

ECHO Script

Emergency and Community Health Outreach



Final Script
April 25, 2011

ECHO Show "Community Strength and Preparedness" Word count: 524

-1-

Flashing red light

At some point all of us will have to deal with some sort of crisis.

-2-

Tornado or flood damage

The crisis could be a family emergency, or it could be an emergency that affects the entire community, such as a flood or a tornado.

-3-

Earthquake damage, health care worker in surgical mask

It might be something bigger, such as an earthquake or an epidemic that involves an entire country or region.

-4-

Any damage or people at crisis area

Before a crisis happens, we can help our chances of successfully dealing with it by making ourselves as physically and mentally healthy as possible. We can also learn from how we handled hard situations in the past. That can help us get through a new problem.

-5-

Any damage or people at crisis area

This idea of being able to handle whatever comes our way is called being resilient. It is important to build resilience *before* an emergency happens.

-6-

Shot of community

Individuals can be resilient, and so can communities.

-7-

Family

You and your family can be ready by taking responsibility for your own health and safety.

-8-

Family eating, being active

Make sure you are in good physical condition by eating right, being active and not smoking, and by being as safe as possible.

-9-

Smoke alarms, family evacuating house

That means doing things like wearing seat belts, installing smoke alarms and having family safety plans.

-10-

Shot of person talking, ECHO website

You can also build resilience by learning from day-to-day experiences and being aware of what you're good at and what you need help with.

For example, if you know you're good at knowing where to find reliable sources of information, then you can help other people find accurate updates, from groups like ECHO.

-11-

Family together

In an emergency, it's likely that families will have to rely on each other. At those times, family members who have already been through some sort of crisis will be able to use that experience to help others.

-12-

People working at arena from FEMA flood b-roll

As a community, we can be strong and prepared by working together and helping each other.

-13-

9-1-1 dispatcher, public health department sign

Be familiar with what's available in your community if there is an emergency.

-14-

Emergency kits from FEMA preparedness b-roll

Decide on a safe place your family will meet if you can't be in your home. Learn what supplies you should get, such as emergency kits or food supplies. Help make sure they are stocked and available.

-15-

People from FEMA b-roll

Be prepared to volunteer. By helping out either before or during a crisis, you will be helping everyone who lives there.

-16-

People talking to each other, neighbors (Guy knocking on door, FEMA b-roll)

An important part of being ready is communication. Find out all you can during a crisis, so you can tell others valuable information, like where to get help and how to keep things from getting worse. Be sure to check on neighbors and family members who might need help. Make sure they know about the emergency and what to do.

-17-

Person hugging (?)

And as you communicate with people, it's very important to show compassion. Anything you can do to help ease someone's pain will be a big help to both them and your community.

-18-

Person helping

It is also important to stay calm in an emergency. You can help others by listening to them and getting them help.

-19-

People talking

Communities need to take care of themselves and each other, especially in an emergency. By relying on everyone's experience and strengths, we can work together to be ready for any emergency and make it through a crisis when it happens.