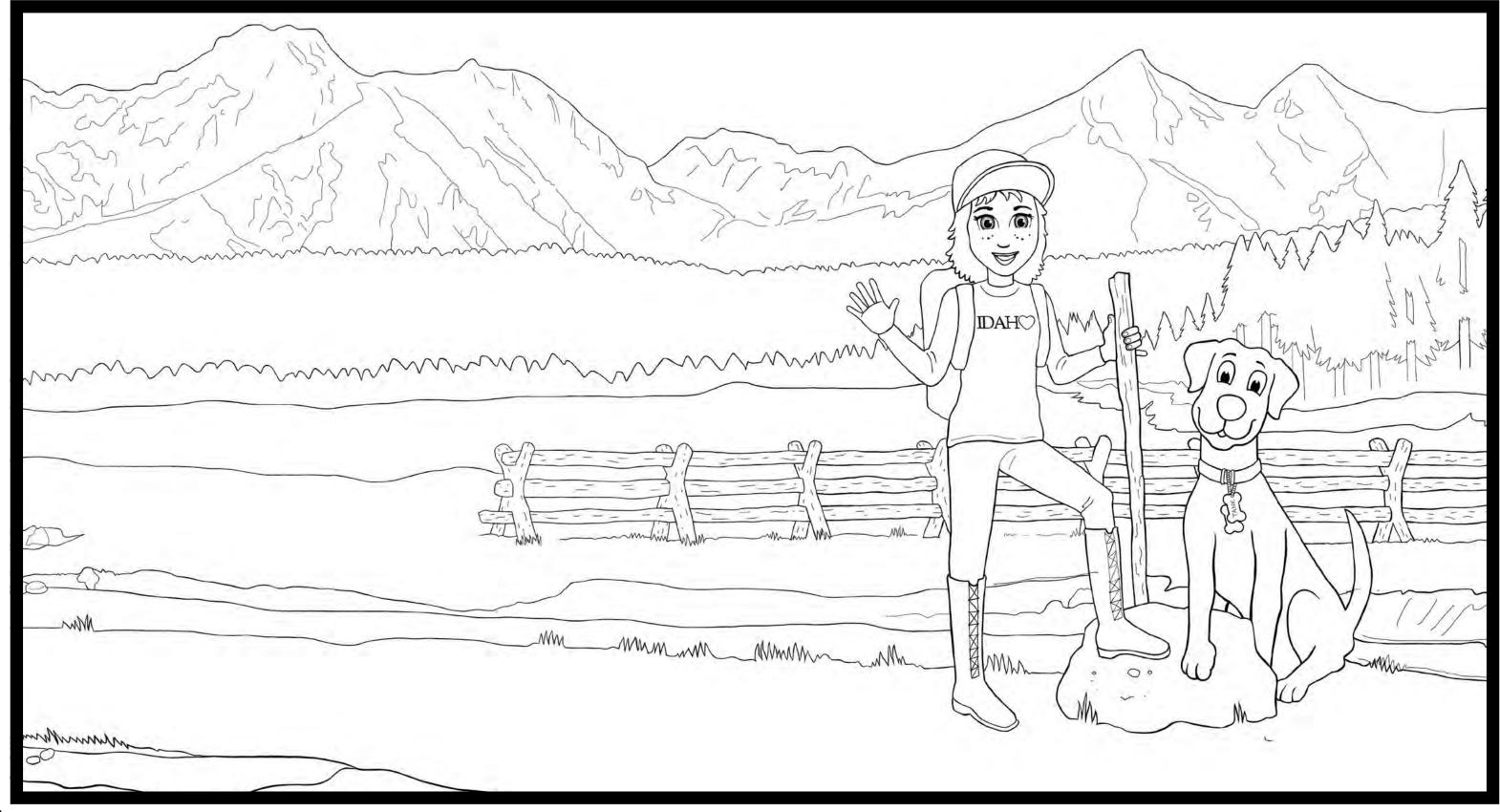
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unscramble these words for Ida!

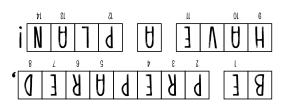


the circled boxes to solve the final phrase!





Ida shares the answers...



 $\begin{bmatrix} \mathbf{C} \\ \mathbf{W} \\ \mathbf{W} \\ \mathbf{V} \\ \mathbf{V}$

