Being Safe After a Flood
Activity Book
For children aged 3–7 years
Be careful with food and water.
Always ask an adult before you:

- Eat food
- Drink water
- Take a bath
- Brush your teeth

Remember:
Always wash your hands with soap and clean water.
Be careful outdoors.
Which activities keep you safe after a flood?

1. Going near power lines in your yard.  
2. Putting bug spray on your body so you don't get bug bites.  
3. Playing around puddles, rivers, or streams.  
4. Throwing away toys and clothes that have been in floodwater.  
5. Touching dead animals.  
6. Playing with stray dogs or cats or snakes or other wild animals.

Tell an adult if you smell something bad or hear a hissing noise (like a snake) in your house.

You may feel sick after a flood.
Always tell an adult if you don’t feel well.

Match the words with the pictures.

Dizzy

Tired

Hurt in your chest

Bad dreams

Headache

Throw up

If you feel sick at night, go tell an adult like your mom or dad. Call 9-1-1 if you can’t find an adult.
You and your family may be sad after a flood.

After a flood, you and your family may feel sad or angry. This is normal.

Here are some things you can do if you’re feeling sad:

- Talk about your feelings with your parents or a friend.
- Do something fun. Listen to music or read.
- Be kind to others. Doing things for others will make you feel better.
- Eat healthy food like an apple.
- Get plenty of sleep at night.
Draw a picture or write a story about the flood.

What makes you happy?

What is your favorite book? ____________________________________________________

What is your favorite song? __________________________________________________

What games do you like playing with friends? __________________________________

_________________________________________________________________________
Find these items in the picture:
Look for the **safe** activities. They will help guide you to the end.

- **START**
- **Throw away toys that have been in floodwater**
- **Trash**
- **Go near power lines**
- **Wash your hands**
- **Eat healthy foods**
- **Play in water**
- **Ask an adult before you drink water**
- **End**
- **Play with wild animals**
- **Touch dead animals**
- **Illustrations by Leslie Newman and Obadinah Haynes**