



Bee Prepared, Not Scared Patch Program Series

An At-Home Patch Program



Bee Prepared Not Scared Patch Series

Emergency Preparedness is often approached from a place of fear. Let's face it, the subject can be daunting and scary. Girl Scouts of California's Central Coast wants to make this subject fun and educational for girls and volunteers. The intent of this patch program is to take the fear away and replace it with empowered Girl Scouts!

Through this patch program and during an uncertain time, it is our hope to encourage Girl Scouts to engage in building resilience at the home level. Once completed, Girl Scouts will not only have taken charge of their learning but will be prepared and capable of taking a leadership role in their families and communities about preparedness.

Many communities do not understand the leadership and other skills that are an inherent part of the Girl Scouting program for both girls and adult volunteers. Many in government agencies are surprised to learn that all Girl Scout leaders are required to be First Aid/CPR certified. They do not realize that through our badge and journey programs, most girls have earned their First Aid badge. Many of our older girls are certified babysitters and some even have earned Shelter Management and Wilderness First Aid Certificates. In a large-scale disaster, and even in a smaller event, Girl Scouts can play a role in resilience and recovery.

The requirements for this patch program can be done individually, as a family, or as a troop. We encourage you to do this in your home to stay safe and healthy. Don't be afraid to reach out to your County Department of Emergency Services, local Fire or Police Department, the American Red Cross, or even your local veterinarian. You may want to check out other larger websites like www.ready.gov. Each of the tools or patches are designed to help girls and adults keep themselves safe and prepared, while having fun and learning the skills. This patch program is for all ages and as your girl(s) grow and advance, they can take on a new Be Prepared, Not Scared Patch challenge for their new age level.

Throughout this packet you will find "Helpful hints" for leaders and parents to help you, help your girls. To request the patch series upon completion of the requirements please email info@girlscoutscoc.org. We will distribute the patch series components once it is safe to do so and we resume programming.



4 Patch programs available:

- Water
- Communication
- First Aid
- Pets



Earning the Patch(s) Age Level Requirements

- DAISY - Boded Requirement
- BROWNIE - Boded Requirement +1 Additional Requirement
- JUNIOR - Boded Requirement +2 Additional Requirements
- CADETTE, SENIOR, AMBASSADOR, AND ADULT - Boded Requirement +3 Additional Requirements



girl scouts
of california's
central coast



1. Water

"Water is life, and clean water means health." Audrey Hepburn, actress and humanitarian activist

A widespread natural disaster will likely not only interrupt your water supply but contaminate it for weeks or months after the event. Having multiple methods for securing water is crucial.

To earn this Water Patch, we are going to explore our need for water and different methods for making water drinkable.

Things to do:

- 1) **Research and determine how much water your family needs for 14 days based upon where you live. Make a plan to build and store your water reserves.**
- 2) Research ways to treat water to make it drinkable—bleach, water purification tablets, water filters (such as a Life Straw). Then try one of the methods you researched. How did the water taste?
- 3) Research hidden places where drinkable water might be in your home or school—hot water heater, ice cubes, and water pipes.
- 4) Put together a water treatment kit for your family kit—include unscented liquid bleach, coffee filters or cheese cloth, liquid oxygen, or purification tablets.
- 5) Find the water main for your troop meeting place or home. Learn how to turn the water main off.
- 6) Visit your local water treatment facility or talk to your Public Works Department. How fragile is the system that provides water to your community?
- 7) Learn how to store your water supply safely.

HELPFUL HINTS: WATER TREATMENT

If you have used all of your stored water and there are no other reliable clean water sources, it may become necessary to treat suspicious water. Treat all water of uncertain quality before using it for drinking, food washing or preparation, washing dishes, or brushing teeth. In addition to having a bad odor and taste, contaminated water can contain microorganisms (germs) that cause diseases such as dysentery, cholera, typhoid and viral hepatitis.



There are many ways to treat water. Often the best solution is a combination of methods. Before treating, let any suspended particles settle to the bottom or strain them through coffee filters or layers of clean cloth.

Boiling: Boiling is the safest method of treating water. In a large pot or kettle, bring water to a rolling boil for one full minute, keeping in mind that some water will evaporate. Let the water cool before drinking.

Boiled water will taste better if you put oxygen back into it by pouring the water back and forth between two clean containers. This also will improve the taste of stored water.

Chlorination: You can use household liquid bleach to kill microorganisms. Use only regular household liquid bleach that contains 5.25 to 6.0 percent sodium hypochlorite. Do not use scented bleaches, color safe bleaches or bleaches with added cleaners.

Add 16 drops (1/8 teaspoon) of bleach per gallon of water, stir and let stand for 30 minutes. The water should have a slight bleach odor. If it doesn't, then repeat the dosage and let stand another 15 minutes. If it still does not smell of chlorine, discard it and find another source of water.

Other chemicals, such as iodine or water treatment products sold in camping or surplus stores that do not contain 5.25 or 6.0 percent sodium hypochlorite as the only active ingredient, are not recommended and should not be used.

Distillation: While boiling and chlorination will kill most microbes in water, distillation will remove microbes (germs) that resist these methods, as well as heavy metals, salts and most other chemicals. Distillation involves boiling water and then collection of only the vapor that condenses. The condensed vapor will not include salt or most other impurities.

To distill, fill a pot halfway with water. Tie a cup to the handle on the pot's lid so that the cup will hang right-side-up when the lid is upside-down (make sure the cup is not dangling into the water) and boil the water for 20 minutes. The water that drips from the lid into the cup is distilled.



2. Communication

"It is interesting to contemplate the difference between 'information' and 'communication.' Information is something we give out...Communication is the science/art/luck of getting the information through." — Dr. LuAn Johnson, creator of Map Your Neighborhood

We are used to getting information instantaneously in today's world of Facebook, Instagram, and 24-hour news channels. After a natural disaster, our thirst for information will become even more pronounced. In the aftermath of a disaster, power and cellular communication outages are almost guaranteed. Emergencies knock out our normal means of communication. However, with a little planning, you will not be left in the dark.

Things to do:

- 1) **Establish a [troop and family reunification plan](#). Don't forget an out-of-state contact.**
- 2) Practice making a short "out-of-state" call. What information do you need to share? What information do you need to receive? When will you try to reach out again?
- 3) Learn about how state and local governments communicate weather related or other emergency information.
- 4) Add a battery operated and/or hand crank operated radio to your emergency kit to stay abreast of weather and news. Consider getting one with NOAA emergency access.
- 5) Discover different ways to communicate without electricity—signs in your window, two way radios like walkie-talkies or even better a FRS or GMRS Two- way radio (larger radius).
- 6) Talk to an emergency dispatcher or tour your local 911 center.



3. **First Aid**

“Badges are not medals to wear on your sleeve to show what a smart girl you are. A badge is a symbol that you have done the thing it stands for often enough, thoroughly enough, and well enough to BE PREPARED to give service in it. You wear the badge to let people know that you are prepared and willing to be called on because you are a GIRL SCOUT.” --Juliette Gordon Lowe, Founder

One of the legacy badges that dates to the earliest days of the Girl Scout movement is the First Aid badge. Be Prepared is the Girl Scout motto. Knowledge of basic first aid supports our first responders in the event of a disaster.

Things to do:

- 1) **Make a personal first aid kit.**
- 2) Build a [troop and/or family first aid kit](#)
- 3) Earn your age level first aid badge
- 4) Talk to a Paramedic, EMT, or other First Responder about their role in an emergency or disaster. Ask them to look at your first aid kit and make recommendations for any additions.
- 5) Take a Wilderness or Sports First Aid workshop
- 6) Identify Hazards in Your Home or Troop Meeting Space and draft a plan to fix the hazards



4. Pets

"I hope to make people realize how totally helpless animals are, how dependent on us, trusting as a child must that we will be kind and take care of their needs ... [they] are an obligation put on us, a responsibility we have no right to neglect, nor to violate by cruelty." -
-James Herriot, English Veterinarian and Author

One of the most difficult things to see during Hurricane Katrina was all the animals that had to be abandoned during and after the storm. FEMA, recognizing that our pets are important members of our families, has established new shelter requirements regarding pets and shelters. But you cannot rely on a shelter, you need to prepare. Whether you have a fish, cat, dog, snake, goat, or horse, you need to prepare for their care during an emergency.

Things to do:

- 1) **If you have a pet, what items will they need in a disaster? Build your pet's disaster kit. If you do not have a pet, consider asking at your local shelter if they are prepared and if there is anything you can do to help?**
- 2) Visit or invite a veterinarian to discuss your pets and disaster preparedness.
- 3) Research how pets have been handled in past disasters. Compare, for example, pets in Hurricanes Katrina and Harvey. What has changed?
- 4) Take a pet first aid workshop and/or earn your pet first aid certification
- 5) Find out if your local emergency shelter accepts pets. If so, what kinds of pets are allowed? Determine if there are any items that the shelter might need and consider doing a community service project to fulfill the needs.
- 6) Make sure your pet has identification tags
- 7) Research different types of working dogs (ie. Military, Search and Rescue, Therapy dogs—or other animals). How do their handlers prepare?

HELPLFULHINTS—Pet Emergency Kit

Things to have ready for your pet:

- Color photo of your pet



girl scouts
of california's
central coast

- Leash
- Carrier or Crate
- Food
- Water
- First Aid Kit
- Health and vaccination records



Upon Completion

Once you have completed any of the 4 patches, fill out this form:

www.cognitofirms.com/GirlScoutsOfCaliforniasCentralCoast2/GSCCCBeePreparedNotScaredAtHome
if you are a member of Girl Scouts of California's Central Coast.

If you are not a member of Girl Scouts of California's Central Coast please use this link to purchase your patch:

<https://girlscoutsgcc.doubleknot.com/online-store/category/bee-prepared-not-scared-/24187>.

Share

Share your progress with us! Tag us on our social channels or send photos of your activities to media@girlscoutsgcc.org with your name and Troop number for a chance to get featured.