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.

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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Ida Prepares!
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by LORI OTTER and ELIZABETH DUNCAN
Illustrated by TIM WILLIAMS

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 that 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). OEM 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,

LaRi J. Otter, First Lady of Idaho

State Capital • Boise, Idaho 83720 • (208) 334-2100
It's Christmas Day! I'm so happy that I got this iPad. I'm going to use this as my journal to write about our adventures this year. Tank, Duke, and Ace are my best buddies so I have to keep an eye on them so we all stay safe.
Task, Deke, 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 we are in need of help so we have to be able to help ourselves. I have a checklist of what should go inside.

**EMERGENCY SUPPLY LIST**

- Water: one gallon of water per person per day for at least three days.
- Food: at least a three-day supply of non-perishable food for the family.
- Pet food as well.
- Battery-powered or hand-crank radio and a NOAA Weather Radio.
- First aid kit including a whistle to signal for help.
- Non-electric can opener and tools to open the can.
- Windshield wipers, rain gear, and extinct对我们 for personal protection.
- Gas sniffer for food.
- Local maps.
We had a fun time snow-shoeing today. What made it even better is that 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 time while the tire was being fixed. Idaho is wonderful in the winter but you have to be prepared. Exposure to cold can lead to Hypothermia. It’s a good thing we had snacks, a blanket and water since we were out there for a long time.

**WINTER TRAVEL SURVIVAL KIT**

- Shovel
- Tire chain or cable
- Flashlights with extra batteries
- Battery power bank and charger
- Booster cables
- Emergency flares
- Inflatable airbag
- Extra blankets and mittens
- First Aid kit with pocket knife
- Water – don’t forget water for your pets
- Snacks (including energy bars, necessary medications)
- Blanket or sleeping bag
- Waterproof online & small personal items
- Hand warmers, SAR or extra batteries for motion
- Vehicles and trailer emergency flare
- Cell phone charger to plug into lighter

**February 8**

**POST**

**Vehicles and trailer emergency flare**

**CALIFORNIA**

**CALL 1-800-492-7623**

Emergency roadside assistance and further instructions.
Spring is almost here! All the snow from this winter is melting. Some streets are flooded. It looks like fun but we learned at school that rushing water can be very dangerous. When Tank and I were out on our walk we saw a car getting ready to cross a flooded intersection. I told him to stop! Just 6 inches of water can carry a regular car away. A foot of water will float many cars and 2 feet of water can even carry away a truck... and a Tank too! That’s why we said “Turn Around, Don’t Drown!”

WHEN FLOODED: TURN AROUND, DON’T DROWN!

1. Turn around. Don’t drown.
2. A foot of water can float a car.
3. 2 feet of water can carry away a truck.
4. Never drive through flooded highways.
5. If flooded, navigate above ground.
6. Don’t let your animals swim in flooded areas. They may get caught in moving water.
Today we wanted to go for a ride on the bike path but I got an ISAMS alert about thunderstorms. It's ISAMS. It stands for Idaho State Alerts and Warnings and it lets us know when there's a storm warning. Even though we had to stay inside we got to watch a movie, and since Mum and Dad weren't home I got Tank and Otis out on the sofa with me since assaults often get really severe during loud thunderstorms.

BE PREPARED, HAVE A PLAN.
I went to Grandma and Grandpa’s house with Tank and Duke. Mom went with them. Grandma 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. Grandma asked me to empty out all the containers that had standing water. Mosquitoes that carry West Nile Virus love to find standing water so they can multiply. Even a small amount of water can be a breeding ground. People and pets can get very sick or even die if they are bitten by an infected mosquito. Grandma taught me some important things about how to avoid the virus. Her motto is “Fight the Bite”.

Prevent West Nile Virus:
- Avoid being outside during the mosquito time of day.
- Apply insect repellent to exposed skin.
- Use permethrin insecticides on clothing.
- Install or repair screens on windows and doors.
- Clean and change containers of water where mosquitoes can breed.
Our 4th of July weekend was a mix of fun and work. We had a neighborhood BBQ. It was very hot outside, so I made some salads and Dale had plenty of fresh water. I rehydrated sunscreen and stayed in the shade to avoid a sunburn or heat stroke. At night, we went to the fireworks display in the community. When it's really dry and there are limits to where we aren't allowed to light fireworks at home, we're really glad our community puts on a great show!

FIREWORK SAFETY TIPS

- Know the signs of heat exhaustion and heat stroke.
- Get trained in first aid to learn how to treat heat-related emergencies.
- Be prepared. Have cool drinks on hand and use shade to cool off and stay hydrated.
- Stay cool by swimming or taking a cool shower.
- Wear loose, lightweight clothing and use sunscreen to protect your skin.

CHECK THE THERMOMETER!

Get trained in first aid to learn how to treat heat-related emergencies.
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 fresh water. We keep raw foods away from cooked foods.
- We pack out our trash since bears and other critters like camp food.

Huckleberries!
Every September during National Preparedness Month we make sure our Family Communication Plan is up to date, so I always know who to call and where to meet in case of an emergency. This year we updated Grandma's phone number on our list. We also made sure we had the Vet's number on our emergency contact list in case Tank, Duke and Ace get sick or need medical attention.

It’s National Preparedness Month!

2 DOG(S) 1 CAT
EMERGENCY 1}

September 10

FAMILY MEETING MAP

PET ALERT

Please save our emergency phone numbers:

- Grandma's: (123) 456-7890
- Vet: (987) 654-3210

Have a plan on where to meet if there’s an emergency and we can't get home. Make sure everyone knows the family emergency contact numbers.

Are you prepared?

Keep all important numbers in your phone and post somewhere in the house like the refrigerator.

Stay alert for more tips.

Be sure to fill out your Emergency Contact list and page 10 to get started.
Today at school we practiced Drop, Cover, and Hold On. I just learned that ShakeOut has a lot of earthquakes. We live in a state that has lots of them. I know what to do if an earthquake happens. I grab on to my dog 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.
At Thanksgiving dinner, I showed my family all the pictures I took of my adventures this year. I put together an online photo album that I only share with family or people I know and trust. If I’m ever in doubt about who to talk to online, I always ask an adult. I learned in school that it’s really important to keep my online information secure.
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

[Checklist for building an emergency kit]

- Water, one gallon of water per person per day for at least 3 days
- Extra batteries for flashlights
- 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

[Idaho Office of Emergency Management]
find Tank's bone before Duke does!

star here

unsramble these words for Ida!

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

Idaho State Alert and Warning System (__________).

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

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

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

__________ can help you stay safe online.

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 2 3 4 5 6

V 7 8 9 10 11 12

P 1 2 3 4 5 6

L 7 8 9 10 11 12

TIC TAC TOE
Ida shares the answers...