



WHAT WOULD YOU DO?

A KID'S GUIDE TO
TRICKY AND STICKY SITUATIONS



Written by Linda Schwartz
Illustrated by Kristen DeFazio

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A NOTE TO KIDS

LIFE IS FULL OF SURPRISES.

Some of these surprises are pleasant, like opening a birthday gift or having a favorite relative stop by for a visit. Some of these surprises are unpleasant, like waking up with the chicken pox or finding a flat tire on your bike. And some of these surprises are downright scary, like hearing noises outside a window when you are home alone or waking up to the smell of smoke.

Illness, flat tires, strangers, and fires are only a few of the tricky and sticky situations you'll read about in *What Would You Do?* The author of this book provides many different situations you might encounter at home, at school and on the way, out on your own, or in an emergency.

These situations vary in seriousness. Some of them are merely awkward or embarrassing. Some of them are frightening or dangerous. And some of them are life-threatening. The purpose of this book is to help you plan for these situations in advance so that you will be better prepared to deal with them if or when they arise.



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SECTION 1

FIRST AID

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SECTION 1

FIRST AID



In any emergency, knowledge of basic first aid procedures can make a difference. In the worst emergencies, this knowledge can make the difference between life and death.

FIRST AID SUPPLIES CHECKLIST

- Adhesive bandages 
- roll of adhesive tape 
- pads of sterile gauze 
- antiseptic liquid or cream 
- first aid cream (topical anesthetic) 
- antibacterial soap 
- baking soda 

- calamine lotion 
- petroleum jelly 
- hot water bottle 
- ice bag or ice pack 
- packet of needles 
- scissors 
- tweezers 
- thermometer 
- eye dropper 
- measuring teaspoon 
- disposable gloves 

BLEEDING WOUNDS

While you are home alone, you decide to make yourself a sandwich. Suddenly, the knife slips and cuts your finger, but you can't stop the bleeding.

HOW TO TREAT A BLEEDING WOUND

WASH THE WOUND THOROUGHLY

- Wash the cut with soap and water.
- Hold your finger under cold running water.



WRAP YOUR FINGER

Wrap a paper towel, napkin, or tissue snugly around your finger.



HOLD FINGER ABOVE YOUR HEAD

see below



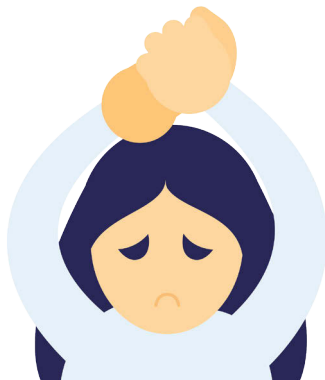
APPLY A BANDAGE

After the bleeding has stopped, apply an antiseptic and then a fresh bandage.



HOLD YOUR FINGER ABOVE YOUR HEAD

After you wrap your wound, hold your finger above your head. This will help to slow the bleeding. Once the bleeding has stopped, then you can use a bandage.



ADDITIONAL STEPS FOR DEEP WOUNDS

TELL YOUR PARENTS

Either call your parents or tell them when they get home that you injured yourself.



SEE A DOCTOR

If the wound is really bad, see a doctor so they can protect you from infection by making certain that the wound has been thoroughly cleaned.



MAY NEED TETANUS BOOSTER

Depending on what caused the injury, you may need a tetanus booster if you haven't had one in 5–7 years.



NOSE BLEEDS

LEAN FORWARD AND PINCH NOSE

- Sit down and lean forward, pinching the soft part of your nose together.
- Remain in this position for 5–10 minutes, or until the bleeding stops.
- Do not lean backward. This is a common misconception and may allow blood to flow into your throat.



LIE WASHCLOTH ACROSS FACE

Laying a cold, damp washcloth or towel across your face may ease the pain.



BEE STING

At the playground or at the beach, a bee stings you on the arm. The sting is painful, and the skin on your arm turns red and begins to swell.

HOW TO TREAT A BEE STING

□ REMOVE THE STINGER

The stinger will detach from the bee when it stings. If possible, remove the stinger carefully.



□ COOL THE STUNG AREA

Cooling the arm will relieve the pain and slow the absorption of poison.

Apply an ice pack if one is available or use cold water.



□ MAKE A SOOTHING SOLUTION

When you get home, dissolve a small amount of baking soda in cool water and soak your arm in this soothing solution.

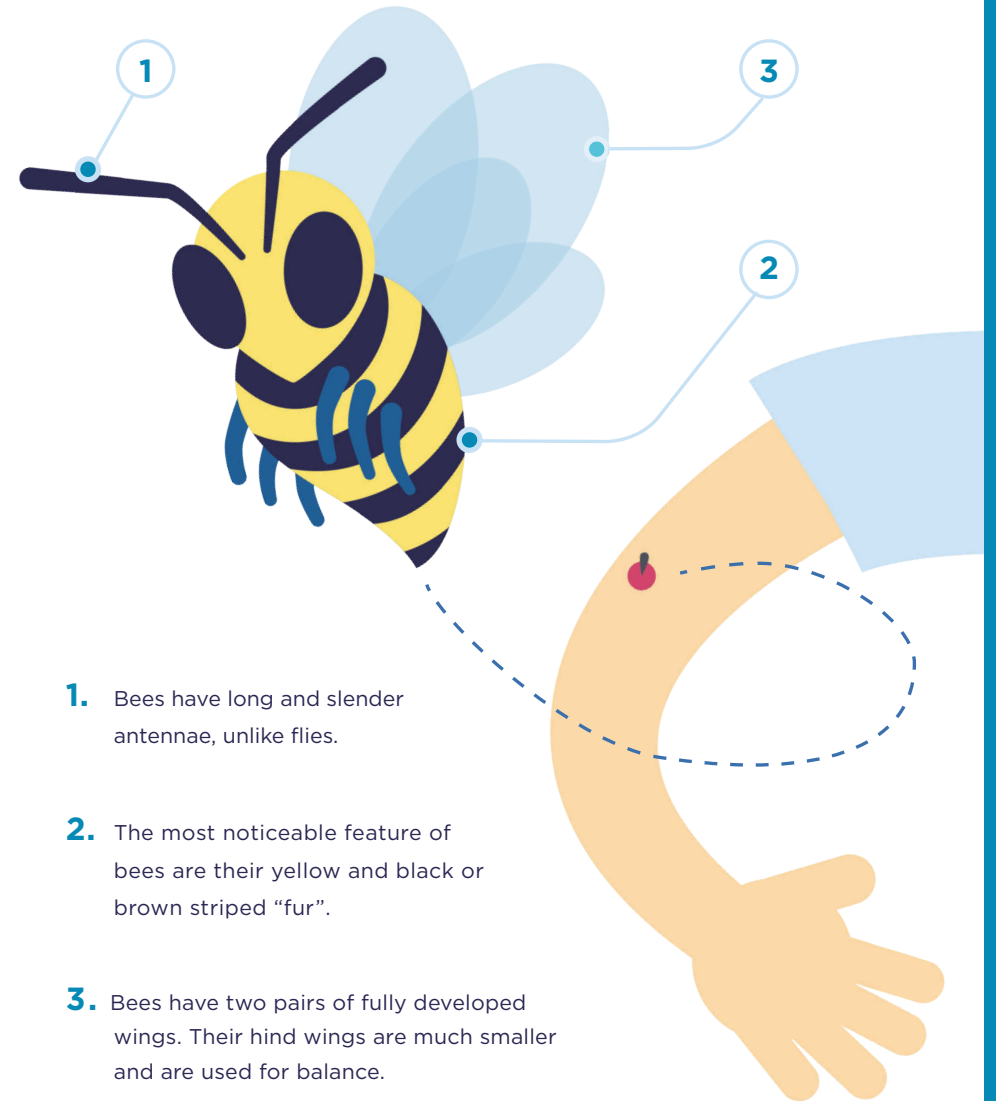


□ RELIEVE THE ITCH

To relieve the itch, apply calamine lotion or a topical anesthetic.



HOW TO RECOGNIZE A BEE



1. Bees have long and slender antennae, unlike flies.
2. The most noticeable feature of bees are their yellow and black or brown striped “fur”.
3. Bees have two pairs of fully developed wings. Their hind wings are much smaller and are used for balance.

BE CAUTIOUS OF BEE ALLERGIES

If you are allergic to bee stings or have been stung by several bees, have an adult take you to a hospital. While you are traveling, use cool compresses to relieve discomfort.

TICK BITE

You are camping with your family in the woods. When you return from a morning hike, you discover a tick on your leg.

HOW TO TREAT A TICK BITE

DO NOT REMOVE BY:

Do not try to brush or burn off the tick or pull it loose.



REMOVE THE TICK CAREFULLY

- Cover the tick with a thick coat of petroleum jelly so it can't breathe. It will suffocate and fall off in around 30 minutes.
- If it doesn't fall off, remove it with tweezers. Work slowly so that you do not crush the tick or separate the body from the head.



WASH THE BITE AREA

Once the tick has been removed, wash area around the tick bite with soap and water for a full 5 minutes.



RELIEVE THE ITCH

Apply a topical anesthetic to the bite area to relieve the itching.



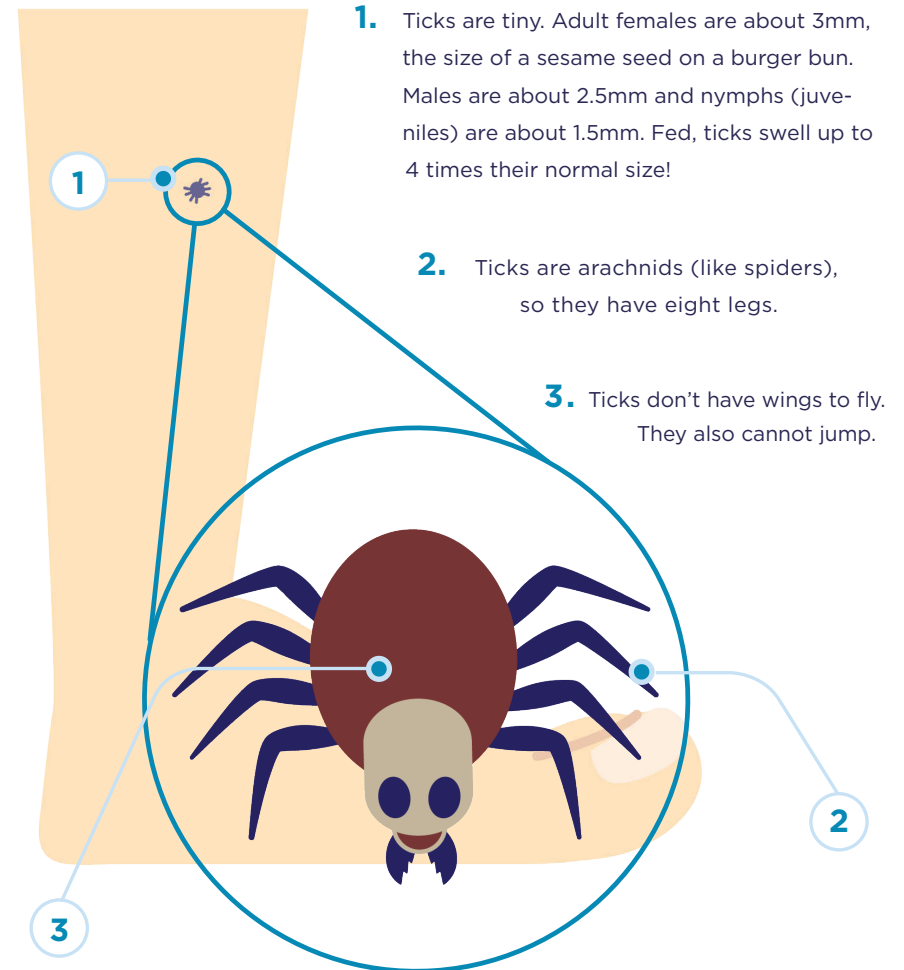
DO NOT SCRATCH

Scratching will only make the bite worse!



HOW TO RECOGNIZE A TICK

Ticks vary in color and in size, depending on the type of tick, whether it is male or female, and whether it is a baby, juvenile or an adult. The tick's color and size also depends on whether it has fed or not.



1. Ticks are tiny. Adult females are about 3mm, the size of a sesame seed on a burger bun. Males are about 2.5mm and nymphs (juveniles) are about 1.5mm. Fed, ticks swell up to 4 times their normal size!

2. Ticks are arachnids (like spiders), so they have eight legs.

3. Ticks don't have wings to fly. They also cannot jump.

BE CAUTIOUS OF LYME DISEASE

Ticks can transmit Lyme disease. Watch the bite area closely and if it becomes swollen and inflamed or if you develop a fever, see a doctor and asked to be tested for Lyme disease.

POISON IVY

After playing in the woods, you break out in a rash. From past experience, you suspect that the cause is poison ivy.

HOW TO TREAT A RASH FROM A POISONOUS PLANT

- REMOVE AND WASH YOUR CLOTHES**
Take off your clothes and place them in a plastic garbage bag.. Wash them separately from anything else as soon as possible
- WASH THE AREA**
Wash the area thoroughly yet gently with **soap and water**. Do not scrub hard with a cloth or brush.
- RELIEVE THE ITCH**
To relieve the itch, apply **calamine lotion** or a topical anesthetic.
- DO NOT SCRATCH**
When blisters form, **do not scratch** them. If you do, this will cause the rash to spread.

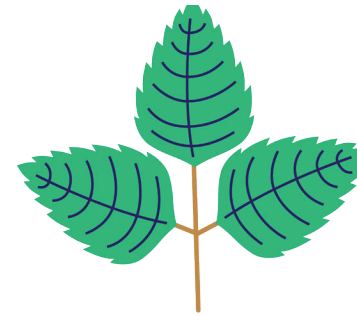


IMMUNIZATION

- ASK A DOCTOR**
If poison ivy becomes a persistent problem, you can ask a doctor about immunization.



LEARN TO RECOGNIZE DIFFERENT TYPES OF POISONOUS PLANTS



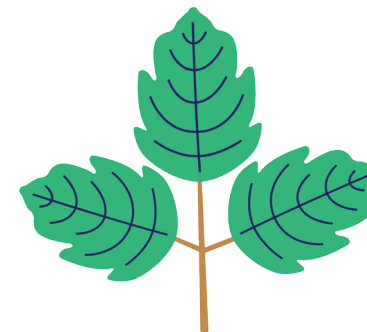
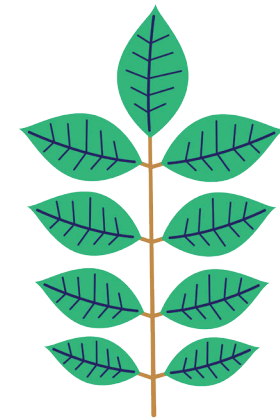
POISON IVY

Poison Ivy usually has three broad, spoon-shaped leaves or leaflets or more. It may grow as a climbing or low, spreading vine that sprawls through grass commonly in eastern states, or as a shrub in northern states and Canada.

“LEAVES OF THREE? LET IT BE!”

POISON SUMAC

Poison Sumac has 7 to 13 leaflets per leaf stem. The leaves have smooth edges and pointed tips. Poison sumac grows as a shrub or small tree. In the United States, it is found in wooded, swampy areas, such as Florida and parts of other southeastern states, and in wet, wooded areas in northern states.



POISON OAK

Poison Oak has leaves that look like oak leaves, usually with three leaflets but sometimes up to seven leaflets per leaf group. It grows as a vine or a shrub. Poison oak is more common in the western United States, and sometimes found in eastern states.

CHOKING

Your friend is over at your house and the both of you are eating snacks. When something gets caught in her throat, she begins to choke.

RECOGNIZING SIGN OF CHOKING

□ THEY CANNOT TALK

When someone's windpipe is blocked, they cannot speak but will only remain conscious for a few minutes. Ask your friend if she can talk. If she shakes her head no, her windpipe is probably blocked. Only yes-or-no questions should be asked so she can shake or nod her head in answer.



HOW TO HELP SOMEONE CHOKING

□ A: LIE OVER CHAIR

Having them lie face down over a chair can help dislodge the food stuck in their throat.



□ B: FIVE-AND-FIVE METHOD

This method alternates five back blows with five thrusts of the abdomen.



□ C: CALL 911 (IF UNCONSCIOUS)

Call emergency help if they fall unconscious.



□ D: CPR (IF UNCONSCIOUS)

An adult can also attempt to perform CPR.



A: LIE OVER CHAIR

If your friend can't cough up on her own, instruct her to lie face down over a chair with her head lower than her body.

This change in position may help your friend dislodge the food stuck in her throat.



B: FIVE-AND-FIVE METHOD

BACK BLOWS

Start by using your hand's heel to hit the person between the shoulder blades five times.



HEIMLICH MANEUVER

To do the Heimlich, stand behind the choking person with your arms around them. Put one fist above the belly button and wrap your other hand around your fist. Press into the stomach and thrust upward.



Repeat this method until the person stops choking or if they fall unconscious

SECTION 1 FIRST AID



REVIEW

1. Do you lean forward or backward if you have a nosebleed?

- A Forward
- B Backward
- C Either

2. How do you know someone is choking?

- A They tell you they are choking.
- B They are coughing.
- C They can't speak.

3. What should you do if someone choking falls unconscious?

- A Call 911
- B Have an adult perform CPR
- C Both

4. What first aid supplies can help relief a poison ivy itch?

- A Calamine lotion
- B Petroleum jelly
- C Baking soda

5. How many leaflets does Poison Sumac have?

- A 3
- B 5 to 6
- C 7 to 13

6. What kind of booster might you need for a deep wound?

- A Rabies
- B Tetanus
- C Pertussis

7. About how large is a female tick?

- A the size of a sesame seed
- B the size of a dime
- C the size of a grain of salt

8. To treat a bee sting, what is used to make a soothing solution?

- A antiseptic
- B Baking Soda
- C calamine lotion

Ask a parent to grade your quiz. Write down your score here.

NUMBER CORRECT: ____ /8

GOOD WORK SO FAR! LET'S MOVE ON TO THE NEXT SECTION!

SECTION 2

DURING SCHOOL



Bullying

22-23

Stolen Item

24-25

Forgotten Homework

26-27

BULLYING

An older kid corners you on the playground and threatens to beat you up if you don't give him your lunch money.

HOW TO HANDLE A BULLY

❑ DON'T GIVE IN TO THE BULLY

Try to ignore the kid. Don't give him your money just because he asks for it. Giving him your money might encourage him to threaten you again.



❑ YELL FOR HELP

If a teacher or another adult is within earshot, yell for help.



❑ REPORT INCIDENT AT OFFICE

If the kid takes your money, go immediately to the school office or a teacher and report the incident.



❑ DESCRIBE THE BULLY

If you don't know who the bully was, include age or grade, height, weight, color of hair and eyes, and any unique articles of clothing you may have noticed.



NOT ALL BULLIES RESEMBLE THIS STEREOTYPE



ABOUT REAL BULLIES

- 1 They might think bullying is a way to be popular. It makes them feel big and powerful.
- 2 A bully might pick on kids who seem weak, smarter than they are or different from them in some way.
- 3 Some have been bullied themselves and are copying how another bully acts.
- 4 Many bullies may not really know how hurtful their actions can be to others.

STOLEN ITEM

When you return from lunch at school, you find that the baseball cards you brought to school are missing from your desk. You look everywhere but you can't find them,

WHAT TO DO IF SOMETHING OF YOURS IS STOLEN

□ ASK YOUR CLASSMATES

Ask classmates who sit near you if they saw anyone looking in your desk.



□ ASK YOUR TEACHER FOR HELP

Tell the teacher that your cards are missing. Explain that they are special to you and request that they ask the other students if they have any idea where the cards might be. Say that you'd like for anyone who finds the missing cards to put them back in your desk, no questions asked.



□ LEAVE ITEM WITH TEACHER

If you bring an item of value to show the class another time, ask your teacher to place it in their desk for safekeeping.



TRY NOT TO GET ANGRY AND CONFRONT OTHER STUDENTS

If you suspect a specific student of stealing, you don't want to confront them about it on your own. You might become angry, especially if the other student would deny stealing. Then you risk getting into a fight. It is best to let your teacher who you suspect so they can handle the thief.



WHY ANOTHER KID MIGHT STEAL

THEY MAY BE JEALOUS AND WANT ATTENTION TOO

Stealing is often caused by seeing some highly desired item being shown off. You got a lot of attention or praise from your friends, right? The other kid might think by taking that item that they can get attention and be popular.

THEY JUST WANT IT

Maybe the item is something they already wanted and just couldn't get on their own. It would make them feel better just to have it.

FORGOT HOMEWORK

When your teacher starts to collect homework, you realize that you have forgotten yours. This is even the last day you can turn in the assignment for credit.

WHAT TO DO IF YOU FORGOT HOMEWORK

□ EXPLAIN SITUATION TO TEACHER

Explain the situation to your teacher. They may let you bring it in tomorrow, especially if you don't usually forget.



□ CALL PARENT TO BRING WORK

If you know one of your parents are home, ask your teacher if she would allow you to call home to ask someone to bring it in.



HOW TO NOT FORGET HOMEWORK

□ KEEP AN AGENDA BOOK

If you have forgotten to bring in homework before, you may find it helpful to keep a list of assignments and the dates on which they are due.



□ GET READY THE NIGHT BEFORE

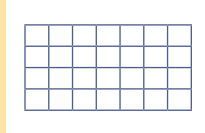
Also, it is easy to forget things when you are in a hurry. Instead of waiting until morning, get your books and papers together on the night before they are due, when you have more time to remember and get organized.



KEEPING AN AGENDA BOOK

An agenda book is where you can write down your daily homework assignments. Remember to check off each assignment as you complete it and then make sure to put your work into your backpack when you're all done.

December



Monday

12

| |
|----------------|
| Reading |
| Social Studies |
| Math |
| Science |
| Art |
| Music |

Tuesday

13

| |
|----------------|
| Reading |
| Social Studies |
| Math |
| Science |
| Art |
| Music |

Wednesday

14

| |
|----------------|
| Reading |
| Social Studies |
| Math |
| Science |
| Art |
| Music |

SECTION 2

DURING SCHOOL



REVIEW

1. Why might a kid be a bully?

- A They are coping how other bullies act.
- B They want attention or to be popular
- C Both are possible

2. If a bully takes your money, what should you do?

- A Go home and forget about it.
- B Report it to a teacher or at the school office.
- C Try to get your money back by force.

3. A bully is always the toughest boy in class.

- A True
- B False

4. Where should you put valuables you bring to school?

- A In your desk.
- B In your backpack.
- C Leave with a teacher.

5. If you know who stole your belonging what should you do?

- A Try to get it back on your own.
- B Ask your friend to help you get it back.
- C Ask your teacher to help you get to back.

6. If you confront the thief, what bad might happen?

- A They deny they stole it and won't give it back.
- B You both get angry and get into a fight.
- C Either

7. How can you prevent forgetting your homework?

- A Keep an agenda book.
- B Put your work into your bag the night before.
- C Both

8. How should you explain your missing homework?

- A Say your dog ate it.
- B Explain that you forgot it.
- C Say that you just didn't do it.

Ask a parent to grade your quiz. Write down your score here.

NUMBER CORRECT: ____ /8

GOOD WORK SO FAR! LET'S MOVE ON TO THE NEXT SECTION!



SECTION 3

STRANGERS

Followed by a Stranger
32-33

Stranger at the Door
34-35

Stranger Offering a Ride
36-37

FOLLOWED BY A STRANGER

While walking home from school, you notice that you are being followed by a stranger. Something about him makes you feel very uncomfortable.

WHAT TO DO IF FOLLOWED

FIND AN ADULT YOU KNOW

Look for the nearest house which has signs that an adult you know is home, such as an open garage door or kids playing out front.



EXPLAIN THE SITUATION

First, let the adult know that someone suspicious was following you.



GIVE A DESCRIPTION

Then, give the adult a description of the stranger. Include a range of age, height, body size, color of their hair and eyes, and any unique facial features. Also mention any unusual articles of clothing you had noticed.

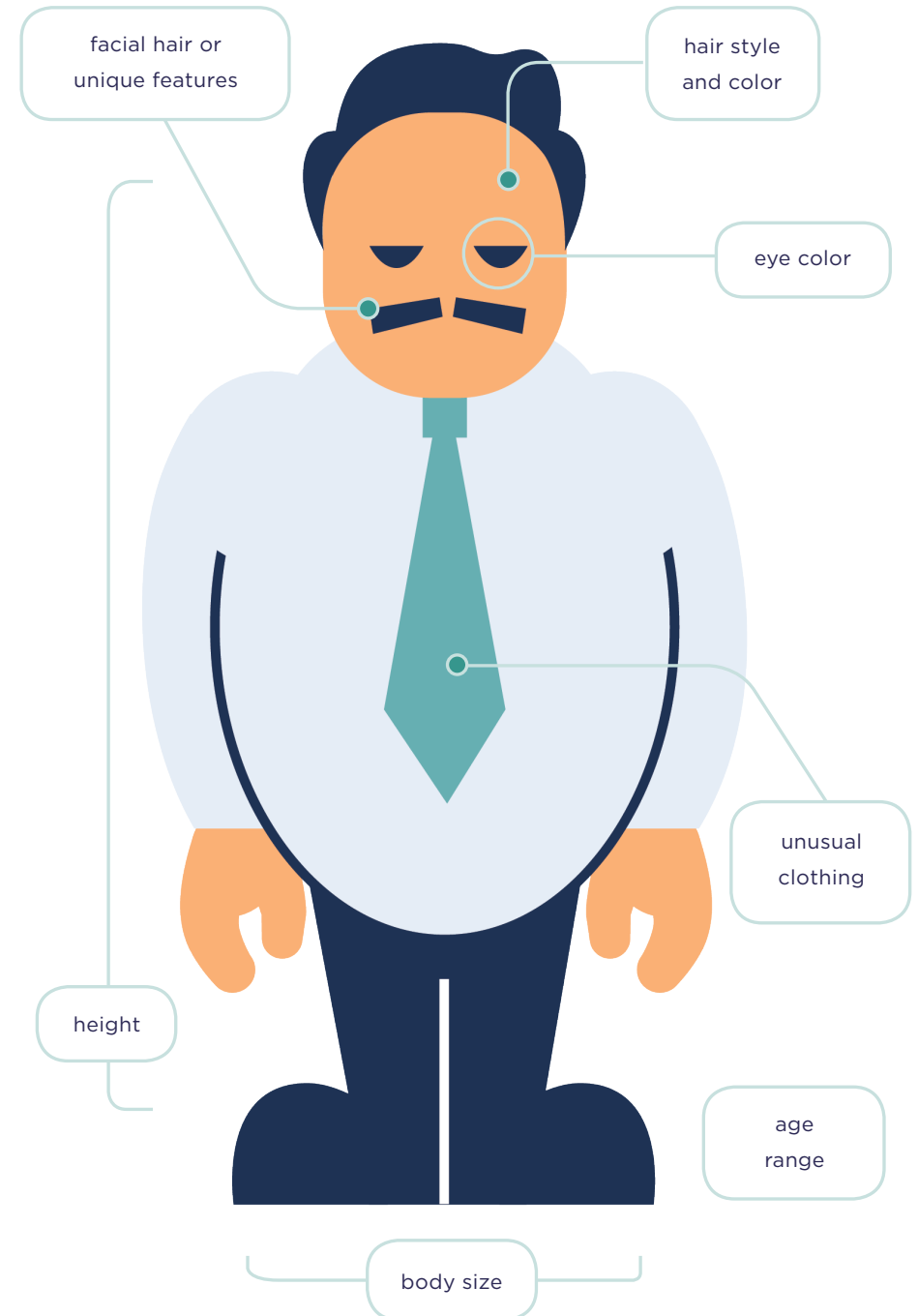


HAVE ADULT CALL 911

Ask the adult you know to call the police to report the incident and so they can look out for the suspicious person.



THINGS YOU SHOULD TRY TO REMEMBER ABOUT A STRANGER



STRANGER AT THE DOOR

When you are home alone, you hear a knock at the front door. You look out before opening the door and see a person you do not know standing outside.

HOW TO HANDLE A STRANGER AT THE DOOR

DO NOT OPEN THE DOOR

Leave it closed and locked. Especially do not invite the stranger inside.



ACKNOWLEDGE THE PERSON

To let the stranger know **someone** is home, ask, "Who's there?" or "Who is it?"



"MY MOM CAN'T COME TO THE DOOR"

Say only that your parents can't come to the door. Do not say that you are home alone or mention when your parents plan to return. Try to say as little as possible.



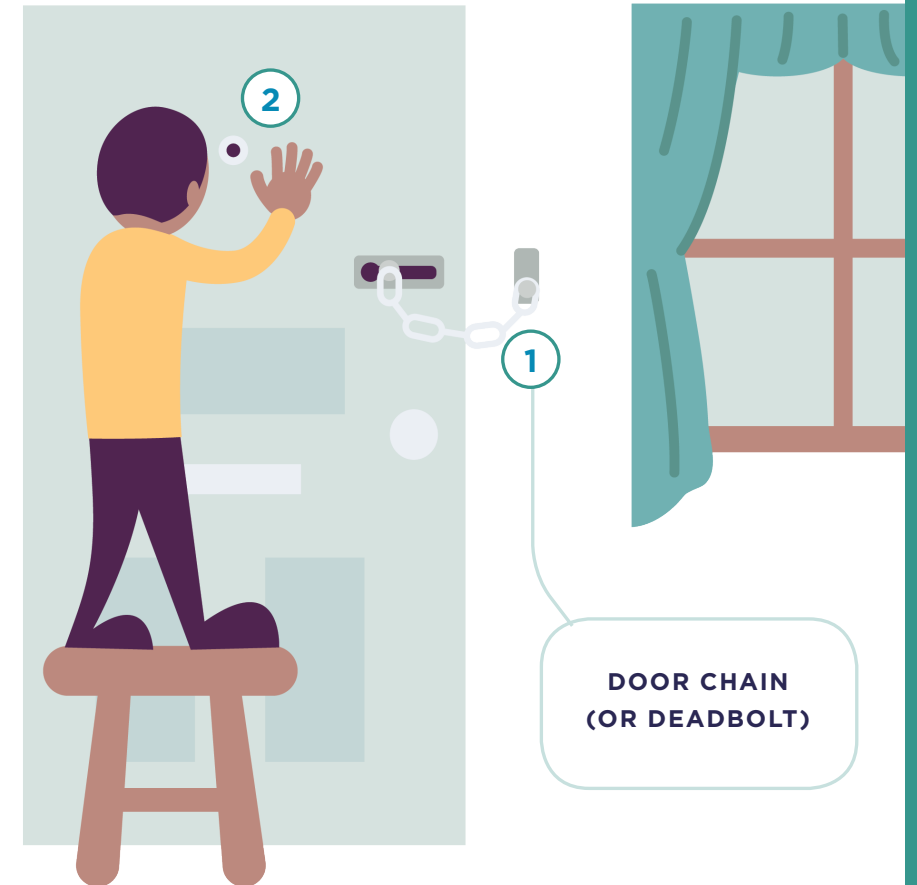
CALL A NEIGHBOR OR 911

- If the stranger does not leave right away or you feel uncomfortable with the situation for any reason, call a neighbor.
- In the worst case, you can call 911 to report the incident to the police.



ANSWERING THE DOOR SAFELY

1. Make sure the door is locked. Also lock the door chain or dead bolt.
2. Use a stool or chair to look through the peep hole to see who is at the door. You can also look out a window.
3. Only talk to the stranger with the door closed and do not open it even if they want to give you something.



**DOOR CHAIN
(OR DEADBOLT)**

WHAT IS HOME INVASION?

Home invasion is when someone forcibly enters a home to commit robbery or other crimes while the occupant is there.

It is frightening, personally threatening, and can happen anywhere. Criminals gain entry by posing as legitimate visitors.

STRANGER OFFERING A RIDE

While walking to school, a stranger comes up and says that your mother has just been hurt in a car accident. They offer to drive you to the hospital so you can see your mother.

WHAT TO DO IF A STRANGER OFFERS TO TAKE YOU SOMEWHERE

DO NOT GO WITH THE STRANGER

It is likely that he knows nothing about your mother and has made up the accident story to get you into his car.



NOTE THE STRANGER'S APPEARANCE

Take a good look at the stranger's appearance so that way you can tell an adult at school or a police officer.

See *Followed by a Stranger*, pg 6–7.



NOTE THEIR CAR AND LICENSE PLATE

Also pay attention to what the stranger's car is like, and if you can remember the license plate number.



GET AWAY, WALK WITH OTHER KIDS

If there are any other children around, try to join up with them to walk to school.



DESCRIBING THE STRANGER AND THEIR CAR

FOLLOWED BY A STRANGER, pg 32–33,
for things to remember about the stranger.

THE VEHICLE:
The make or model. Otherwise, at least try to remember the color and the general type of vehicle.



LICENSE PLATE:
Found above the back-bumper. Some states require a second one on the front too. Remember what state and license plate number it shows.

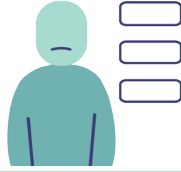


NEVER GO ANYWHERE WITH A STRANGER!

Never go anywhere with a stranger, even if it sounds like fun. Predators can lure kids with questions like: "Can you help me find my lost puppy?" or "Do you want to see some cute kittens in my car?"

SECTION 3

STRANGERS



REVIEW

1. If a stranger is following you, what is the first step?

- A Go to them and ask why they are following you.
- B Go to the nearest house of an adult you know.
- C Keep going and pretend like they aren't following.

2. What should you remember about a stranger?

- A Physical features like height and weight.
- B Unique attire.
- C Both

3. Is it okay to let a stranger in the house?

- A If they seem nice.
- B If they ask to be let in.
- C No.

4. Why should you say your mom can't come to the door?

- A So they don't know you're home alone.
- B Because only your dad can come to the door.
- C Because you want them to wait until she can.

5. What should you do if a stranger offers a car ride?

- A Thank them and go with them.
- B Refuse to go with them.
- C Go only if they tell you about an emergency.

6. What is important to remember about a stranger's car?

- A The model and color.
- B The license plate.
- C Both

7. How can you avoid strangers walking home from school?

- A Walk with other kids.
- B Ride your bike.
- C Either

8. What is the most likely reason a stranger would offer a ride?

- A They could be a kidnapper.
- B They actually know you.
- C They want to be nice.

Ask a parent to grade your quiz. Write down your score here.

NUMBER CORRECT: ____ /8

GOOD WORK SO FAR! LET'S MOVE ON TO THE NEXT SECTION!



SECTION 4

HOME ALONE

Blackout

44-45

Answering the Phone

46-47

Feeling Sick

48-49

SECTION 4 HOME ALONE



Once you are old enough, your parents will sometimes let you stay at home alone either after school before they get home from work or in the evening if they go out. This can be exciting, but also demands a lot of responsibility.

This section will discuss a few situations you might encounter while home alone.

However, in case of an emergency you may not know what to do. Make sure you know how to contact someone if there is an emergency, such as the police, your doctor, or a neighbor.

EMERGENCY CONTACTS

Police: 911/ _____



Fire Department: _____



Family Doctor: _____



Hospital: _____



Veterinarian: _____



FRIENDS & FAMILY PHONE NUMBERS

Mom's Cell/Work: _____ / _____

Dad's Cell/Work: _____ / _____

| | NAME | RELATIVES | NUMBER |
|----|-------|-----------|--------|
| 1. | _____ | _____ | _____ |
| 2. | _____ | _____ | _____ |
| 3. | _____ | _____ | _____ |
| 4. | _____ | _____ | _____ |

| | NAME | NEIGHBORS | NUMBER |
|----|-------|-----------|--------|
| 1. | _____ | _____ | _____ |
| 2. | _____ | _____ | _____ |
| 3. | _____ | _____ | _____ |
| 4. | _____ | _____ | _____ |

| | NAME | FRIENDS | NUMBER |
|----|-------|---------|--------|
| 1. | _____ | _____ | _____ |
| 2. | _____ | _____ | _____ |
| 3. | _____ | _____ | _____ |
| 4. | _____ | _____ | _____ |

BLACKOUT

Your parents went out for the evening, leaving you home alone or with a friend for the night. All of a sudden, the electricity goes off. The room is now completely dark.

WHAT TO DO IF THERE'S A BLACKOUT

CHECK WHERE ELECTRICITY IS OUT

- If the lights are out only in one part of your house, the problem is probably a blown fuse or a tripped circuit breaker.
- If the lights are out in every room, and in every house on your block, the problem is probably a power outage, or blackout.



LEAVE CIRCUIT BREAKER ALONE

Do not try to chance the fuse or reset the circuit breaker. Let your parents do that when they come home.



STAY IN A LIGHTED ROOM

Stay in the lighted part of your house if any lights are on at all, and if possible.

Wait a few minutes. In most instances of a blackout, the power is restored quickly.



FIND A FLASHLIGHT

Find and turn on a flashlight. You should keep flashlights handy in several parts of your house for use in emergencies.



FUN THINGS TO DO DURING A BLACKOUT

IF NO ONE ELSE IS HOME:

1. Read with a flashlight
2. Play a handheld video game
3. Put together a puzzle
4. Draw or do crafts

IF A FRIEND OR SIBLING IS HOME WITH YOU:

1. Play card games
2. Play a board game
3. Play hide and seek
4. Build a blanket fort
5. Tell ghost stories
6. Put on a play
7. Play charades



ANSWERING THE PHONE

The telephone rings when you are home alone. You answer but you don't recognize the person's voice when they ask if one of your parents are home.

HOW TO TAKE PHONE CALLS

- "MY DAD CAN'T COME TO THE PHONE"**
 Don't let them know you are home alone.
 Tell the caller that your father can't come to the phone right now, but that you would be glad to take a message.
- HAVE PAPER AND PENCIL READY**
 Always keep a small pad of paper and a pencil or pen near the phone to make message taking easier.
- WRITE CALLER'S INFO**
 - Write down the day and time of the call, the caller's name. Ask the caller to spell their name if you aren't sure how to write it and repeat any part of the number you missed.
- TAKE CALLER'S MESSAGE**
 Then you can write down their brief message, making sure to ask if you don't understand.



TAKING A CALLER'S MESSAGE



- CALLER'S NAME**
- CALLER'S PHONE NUMBER**
- WHEN THEY CALLED**
- BRIEF MESSAGE**
- CONFIRM SPELLING AND TIMES**

FEELING SICK

On the way home from school, you begin to feel sick. Your body aches, and your head feels warm. You're relieved when you reach your house, but no one is home.

WHAT TO DO IF YOU SUDDENLY GET SICK

CALL A PARENT

Call a parent and let them know that you are not feeling well. Tell them what hurts and ask what you should do.



DO NOT SELF-MEDICATE

Do not take any medicine unless your parents tell you to do so.



DRINK CERTAIN BEVERAGES

Drink water, fruit juices, or light-colored soft drinks.



TAKE A NAP

Relax in bed and try to get some sleep.



CAUSES OF COMMON AILMENTS



HEADACHE

- too little sleep
- lack of food or water
- being stressed
- watching TV or playing on the computer too long
- strong odors
- too much caffeine

STOMACH ACHE

- ate too much
- constipation
- food allergies/intolerance
- food poisoning
- Appendicitis
- other sicknesses like strep throat or mono



COLD VS FLU

BOTH

- sore throat
- coughing
- headache
- ear ache
- over the counter medicine
- last about a week

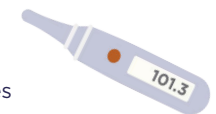
COLD

- fever uncommon
- gradual symptoms
- runny nose
- stuffy nose
- sneezing



FLU

- fever
- body aches
- extreme tiredness
- possibility of pneumonia
- seasonal vaccines available



SECTION 4 HOME ALONE



REVIEW

1. What is likely the cause if the lights are only out in one room?

- A Broken light bulb
- B Blow fuse or circuit breaker
- C Broken light switch

2. Lights out in every room and in other houses?

- A Brownout
- B Blueout
- C Blackout

3. What should you use for light during a blackout?

- A Candles
- B A lighter or matches
- C A flashlight

4. What can't you do during a blackout?

- A Play a board game.
- B Read a book.
- C Watch television.

5. What should you keep handy by the phone?

- A Paper and pencil
- B A calculator
- C A snack

6. What should you write down about the phone caller?

- A Their name and number.
- B A brief message.
- C Both

7. Should you take medicine if you feel sick

- A No, never.
- B If your parents tell you what to take.
- C Yes, the pills your mom always takes.

8. What can cause a stomach ache?

- A Food allergies
- B A cold
- C Watching too much television.

Ask a parent to grade your quiz. Write down your score here.

NUMBER CORRECT: ____ /8

GOOD WORK SO FAR! LET'S MOVE ON TO THE NEXT SECTION!



SECTION 5

HOME SAFETY

Fire
54-55

Burglary
56-57

**Hazardous Materials
& Poisoning**
58-59

See SECTION 1 for FIRST AID

HOUSE FIRE

A fire could start any time of the day. Maybe it is the middle of the night, and you wake up coughing, your eyes burn, and you smell smoke. You call out, but no one else hears you.

WHAT TO DO IF THERE IS A HOUSE

ALERT OTHERS

In case others are home, shout loudly to alert them or wake them up.



GET OUT

- If your bedroom door is closed feel it with your hand. If it is hot, do not open it.
- If your bedroom door is open, and you can feel heat or see flames, do not walk toward the fire. Instead, close the door.
- If you are on the ground floor, exit through a window.
- If you are not on the ground floor, stay in your room and wait for help.



BLOCK GAP UNDER DOOR

Place sheets, towels, or cloths along the bottom of the door to keep smoke from coming in.



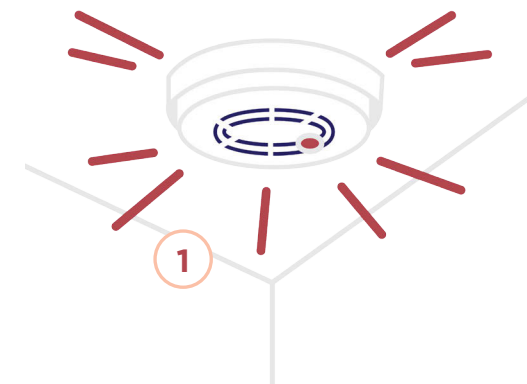
COVER YOUR FACE

Use another cloth to cover your face to prevent breathing in smoke.



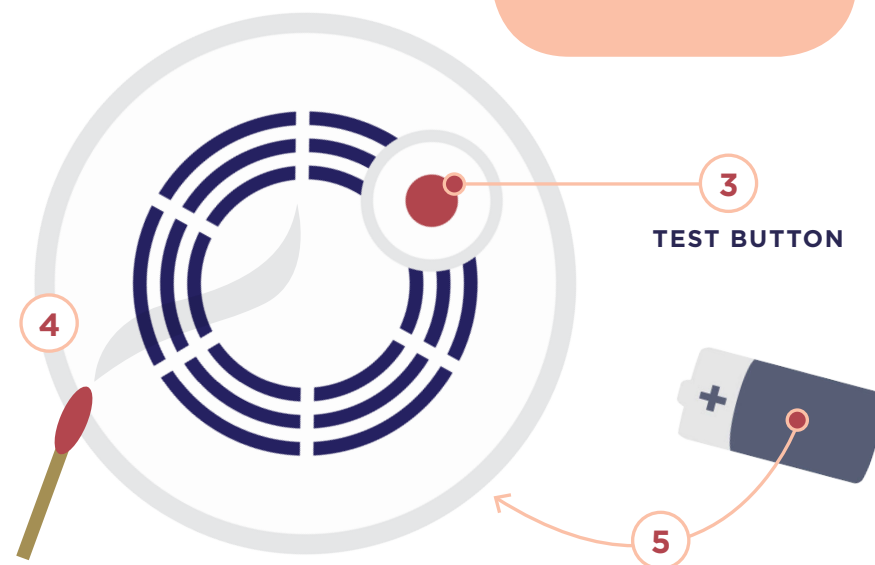
TEST SMOKE DETECTORS EVERY MONTH

1. Let everyone know that the alarm is going to be tested. If you have little siblings they might be frightened by the high-pitched noise.
2. Go to the furthest point away from the alarm while a parent does the test so you can be sure the alarm can be heard throughout the house.
3. After the test button has been pressed for a few seconds, the alarm should sound.
4. Check with real smoke by holding a just-blown-out match under the detector. Wait a few moments for the detector to sense the smoke.
5. If there is no sound or it is weak from either test, the batteries must be changed. Batteries should be replaced at least twice a year.



1

Smoke alarms that are properly installed and maintained play a very important role in reducing injuries and deaths from fires. Having a working smoke alarm can save your life in case of a fire or from other deadly gases.

3
TEST BUTTON

4

5

BURGLARY AND BREAK IN

While out and about in the neighborhood, you notice two strangers standing near your neighbor's window and think they may be trying to break in.

WHO TO TELL ABOUT THE STRANGERS

THE POLICE

If you can't tell someone soon in person, call 911 to report the incident to the police.



A PARENT

If you are near home, go back and tell one of your parents what you saw.



A FAMILIAR NEIGHBOR

If you are far from home but you are near a friend's place, go there and tell an adult.



AN ADULT AT SCHOOL

If you are on the way to school, go straight there and as soon as you arrive, report the incident to your teacher, school secretary, or principal.



Do not approach or confront strangers in any way. Instead, tell someone you know, like your neighbor, a parent, an adult at school, or call the police.

BREAK IN AT YOUR OWN HOUSE?

When you arrive home from school, you notice that the door is open or a window is broken. You know that no one is supposed to be home yet. You suspect that someone has broken in.

WHAT TO DO IN CASE OF A BREAK IN

DO NOT GO INSIDE

Don't go inside because the burglar might still be in your house.



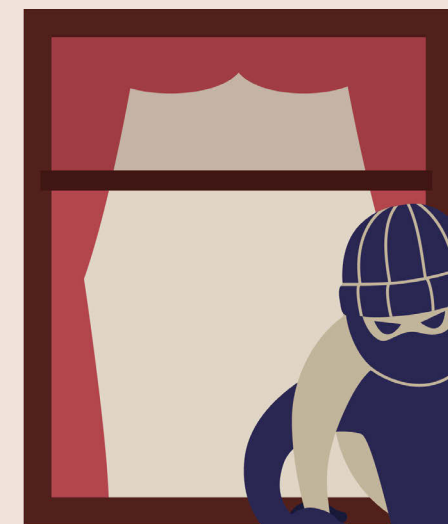
NOTICE UNFAMILIAR VEHICLES

Take note of any unfamiliar vehicles that are parked nearby. Write down their descriptions and what's on their license plates.



Be sure to lock your windows as well as your doors. Even a second floor window can be an opening to your home for a determined burglar. Do not hide an extra key in obvious places such as under the welcome mat.

See *Locked Out*, pg 66-67, for better suggested places to hide a key outdoors.



SECTION 5

HOME SAFETY



REVIEW

1. How often should you test your smoke detector?

- A Once a year.
- B Twice a year.
- C Once a month.

2. How often should you change a some detector's batteries?

- A Every other month.
- B Once a year.
- C Twice a year.

3. In case of fire, what should you block the gap under your door?

- A Furniture
- B Clothing or blanket
- C Toys

4. In case of fire, If you can't get downstairs, where should you go?

- A Wait by the window.
- B In the closet.
- C Under the bed.

5. You should call the police if you think there is a burglar.

- A True
- B False

6. What should you look out for in your surroundings?

- A A unfamiliar vehicle.
- B Suspicious strangers loitering.
- C Both

7. It is safe to use electronic products in the bath tub.

- A True
- B False

8. What can you use to keep younger siblings from getting into floor level cabinets?

- A Duct tape
- B Padlocks
- C Child safety door stoppers

Ask a parent to grade your quiz. Write down your score here.

NUMBER CORRECT: ____ /8

GOOD WORK SO FAR! LET'S MOVE ON TO THE NEXT SECTION!



SECTION 6

OUT ON YOUR OWN

Runaway Pet

65-65

Locked Out

66-67

Bike Gets a Flat Tire

68-69

RUNAWAY PET

You are walking your dog when he suddenly sees a cat. Excited, he dashes after the cat, pulling the leash from your hand.

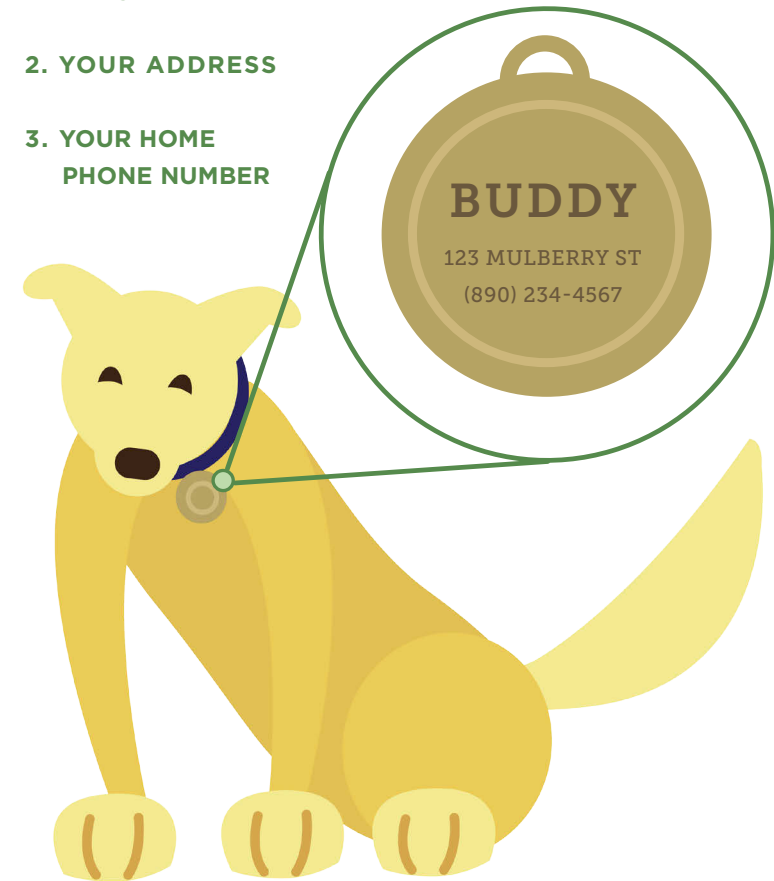
WHAT TO DO IF YOUR PET RUNS AWAY

- DO NOT CHASE YOUR DOG**
 Do not recklessly run into the street in order to chase your dog.
- CAREFULLY FOLLOW YOUR DOG**
 Follow your dog carefully. Stop at the curb, look both ways, and cross the street only when you are sure it is safe to do so.
- GET YOUR DOG'S ATTENTION**
 - Try to get your dog's attention by clapping your hands loudly or whistling.
 - Call your dogs name to see if he will come back to you.
- GET HELP TO SEARCH FOR THE DOG**
 If your dog does not come back on its own and becomes lost, go home and tell your **parents** or **neighbors** what happened so they can help search for the runaway pet.
- BRING DOG TREATS**
 Bring treats to lure your dog to return.



MAKE SURE YOUR DOG WEARS A COLLAR WITH IDENTIFICATION TAGS

1. PET'S NAME
2. YOUR ADDRESS
3. YOUR HOME PHONE NUMBER



CALLING LOCAL ANIMAL CONTROL

Animal control officers are often unable to return found pets to their owners because the animals do not carry any identification. For your dog's protection, license the animal, place identification tags on your pet's collar, and make certain that your dog is wearing the collar and tags each time you let it outside.

LOCKED OUT

Returning home from school, you realize that you have lost your key. You are locked out, and no one else is home.

WHAT TO DO IF YOU'RE LOCKED OUT

GO TO A FRIEND'S HOUSE

Stay with a friend or neighbor until a family member comes home and can unlock the door and let you in.



CALL YOUR PARENTS

Call your parents at work and tell them where you are.



AVOID BEING LOCKED OUT

HIDE AN EXTRA KEY

To avoid being locked out again, hide an extra key in a secret place that only members of your family know about.



LEAVE A KEY WITH A NEIGHBOR

If you cannot safely hide a key, leave an extra one with a neighbor you trust.



SUGGESTED PLACES TO HIDE AN EXTRA KEY



OUTDOOR EQUIPMENT:

Safe, yet accessible spot on the grill, or in cushioning of patio furniture



DOG HOUSE OR SHED



POTTED PLANT

Sealed, under a potted plant, or somewhere in the backyard.



Your welcome mat is not a secure key hiding place, neither is the frame over your door or the suspicious foam-rubber "rock" lurking suspiciously next to your stoop. You might as well leave your doors unlocked. Instead, use these suggestions, or be creative and think of a place that works best at your residence.



WELCOME MAT

The welcome mat is too obvious of a hiding place.

BIKE GETS A FLAT TIRE

While you are riding your bike to school, one of your tires goes flat. Your house is really far away and you don't want to be late for school.

WHAT TO DO IF YOUR BIKE GETS A FLAT TIRE

A: LEAVE BIKE AT A NEIGHBOR'S

If you know someone who lives in the neighborhood, ask if you can leave your bike with them and then walk to school.



B: WALK BIKE TO SCHOOL

If you don't know anyone who lives nearby, walk your bike to school.



EXPLAIN YOUR LATENESS

When you get to school explain to your teacher or someone in the school office why you are late.

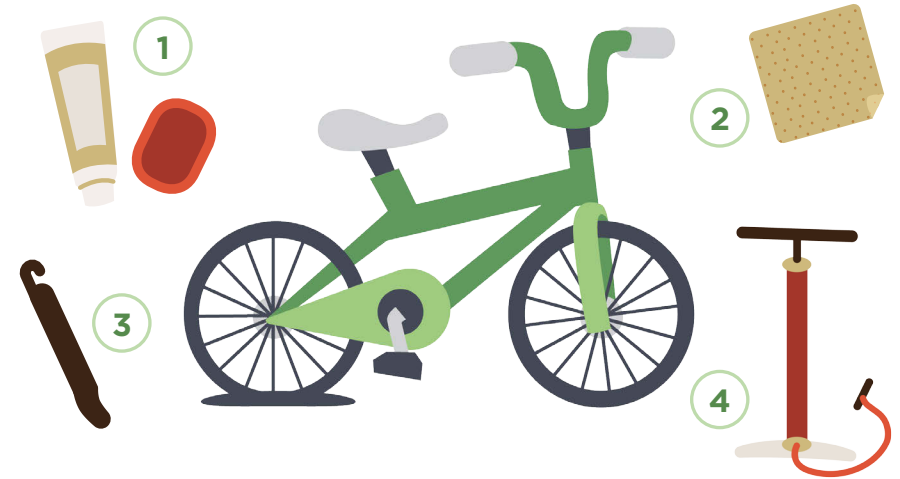


CALL YOUR PARENTS

Ask to call your parents to let them know what happened and that you will need a ride home after school. If you left your bike at someone's house, tell them where it is.



HOW TO FIX A FLAT BIKE TIRE



SUPPLIES YOU'LL NEED

- | | |
|--|--|
| <input type="checkbox"/> 1 A kit with patches and glue | <input type="checkbox"/> 3 A tire lever |
| <input type="checkbox"/> 2 Some sandpaper | <input type="checkbox"/> 4 A bike air pump |

REMOVE TIRE FROM THE RIM

First, take off the valve cap and let all the air out of the tire. After that, pull the tire sideways over the top of the tire rim. You may need the lever to pry the tube off the rim. Be careful not to poke a hole!

FIND THE HOLE

Pump the tube back up and listen for air coming out or put it under water and look for where bubbles are coming from.

PATCH THE HOLE

Sandpaper and then clean the area around the hole. Glue the hole and after it is dry, apply the patch. Keep the tire clean or the patch may not stick.

JOB COMPLETE! PUT YOUR TIRE BACK TOGETHER.

SECTION 6 OUT ON YOUR OWN



REVIEW

1. Why shouldn't you run after your dog by the street?

- A You won't catch the dog because it is faster.
- B The dog would keep running, thinking it's a game.
- C There might be cars driving and hit you.

2. Who should you call if you lost your pet?

- A The police
- B The veterinarian
- C Animal control

3. What should be around your dog's neck?

- A A collar with identification tags
- B A bandana
- C A necklace

4. If you get locked out, what should you do?

- A Wait for someone to come home.
- B Try to climb to get through a second floor window.
- C Go to a friend's or neighbor's house.

5. Where can you hide an extra key?

- A In the doorframe.
- B In the dog house or shed.
- C Under a fake rock by the door.

6. Where else shouldn't you hide an extra key?

- A Under the welcome mat
- B Somewhere on the patio furniture
- C In the backyard, such as under a potted plant.

7. If your bike gets a flat tire, what should you do with it?

- A Leave it on the sidewalk.
- B Keep riding it to school
- C Walk it to school or leave it at a neighbor's house.

8. What can you use temporarily for a flat tire?

- A Tire patch
- B Air pump
- C Either

Ask a parent to grade your quiz. Write down your score here.

NUMBER CORRECT: ____ /8

GOOD WORK SO FAR! LET'S MOVE ON TO THE NEXT SECTION!



SECTION 7

BAD WEATHER

Thunderstorm

76-77

Hurricane

78-79

Snowstorm







80-81












SECTION 7 BAD WEATHER



Throughout the year, different types of severe storms can occur. When a bad storm is forecasted in your area, it can be really scary, but if you learn how to be prepared, it can be less intimidating. This section will explain what to expect during different dangerous weather situations, what you should do, and how you can stay safe.

EMERGENCY SUPPLIES CHECKLIST

- batteries 
- blankets 
- candles 
- can opener 
- fire extinguisher 
- first aid supplies (see page #) 

- flashlights 
- food, canned or dehydrated 
- gloves, heavy duty 
- pocket knife 
- lantern 
- matches 
- medicine 
- radio, battery operated 
- hardware tools 
- watch or clock 
- water bottles 

THUNDERSTORM

While walking home from school, you notice that you are being followed by a stranger. Something about him makes you feel very uncomfortable.

WHAT TO DO DURING A STORM

KNOW WHERE TO AVOID OUTDOORS (see opposite)

You will be safer if you remain out in the open. Avoid away from tall things or things that conduct electricity like metal.

- Do not stand under a large tree.
- Do not take refuge in a metal shed.
- Keep away from electrical poles and overhead wires as well.



AVOID ELECTRONICS AT HOME

Stay away from electrical appliances, especially your television set.



DON'T TAKE A BATH

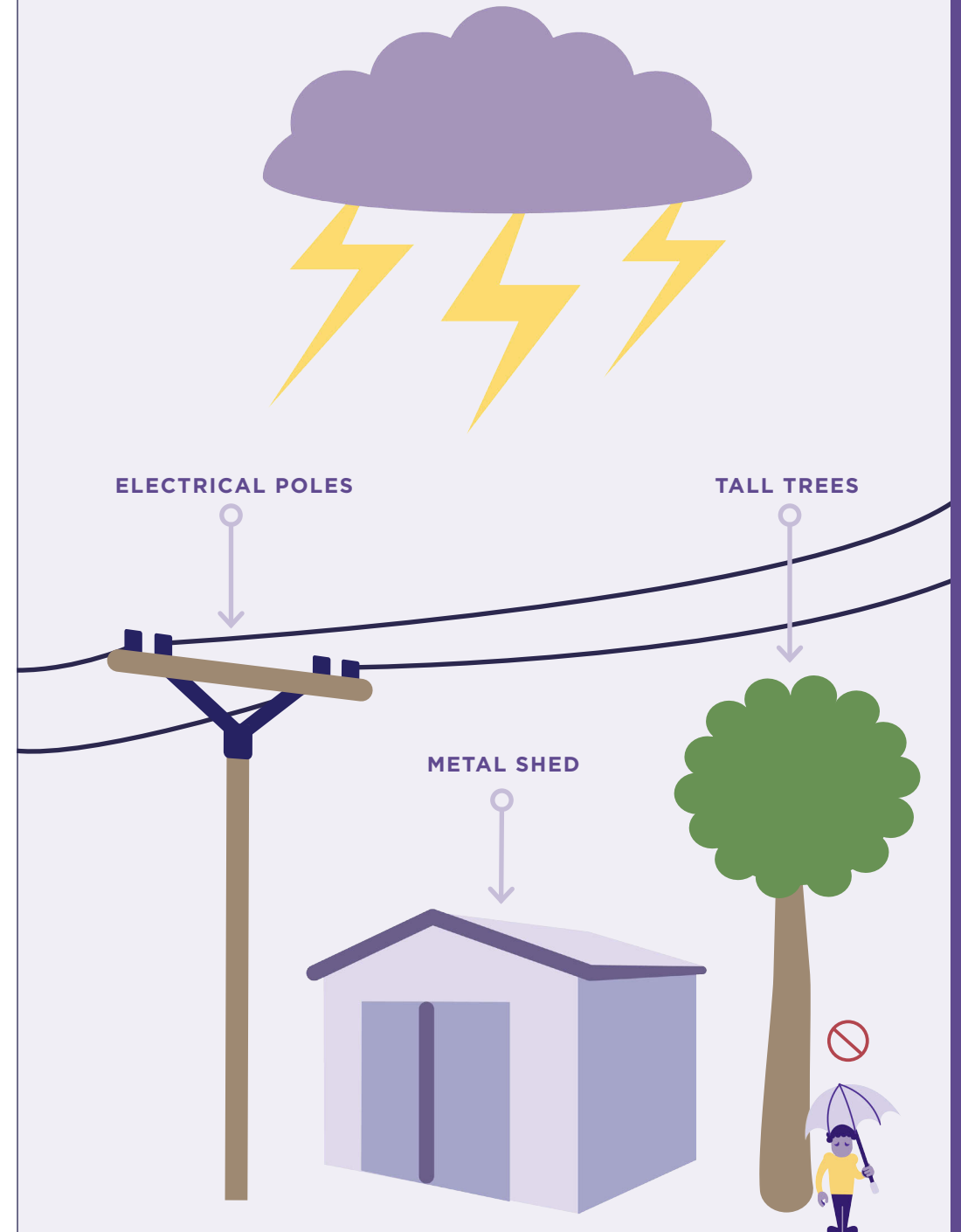
Many bathtubs are made of coated metal. Both water and metal are good conductors of electricity.



WHAT DOES LIGHTNING STRIKE MOST?

Lightning is a powerful discharge of electricity and can be very dangerous. A lightning bolt usually moves from a storm cloud to the ground. It often strikes the highest thing in its path, like trees and telephone poles.

WHERE TO AVOID IN A THUNDERSTORM



HURRICANE

Your community has been warned that a hurricane is expected to hit your region within a few hours. You may need to evacuate or need to prepare.

DO YOU NEED TO LEAVE?

If you live in a low, exposed coastal area, shut off your gas, pull your main electrical switch, and leave for a safer place.



HOW TO PREPARE IF YOU PLAN ON STAYING

BRING OUTDOOR OBJECTS INSIDE

Collect and put away all loose objects, such as trash cans and patio furniture.



COVER WINDOWS

Close and latch shutters, Nail sheets of plywood over exposed windows.



CHECK AND REPLENISH SUPPLIES

Check and replenish your food, first aid, and emergency supplies. Fill containers with fresh water. Have flashlights and batteries or candles and matches handy in case the electrical power goes out.



LISTEN FOR WEATHER UPDATES

Continue to listen to the news for weather updates even after the storm.



KEEPING UP TO DATE WITH THE WEATHER FORECAST

1. The wind and rain may stop if the eye, (the center of the hurricane) passes over. Don't be deceived by this temporary calm.
2. Stay inside and away from windows.
3. The Weather Bureau will report when the storm is over. When it is, listen to local news to know if your area is safe.
4. In case of power outage, use a battery-operated radio to stay informed about the weather.



BE CAREFUL OUTSIDE AFTER THE STORM

When you go outside, watch for weakened trees and structures that might fall. Do not touch fallen or low hanging wires.

SNOWSTORM

It is already winter season and although there have only been snow flurries so far, when you watch the weather channel at night, a snowstorm has been forecasted for the next few days.

HOW TO PREPARE FOR A SNOWSTORM

- CHECK AND REPLENISH SUPPLIES**
 Check and replenish your food, first aid, and emergency supplies. Fill containers with fresh water. Have a flashlights or candles and matches handy in case the electrical power goes out. Also have a battery-operated radio and extra batteries.



DURING THE STORM

- DRESS WARMLY**
 Especially if the power goes out, wear warm clothing even indoors. Make sure you have lots of blankets as well.
- EAT REGULARLY**
 Eat regularly, because food provides the body with energy for producing its own heat. Also, drink lots of water.
- KEEP DRY**
 If you must go outside, wear layered clothing, mittens and a hat. Remember to keep dry. Always change wet clothing to prevent the loss of body heat.



DRESSING WARMLY FOR COLD WEATHER



STAY WARM AND WATCH FOR FREEZING

Staying warm and dry is essential when the temperature is at or below freezing. If you've been outside during the snowstorm or the power has gone out, watch for signs of hypothermia and frostbite.

SECTION 7 BAD WEATHER



REVIEW

1. What does lightning strike most?

- A Tall things
- B Metal things
- C Either

2. Where is safer to be if you're outside during a thunderstorm?

- A In a shed.
- B Under a tree.
- C Out in the open?

3. During a thunderstorm, what should you avoid at home?

- A Eletrical appliances
- B Taking a shower
- C Both

4. What should you bring inside before a hurricane?

- A Trash cans
- B Loose patio furniture
- C Both

5. What is appropriate to cover windows before a hurricane?

- A plywood
- B curtains
- C cardboard

6. What is the eye of the hurricane?

- A The windiest part of the hurricane.
- B The calm, center of the hurricane.
- C The end of the hurricane.

7. What is a health risk of freezing weather?

- A Hypothermia
- B Frostbite
- C Both

8. Even after a storm, what should you do?

- A Stay inside.
- B Listen to or watch for updates on the weather.
- C Neither

Ask a parent to grade your quiz. Write down your score here.

NUMBER CORRECT: ____ /8

CONGRATULATIONS! YOU COMPLETED THE WHOLE BOOK!

Learn how to handle unexpected, puzzling, and scary situations before they happen.

FIRST AID



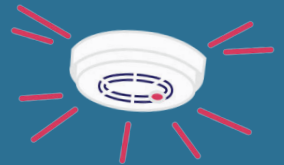
DURING SCHOOL

STRANGERS



HOME ALONE

HOME SAFETY



OUT ON YOUR OWN

BAD WEATHER

