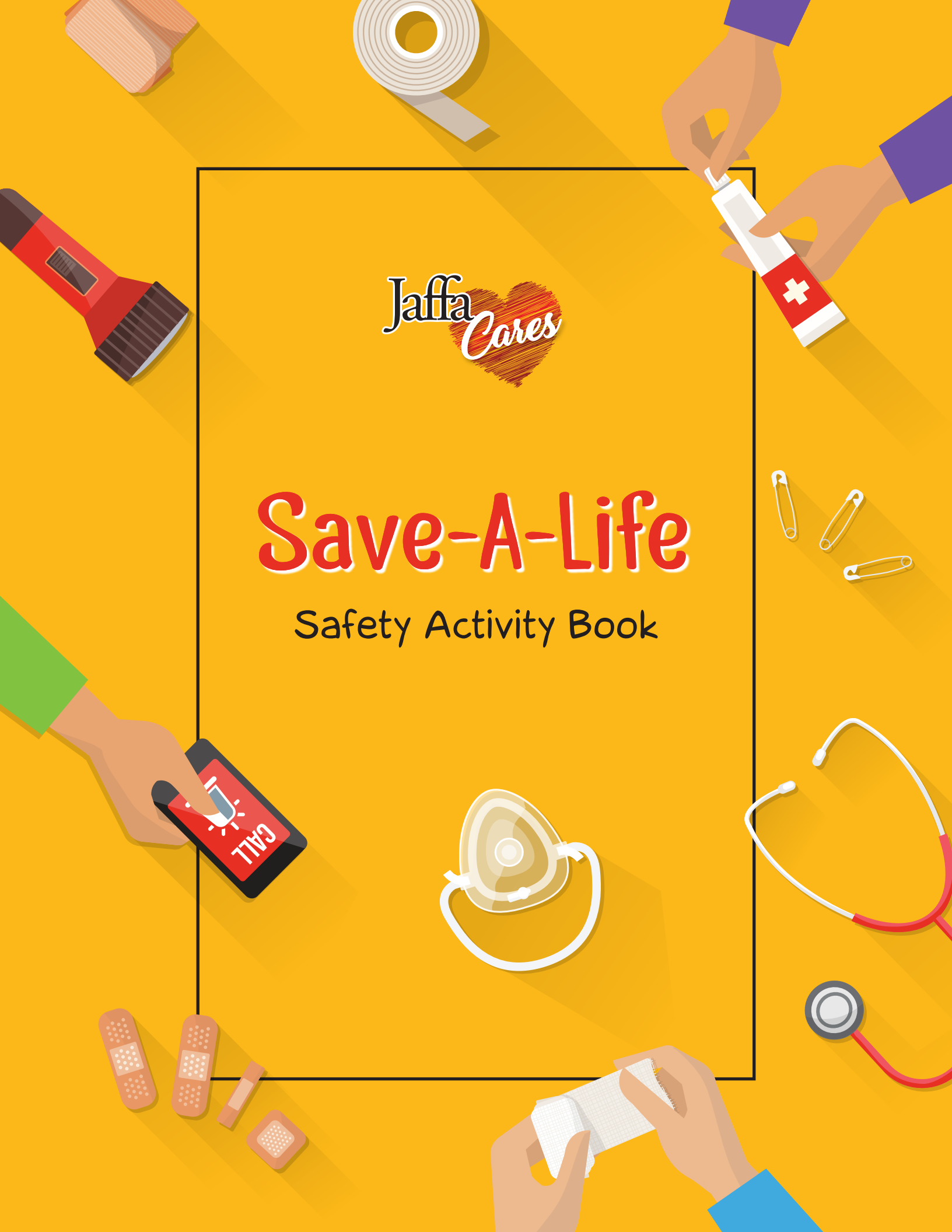




Save-A-Life

Safety Activity Book





Save-A-Life

ALWAYS CALL 911 IN AN EMERGENCY



REMEMBER, NEVER CALL 911 FOR FUN OR A PRANK.



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FILL OUT THE BELOW INFORMATION AND
HANG IN AN EASY TO SEE PLACE.

When calling 911 It's important to know all the information
they'll need to get help to you quickly!

My phone number is:

My address is:

If at school or other location

My current phone number is:

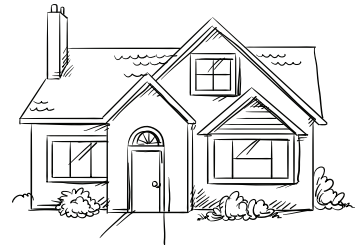
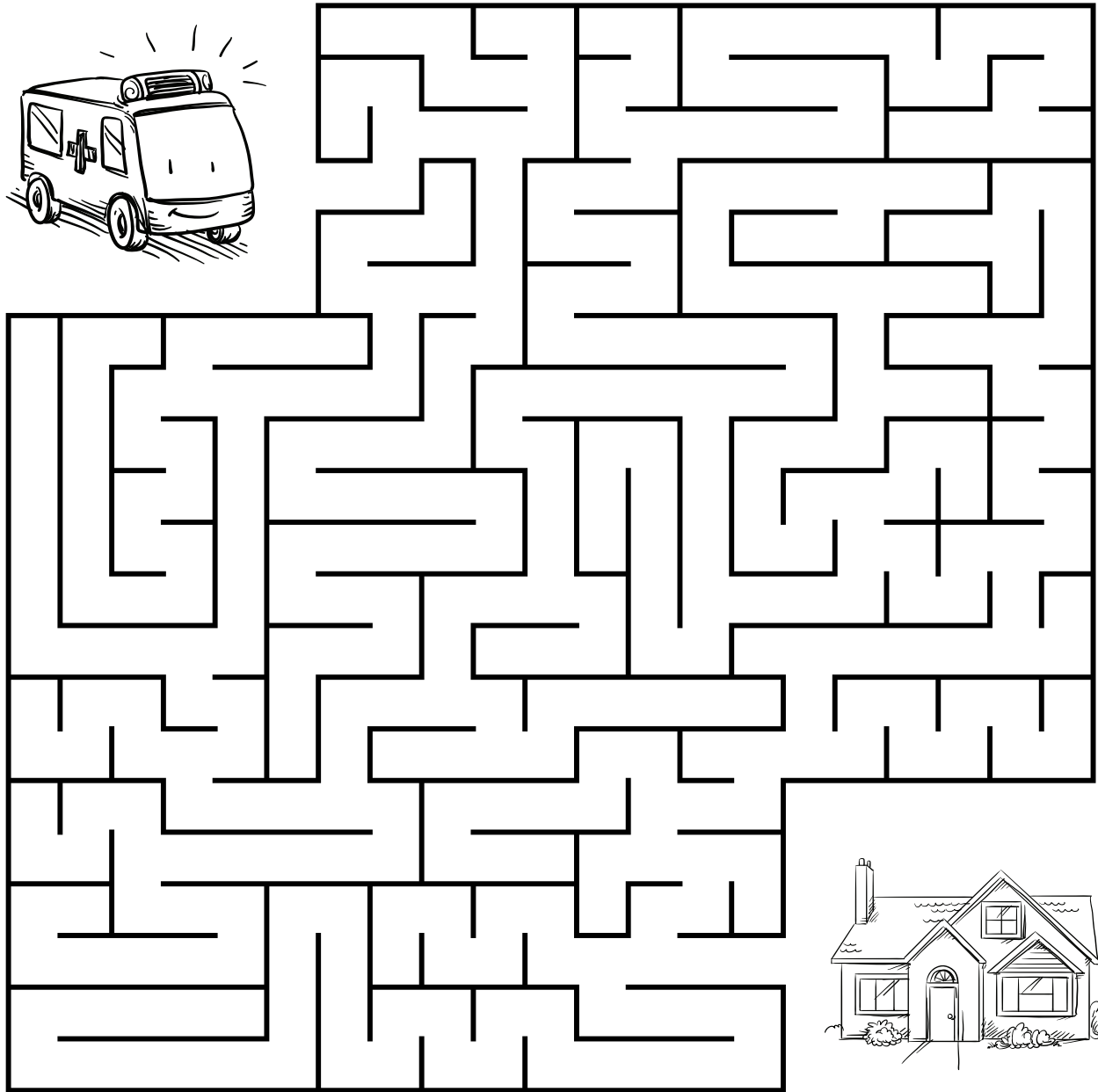
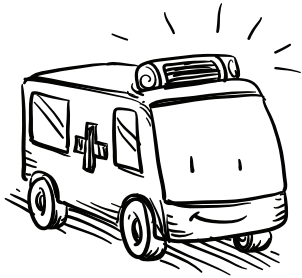
My current address is:





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HELP THE AMBULANCE ARRIVE QUICKLY
AT THE PLACE OF EMERGENCY



REMEMBER, SPEAK CLEARLY & CALMLY.

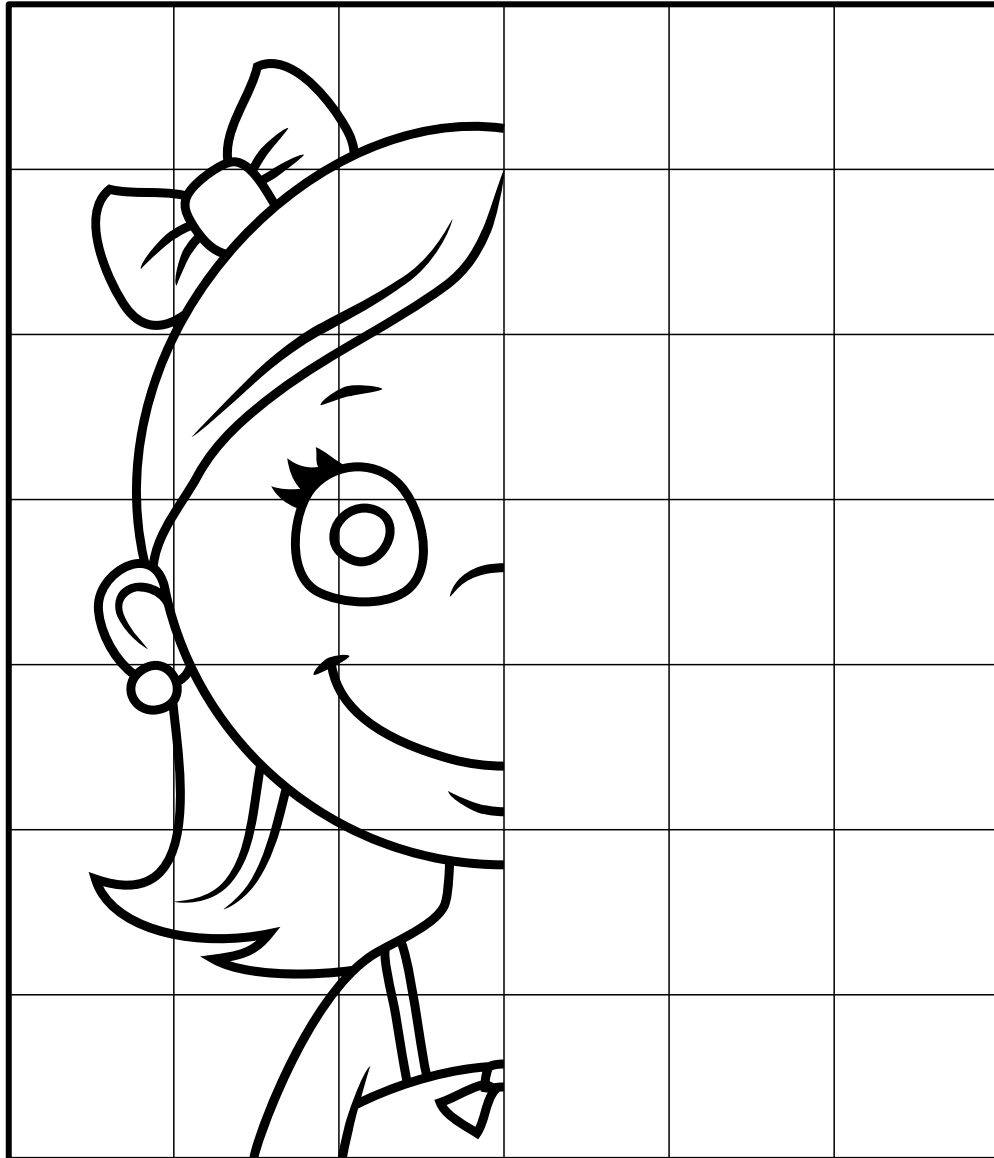
Always make sure to give over all the needed information to the 911 dispatcher so that the ambulance can arrive as quickly as possible.



Save-A-Life

THE #1 RULE IN AN EMERGENCY IS TO STAY CALM!

Use the grid below to finish drawing the calm girl



HERE'S HOW YOU CAN STAY CALM IN AN EMERGENCY

🧶 COUNT TO 10

🧶 SLOW DOWN BREATHING

- Breathe in for the count of three,
- Hold your breath for the count of three
- Breathe out for the count of three.

🧶 Breathe in & out slowly while repeating the word "Relax" several times.

🧶 Take long, deep breaths that feel like they are filling the belly instead of the lungs.

🧶 Tell the body you're calm & the mind will follow.



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STAYING SAFE DURING THE CORONAVIRUS EPIDEMIC

We're all living in scary times, but you can help keep you & your family healthy. Wash your hands frequently with soap & water for at least 20 seconds & practice social distancing.



DISTANCING
DISEASE
FACE MASK
HEALTH

WASH HANDS
GERMS
SANITIZER
GLOVES

VIRUS
STAY HOME
HYGIENE
SOAP



Save-A-Life



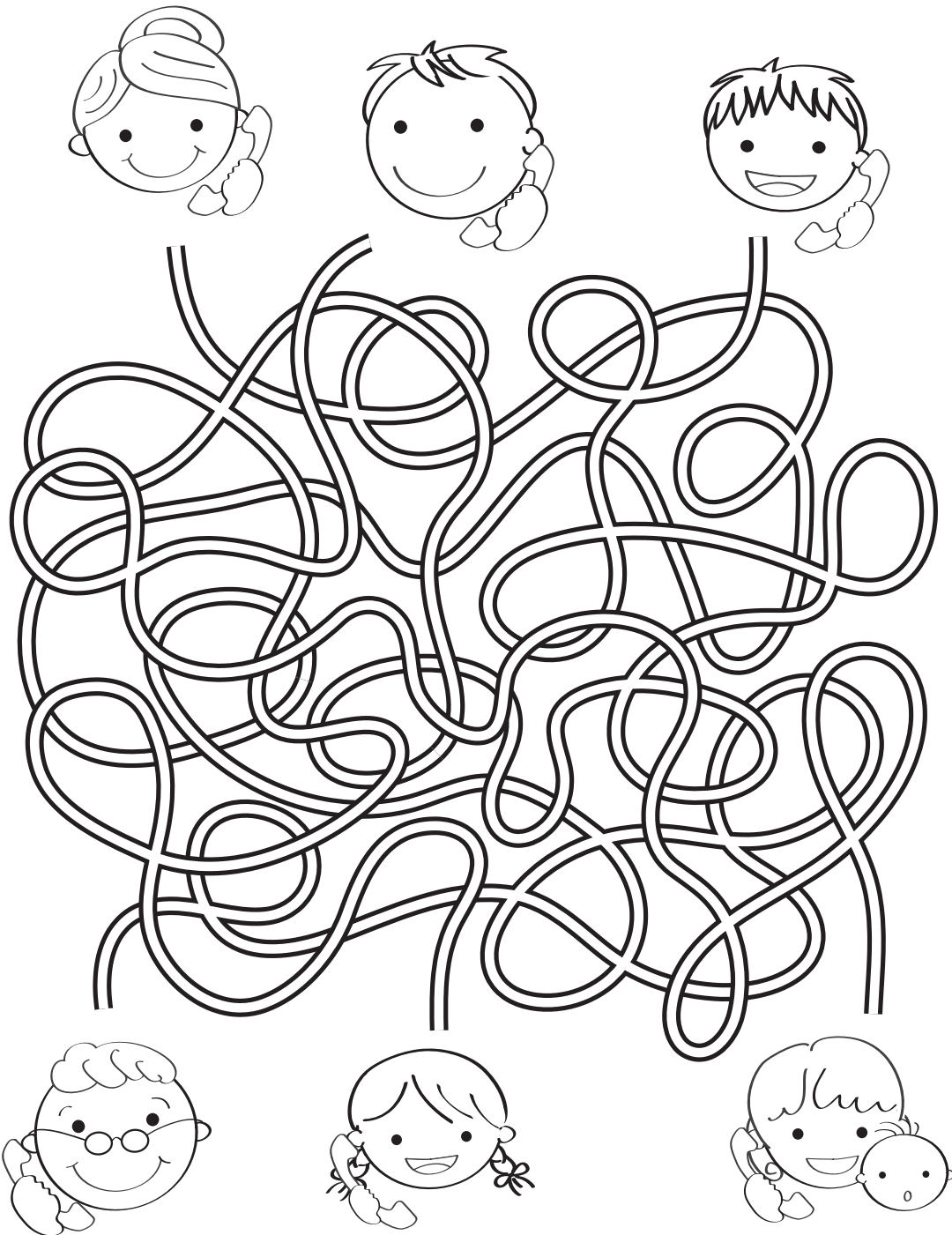
REMEMBER THAT THE MEDICAL
PROFESSIONALS ARE THE TRUE HEROES

During times of emergency, medical professionals are on the front lines.
Make sure to ALWAYS listen to what these medical professionals say.



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CONNECT EACH PERSON TO THEIR
FRIEND & FAMILY MEMBER.



KEEP SOCIAL DISTANCING

While we know you miss your friends and family, to stop the spread of the coronavirus, it's best to stay home and call them instead.



Save-A-Life



CORONAVIRUS, THE "KING" VIRUS

Did you know the Coronavirus, is called that because Corona means crown in Latin. The Coronavirus actually looks like a spiky crown under a microscope.



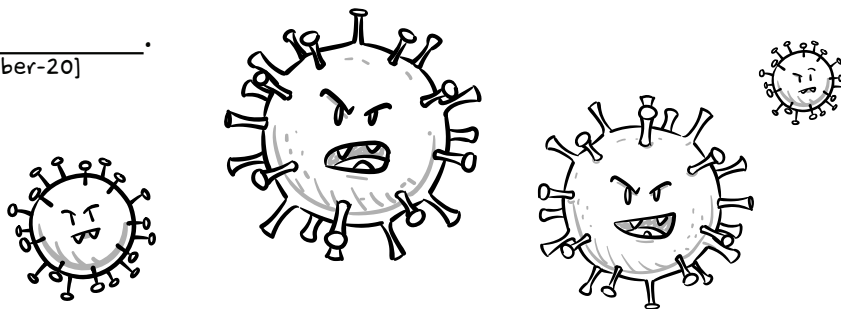
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THE FACTS ABOUT CORONAVIRUS

★ MADLIB ★

The coronavirus is a newly discovered _____. In order to prevent
[noun-1]
the spread of it, you must _____ your hands often for at least
[verb -2]
_____ seconds. Always sneeze into your _____ or in a
[number-3] [body part-4]
_____ and then _____ it out. Avoid _____ your face. Don't
[noun-5] [verb-6] [verb-ing-7]
_____ your mouth, _____ your eyes or _____ your
[verb-8] [verb-9] [verb-10]
nose. You should probably stop _____ your nose anyway. It's
[verb-ing-11]
_____! These places are where _____ live and
[adjective-12] [noun-plural-13]
you don't want to spread them. Stay at home, which means no going
to _____, _____ or _____. Seriously, don't go
[place-14] [place-15] [place-16]
anywhere, just stay HOME. Finally practice social _____,
[verb-ing-17]
that means don't get closer than _____ feet of anyone else.
[number-18]
Finally, an excuse to stay away from your _____
[adjective-19]

_____.
[family member-20]



Now fill in the answers below to get the real story about Coronavirus

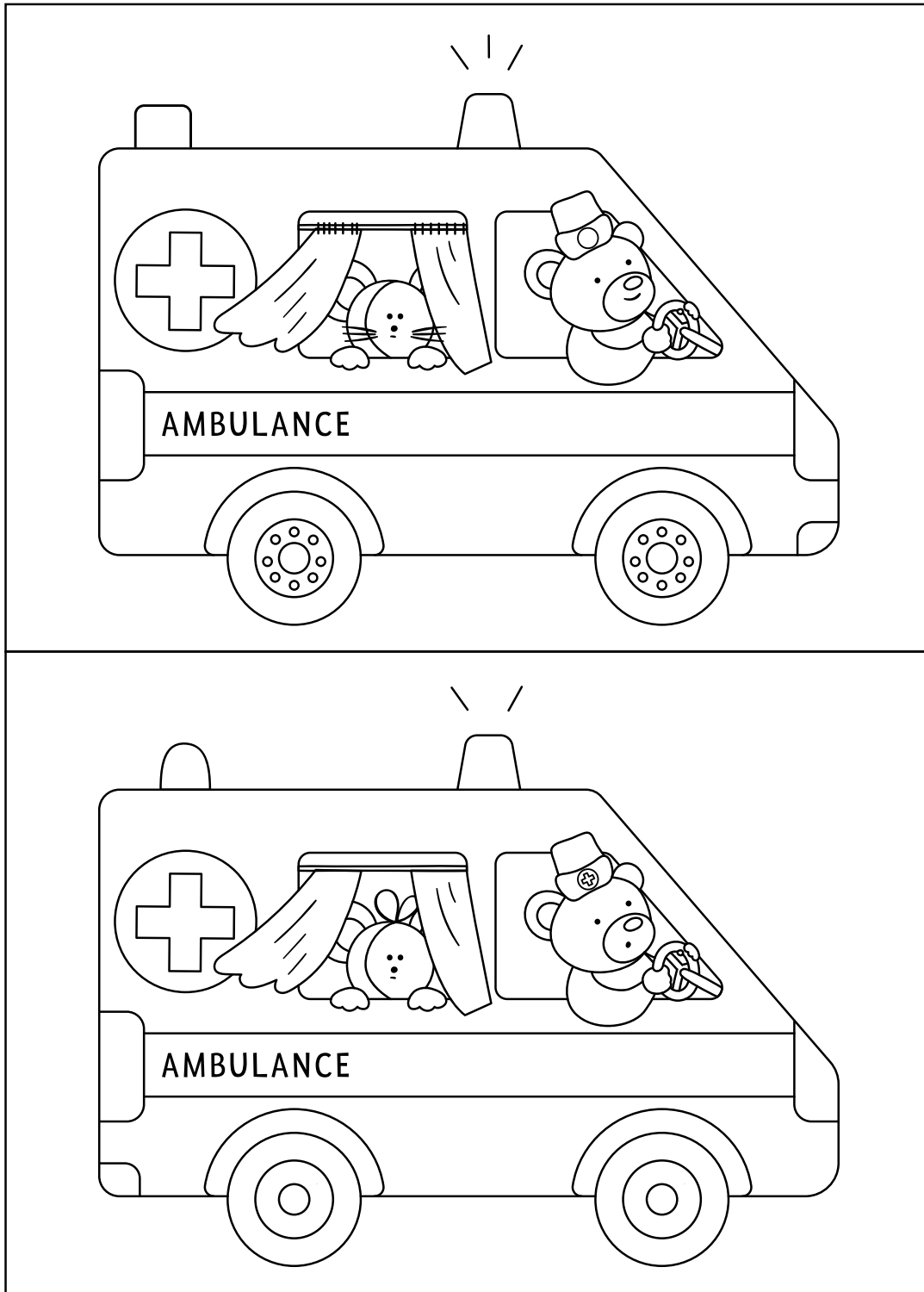
- | | | | |
|------------|--------------|------------------------|------------------------|
| 1 - virus | 6 - throw | 11 - picking | 16 - friends' |
| 2 - wash | 7 - touching | 12 - gross | 17 - distancing |
| 3 - 60 | 8 - touch | 13 - germs | 18 - 6 |
| 4 - elbow | 9 - rub | 14 - school | 19 - annoying |
| 5 - tissue | 10 - pick | 15 - the grocery store | 20 - brother or sister |



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WHEN IT COMES TO EMERGENCIES,
ATTENTION TO DETAIL IS ESSENTIAL

Can you spot 10 differences in the below pictures?
Once you have, color in the pictures





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NOW IT'S YOUR TURN TO BE A SUPER HERO!!

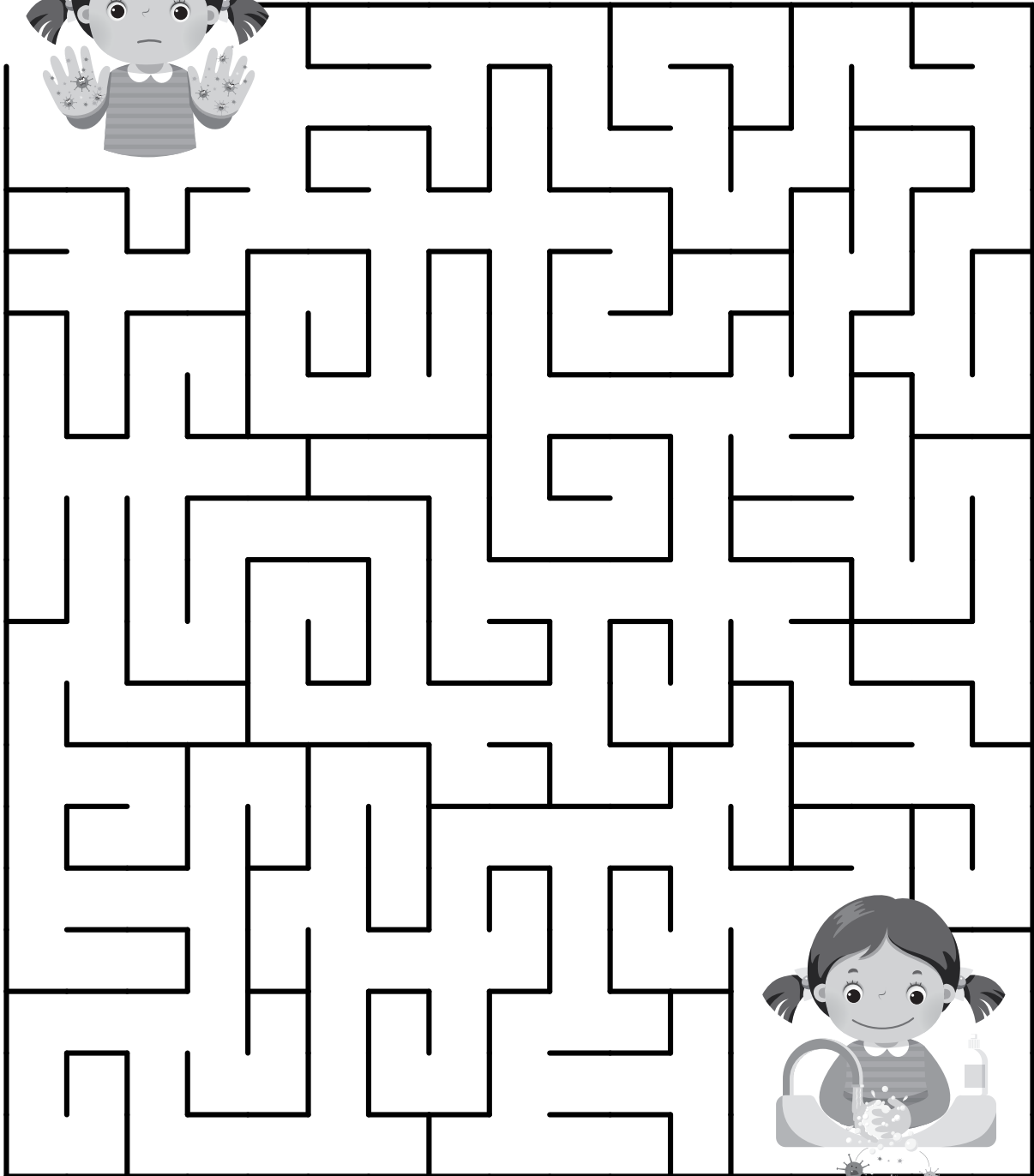
Just follow the rules of social distancing & save the world with your superpower of stopping the spread.

- 1 - blue
- 2 - green
- 3 - yellow
- 4 - brown
- 5 - peach
- 6 - red
- 7 - grey





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WASH YOUR **HANDS** OFTEN

The Coronavirus can last on surfaces for up to several DAYS!!! Which means you can come in contact with it without knowing. Washing your hands often for at least 20 seconds can help slow the spread



Save-A-Life



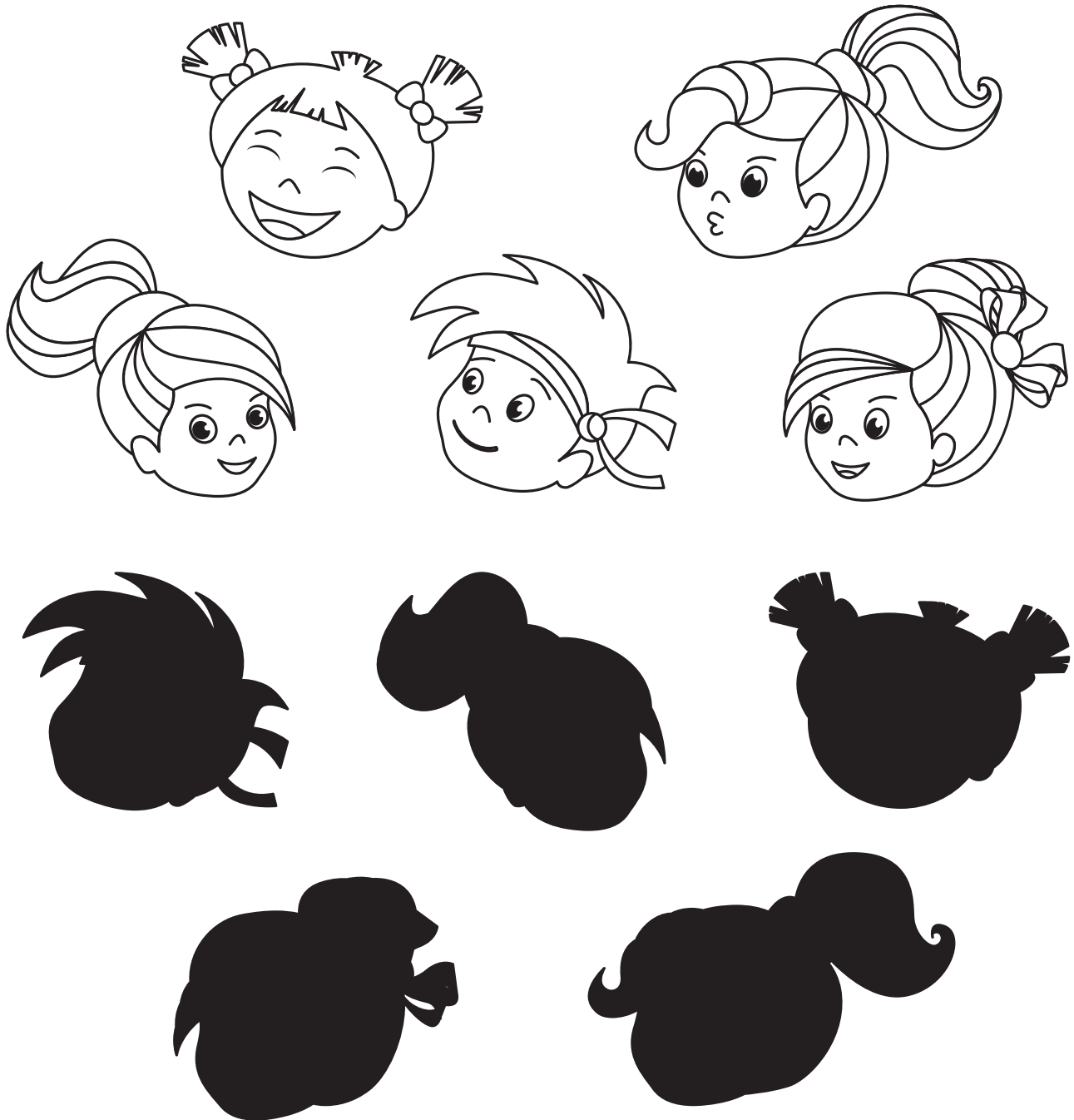
SNEEZE INTO YOUR **ELBOW** OR A TISSUE

Coronavirus is a respiratory virus which spreads primarily through the droplets that spray when an infected person coughs or sneezes. Using your elbow lessens the chance of you touching something with infectious droplets on your hand and slows the spread.



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FIND THE CORRECT SHADOW



DON'T TOUCH YOUR **FACE**

Because you may have come in contact with Coronavirus without even knowing it, avoid touching areas where the virus can invade your body, such as all the openings on your face, eyes, ears, nose & mouth.

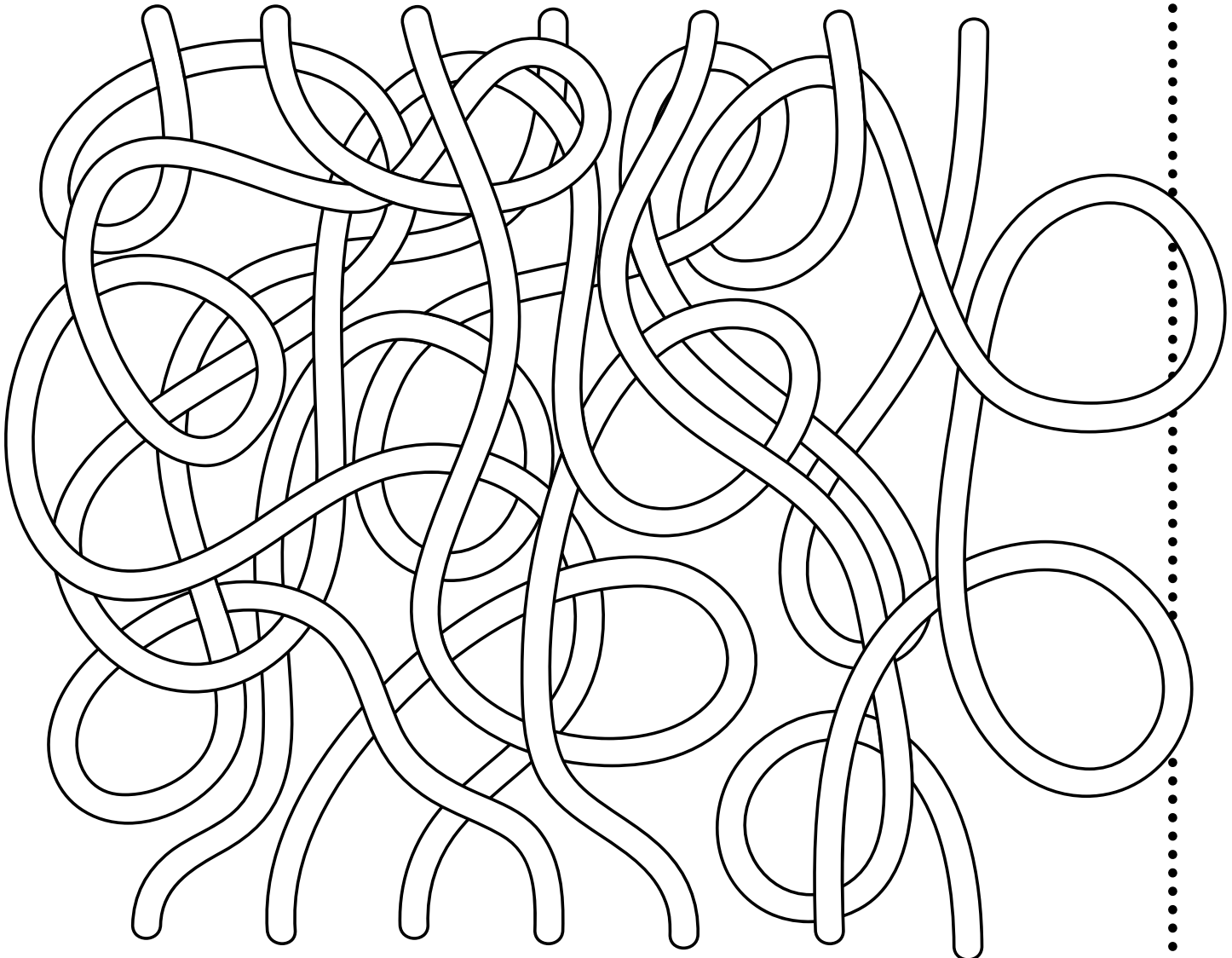


Save-A-Life

SOCIAL DISTANCING

If you are going outside, make sure to keep a distance from others. Solve the puzzle below to figure out how many feet you must keep for proper social distancing.

E X I F T E S



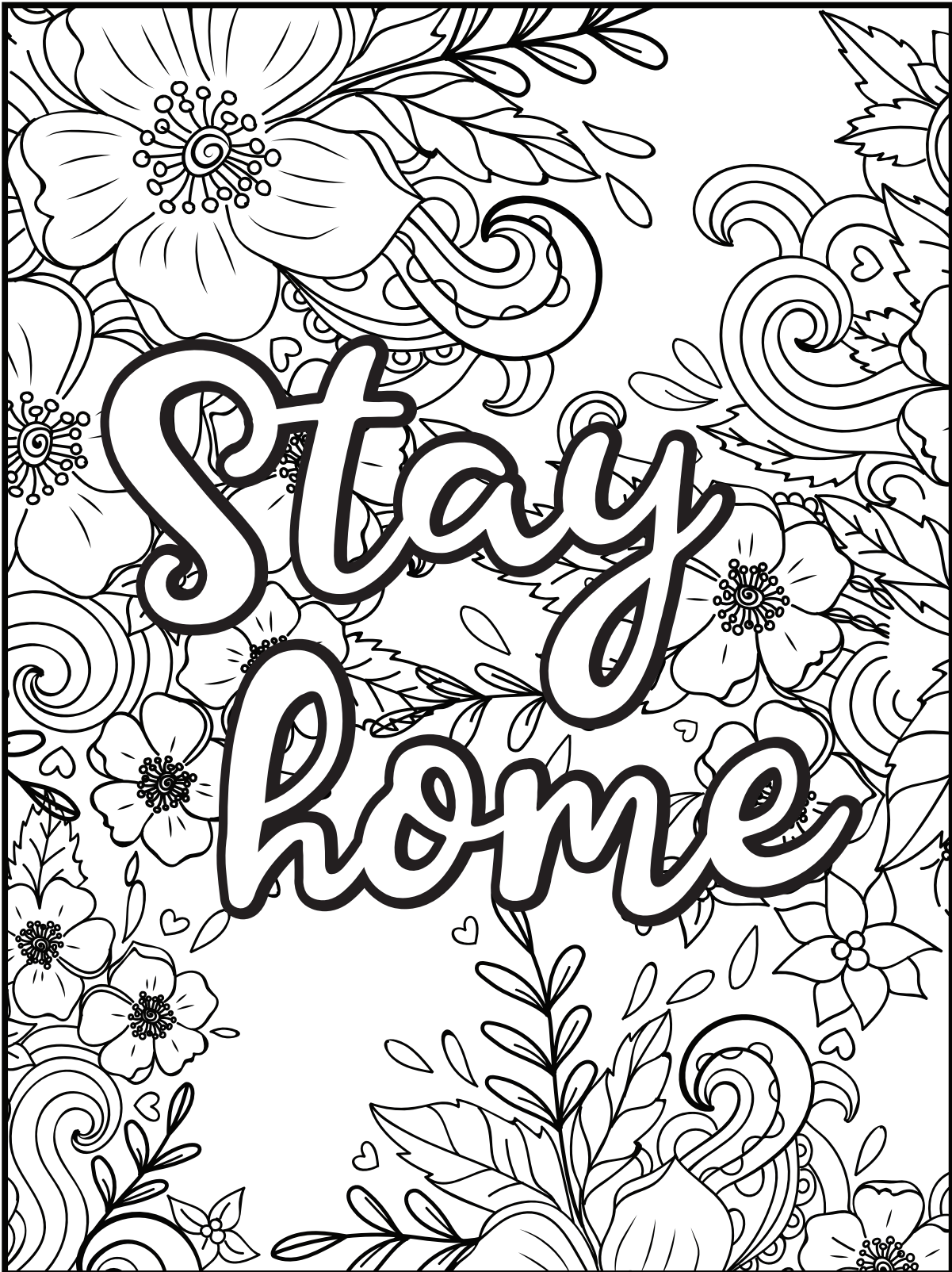
○ ○ ○ ○ ○ ○ ○



Save-A-Life

STAY HOME!

Stay safe & keep others safe!



This activity book is a project of the JaffaCares program and is based on the Save-a-Life project, which teaches essential lifesaving skills to kids as young as primary. For more info about the SAVE-A-LIFE program, you can contact Leah Krausz at 877-973-3824 / lkrausz@vaadrefuah.org

Jack Jaffa & Associates
REAL ESTATE CONSULTANTS