

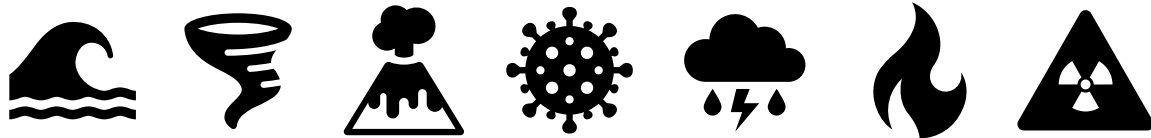


2024 Youth Xchange Sponsored Category:



How do you prepare well?

Hawai'i is vulnerable to flooding, hurricanes, earthquakes, radiation, toxic spills, tsunamis, wildfires, disease outbreaks, and other weather or human-made emergencies or disasters.



How?

Describe ways people your age or their 'ohana can focus on **self-care** and **wellness** during "blue skies" times, meaning when the islands are *not* going through a bad storm, the pandemic, etc.

Why?

Having good ways to stay healthy and calm can help you, your family, and community plan and prepare better, become resilient, and recover more easily if you ever go through these difficult events.

Your PSA should be 45 to 90 seconds long.

Check out these links for more information:

- Prepare NOW Hawaii | www.preparenowhawaii.org/ | follow @PrepareNOWHI
- Children in Disasters: Kids and Families | www.cdc.gov/childrenindisasters/children.html
- Ready Kids | www.ready.gov/kids/disaster-facts
- How Families Can Prepare for Emergencies | www.redcross.org/get-help/how-to-prepare-for-emergencies/teaching-kids-about-emergency-preparedness/how-families-can-prepare-for-emergencies.html



✓ **Necessities.**

Necessities to stay clean, warm, hydrated, fed and in touch.



✓ **Organization.**

Organized so loved ones are all informed and on the same page



✓ **Wellness.**

Wellness steps and needs to keep healthy and less stressed.