



FEMA

Hurricane Preparedness

Let Children Participate

- **Encourage them to talk.** Let them talk about the disaster and ask questions.
- **Understand their fears.** Take their fears seriously. Tell them that it's okay to be scared.
- **Keep them informed.** Explain what is needed in simple words. Don't overwhelm them with repeated news updates and limit their access to graphic media.
- **Include them in the crafting of the family emergency plan.** Making plans ahead of time will help everyone feel more prepared when disaster strikes.

For more information on hurricane season preparedness, visit
www.fema.gov/disaster/4339/hurricane-preparedness