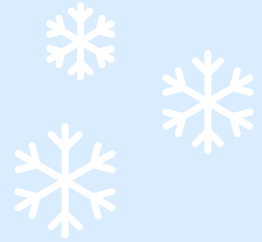
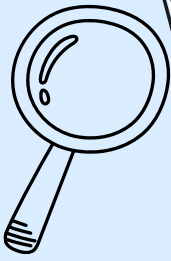


# Chilly in the City

Winter Preparedness Activity Book



# WINTER PREPAREDNESS SCAVENGER HUNT



Do you have any of these items below?  
(Check off the items you find in your home)

Canned Food



Bottled Water



Batteries



Blanket



First Aid Kit



Hat, gloves and Scarf



Flashlights



Radio



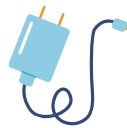
Important medication



Family and Emergency Contact List



Cell Phone Charger



Can you think of other items to place  
in your emergency bag?

(Write them on the lines below)

.....

.....

.....



Department of  
Public Health

CITY OF PHILADELPHIA

Name: \_\_\_\_\_ Date: \_\_\_\_\_

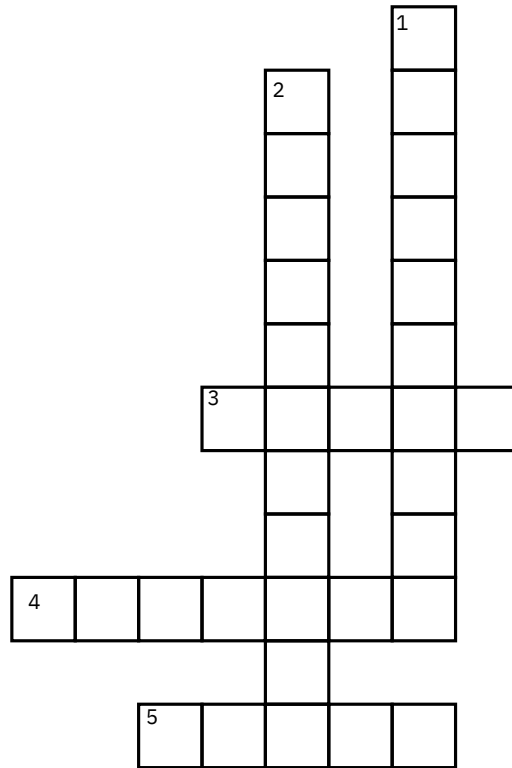
# Be Wintertime Prepared

## Across

- 3. Listen to music and news on this
- 4. Feels soft and will keep you warm
- 5. Can help with hygiene and hydration

## Down

- 1. Can shine a bright light, but you will need batteries
- 2. You need this in case of an emergency injury



For FREE up-to-date alerts:  
Text **"ReadyPhila"** to **888-777**  
**[www.ready.gov/kit](http://www.ready.gov/kit)**

UESF is a program for individuals who need additional assistance with utility payment.

<https://bit.ly/WinterPhillyUtilities>

Contact **PGW's 24-Hour Emergency Hotline** at anytime for all gas leaks or gas-related emergencies  
**(215)-235-1212**

If you have older adult neighbors in need of assistance please call

**PCA at 215-765-9040**  
or Call **311**

# Check On YOUR NEIGHBORS

If you lost power, contact PECO at  
**1-800-841-4141**  
or online at

<https://bit.ly/ReportPECO>



# Check On Your Neighbors Activity

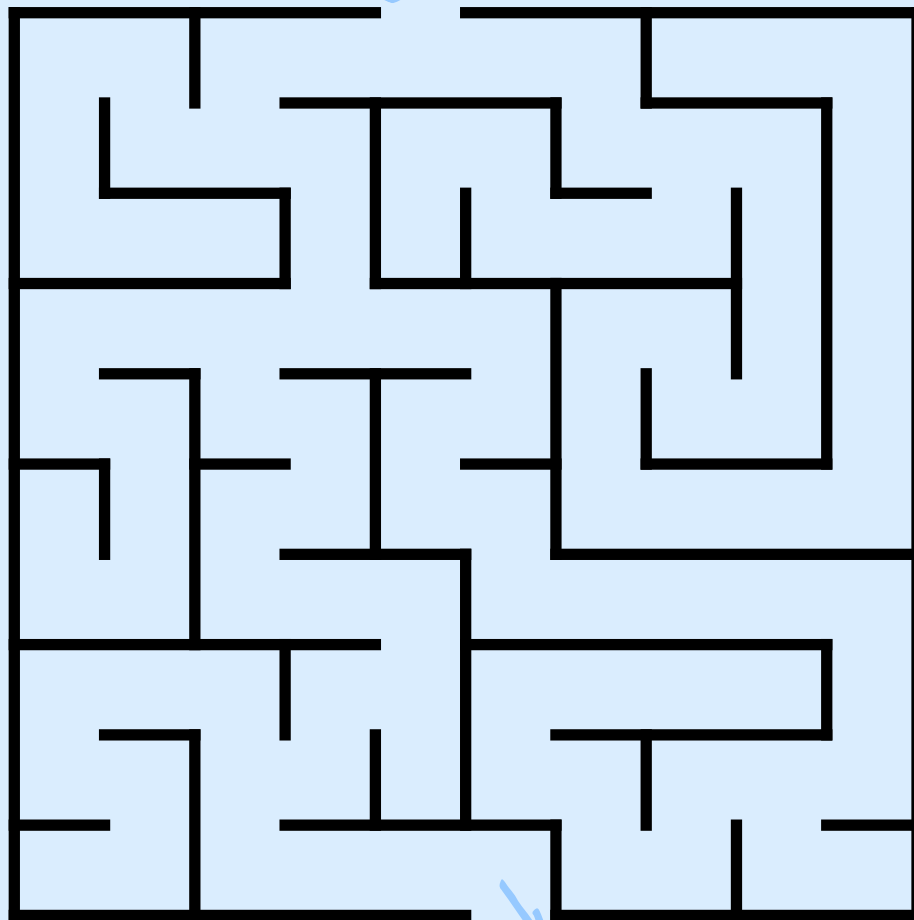
Amina and Amir bring groceries to neighbors!



Amina and Amir spent the day helping give out food and supplies at their community center. Ms. Celeste their neighbor was unable to come to get her box of items. Amina and Amir have volunteered to bring them to her home!

**Can you go through the maze to help Amina and Amir bring food and preparedness items to their neighbor Ms. Celeste up the street?**

Start Here!



It is recommended to always call **311** before going to a food pantry to make sure it is open, For more food assistance information, call Benephilly at **1-844-848-4376**

For more info visit: <https://bit.ly/WinterPhillyFood>



Scan this QR code for **City of Philadelphia** food distribution locations

Hooray! You've made it to Ms. Celeste!



# 3 Ways You Can Prepare To Stay Healthy This Winter

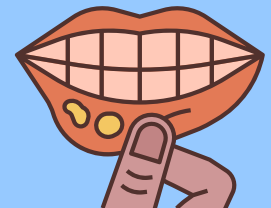
Wash your hands often.

1



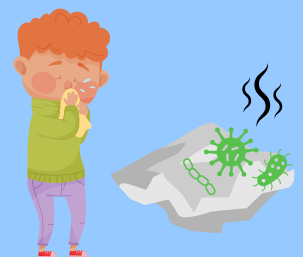
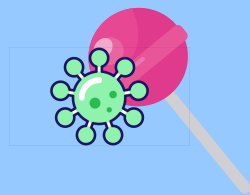
2

Avoid touching your face, eyes, nose & mouth with unwashed hands.



3

Avoid having shared items near your mouth, hands, & nose.



# 3 Pillars of Winter Safety



## Ensure Safety

Ask if they have an emergency kit, help keep the driveway, walkways, and stairs clear after snowfall.



## Check-In

Check on your neighbors before and after a storm. They may need assistance getting around during the winter months.

Ask if they need help with food, medication, and/or getting items from the store.

Ask if they are able to turn on their heat.



## Keep Warm

As we get older, our bodies change. It can get difficult to know if your body is getting cold.

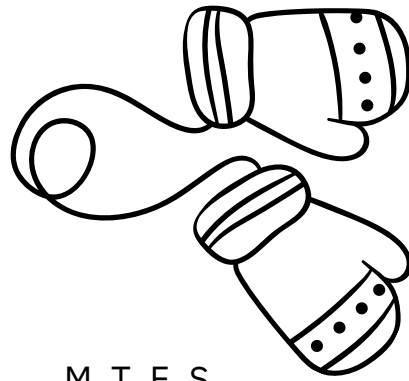
Make sure your older adult neighbors are dressed warmly.

They should be dressed for cold days.

Make sure their home has no draft near windows and doors



\_W\_A\_E\_



M\_T\_E\_S

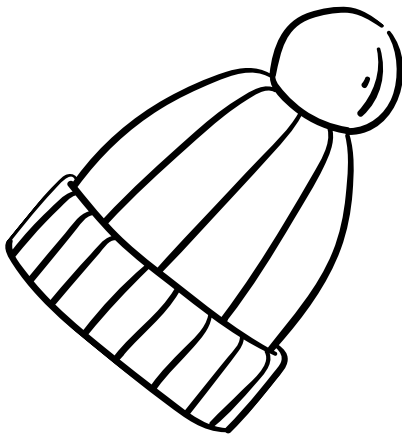
# Winter Ready Wear

Activity and Coloring page

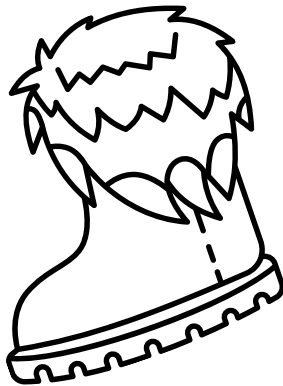
Can you guess the missing letters of these winter layers?



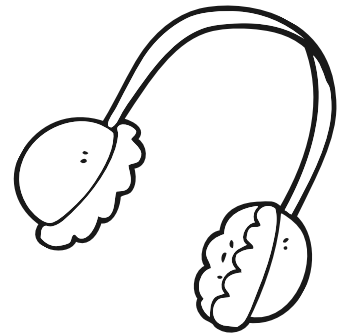
C\_A\_



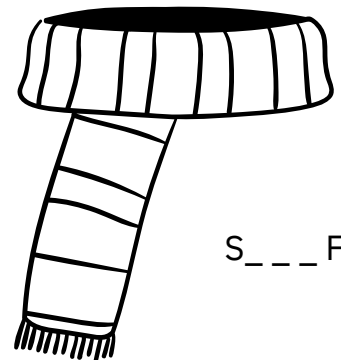
\_A\_



B\_O\_



E\_R M\_FF\_



S\_\_\_F



# Picture Description Worksheet

How is this person in the picture feeling? When do you feel cold? What would you do to keep yourself warm? Write your answer below the picture.



Handwriting practice lines consisting of solid top and bottom lines with a dashed middle line, repeated ten times.



# Ways to Stay Connected

## CALL

Public Health Preparedness

To leave a message call  
215-429-3016



## SIGN UP

By entering this link

<https://bit.ly/CPRNSIGNUP>



## EMAIL

PDPH Preparedness



[PUBLIHEALTHPREPAREDNESS@PHILA.GOV](mailto:PUBLIHEALTHPREPAREDNESS@PHILA.GOV)

## SCAN

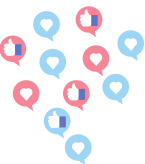
The QR Code Here



## VISIT

Our Website

[bit.ly/PDPHPreparednessOutreach](https://bit.ly/PDPHPreparednessOutreach)



Name: \_\_\_\_\_ Date: \_\_\_\_\_

# Be Wintertime Prepared

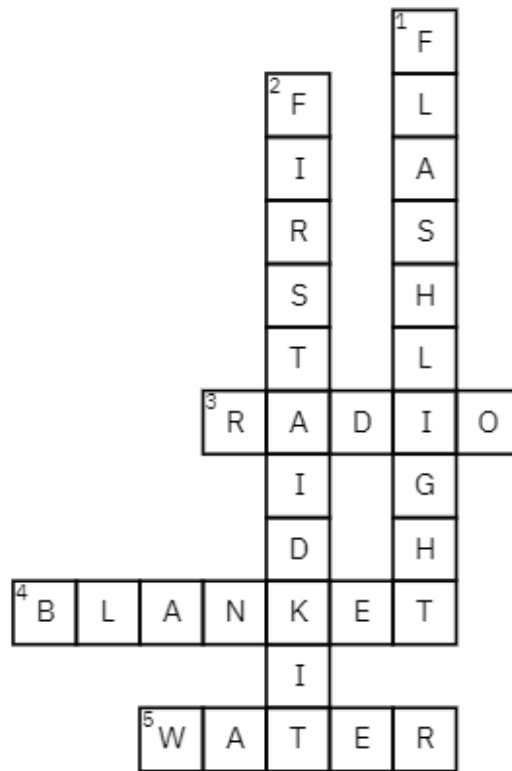
## Answer Key

### Across

- 3. Listen to music and news on this
- 4. Feels soft and will keep you warm
- 5. Can help with hygiene and hydration

### Down

- 1. Can shine a bright light, but you will need batteries
- 2. You need this in case of an emergency injury



# Check On Your Neighbors Activity

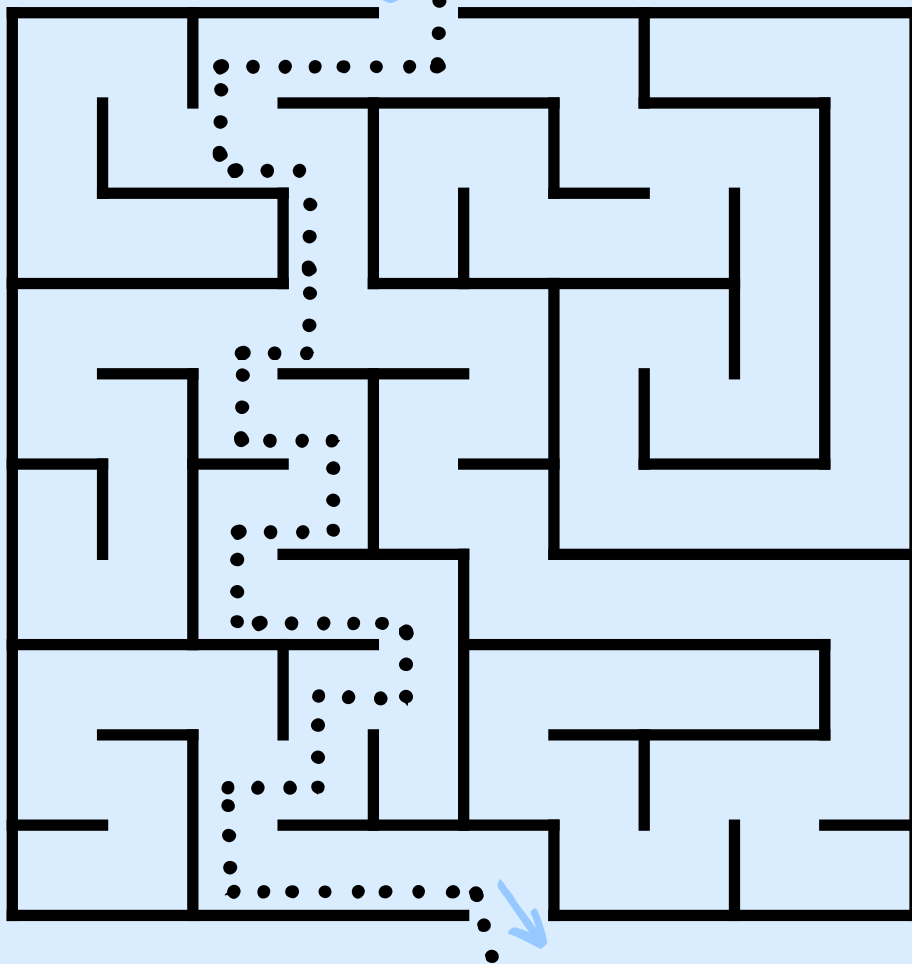
## Answer Key

Amina and Amir bring groceries to neighbors!

Did you guess the right answer?



Start Here!

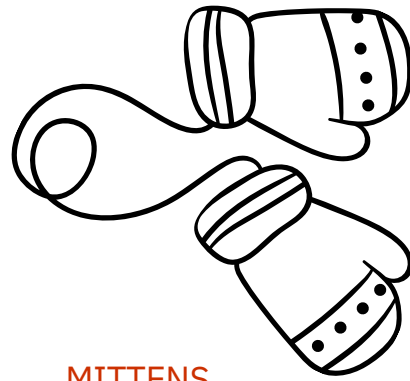


Hooray! You've made it to Ms. Celeste!





SWEATER



MITTENS

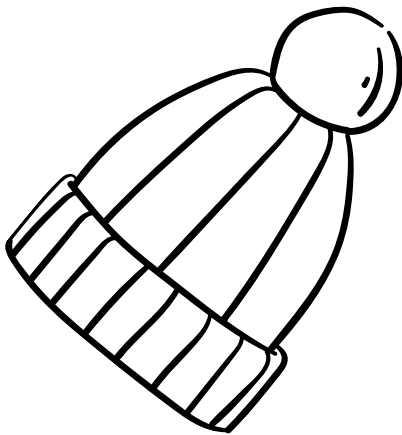
# Winter Ready Wear

## ANSWER KEY

Did you guess the right missing letters of these winter layers?



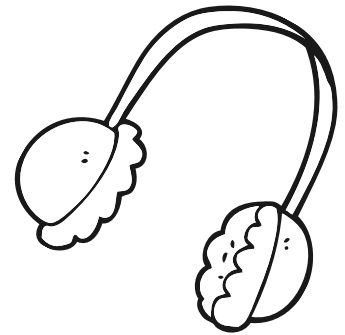
COAT



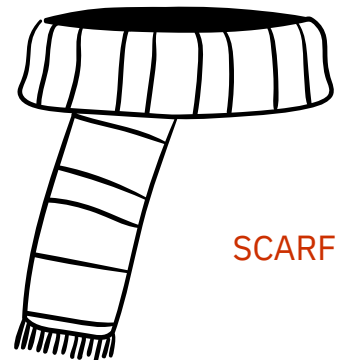
HAT



BOOT



EAR MUFFS



SCARF



