Wolf Requirements

1. Create a checklist to keep your home safe.
2. Discuss a family emergency plan with the family.
3. Create, plan, and practice summoning help during an emergency.
4. Learn emergency skills and care for choking, wounds, nosebleeds, falls, and animal bites. The emergency skills should include responses for fire safety, poisoning, water accidents, substance abuse, and more.
5. Join a safe kids program such as the McGruff Child Identification program. Put on a training program for your family or den on stranger awareness, Internet safety, or safety at home.
6. Make a presentation to your family on what you have learned about preparing for emergencies.

“This Booklet will help you fulfill the Wolf requirements to earn the Emergency Preparedness Award.

Remember to

⇒ Discuss a family emergency plan with your family AND
⇒ Make your Presentation of what you have learned about Safety at home.

Then text or email your Leader when this is done so you can earn your badge at the next Pack Meeting.”
Family Emergency Plan

Make a plan
To make sure you can reconnect with family and remain safe

&

Get a kit
That contains emergency supplies and is easy to carry

Make an Emergency Kit

1. WATER
   - One gallon of water per person per day for 7 days for drinking and sanitation

2. FOOD
   - Non-perishable food for 7 days for each person
   - Infant formula
   - Can opener for food

3. RADIO
   - Battery-powered or hand crank radio and a NOAA Weather Radio with two extra batteries for both

4. MEDICATIONS
   - Prescription medications and glasses

5. CLOTHES
   - Complete change of clothing including a long-sleeved shirt, long pants, and sturdy shoes
   - Sleeping bag or warm blanket for each person

6. FLASHLIGHT
   - Flashlight and extra batteries
   - Vehicles to signal for help
   - Cell phone with charger, travel or solar charger

7. HYGIENE ITEMS
   - Sanitizing supplies & personal hygiene items
   - Diapers

8. FIRST AID KIT
   - First aid kit
   - Moist towelettes, garbage bags, and plastic tied for personal sanitation

9. CASH
   - Cash or traveler’s checks and change

10. PET FOOD
    - Pet food and extra water for your pet
EMERGENCY SKILLS

CHOKING RESPONSE - HEIMLICH

WOUND CARE

1. apply pressure
2. elevate the injured area
3. apply a pressure bandage

NOSEBLEEDS

AFTER A FALL

Head tilted forward
Squeeze firmly above nostrils

ANIMAL BITES

FIRE SAFETY RESPONSE

Seek Medical Care if:
- the bite was from
  - a wild or stray animal
  - an animal that isn't up-to-date on rabies shots
  - an animal that is acting strangely
- the bite has broken the skin
- the bite is on the face, head, neck, hand, foot, or near a joint
- a bite or scratch becomes red, hot, swollen, or increasingly painful
- the child is behind on shots or has not had a tetanus shot within 5 years

POISON & SUBSTANCE ABUSE RESPONSE

WATER ACCIDENT RESPONSE

Chain of Drowning Survival
A person who is drowning has the greatest chance of survival if these steps are followed:

Recognize the signs of someone in trouble and shout for help.
Rescue and remove the person from the water (without putting yourself in danger).
Call emergency medical services (911).
Begin rescue breathing and CPR.
Use an AED if available and transfer care to advanced life support.

1-800-222-1222
POISON Help

D R S A B
DANGER RESPONSE SHOUT AIRWAYS BREATHING
STOP.
DROP.
ROLL.
EXIT
# HOME SAFETY CHECKLIST

<table>
<thead>
<tr>
<th>Prevent Choking</th>
<th>Prevent Wounds</th>
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</thead>
<tbody>
<tr>
<td>Prevent Nosebleeds</td>
<td>Prevent Falls</td>
</tr>
<tr>
<td>Animal Safety</td>
<td>Fire Safety</td>
</tr>
<tr>
<td>Poison &amp; Substance Safety</td>
<td>Water Safety</td>
</tr>
</tbody>
</table>
Swim in Lifeguard-supervised beaches & pools

- Slow down
- Take precautions
- Use protective gear

- Don’t stick anything up your nose
- Don’t give small children tiny objects to play with
- Chew food thoroughly

- Avoid laughing or talking with your mouth full
- Blow your nose gently
- Don’t Pick your Nose

- Don’t let kids play on high porches, stairs or balconies
- Consider anti-Slip mats for bathtubs or showers
- Keep rooms free of clutter

- Install smoke detectors & fire extinguishers throughout
- Store matches & lighters in a locked cabinet
- Develop & practice a fire escape plan

- Keep away from unfamiliar or angry animals
- Avoid sick or injured animals
- Don’t tease or touch wild animals

- Store all cleaners, medicines, & batteries out of sight
- Properly dispose of old medicines
- Install CO alarms