

Fred's Preparedness Team

Fred's Preparedness Team is made up of children and adults across the state, nation and world who volunteer to be the best prepared people around. Team members promise to have an emergency plan with their family and a disaster kit to make their family ready. Remember, FRED means "Families Ready for Every Disaster."

As a member of **Fred's Preparedness Team** I pledge to:

- ☐ Build a Disaster Kit with my family
- ☐ Create a Plan with my family and pets
- ☐ Stay Informed by listening to adults about what to do in an emergency
- ☐ Practice Drills with family and pets
- ☐ Know my Community and who can help us like neighbors, police officers, fire fighters, and emergency medical workers
- ☐ Help Others by being ready and helping people in need

"Being prepared is very important in life. Knowing what to do in case of an emergency is one of the best ways to keep our self, family, and pets safe. I know that you will all be great members of my team and will do your very best. Thank you for being prepared!" – Fred the Preparedness Dog

