

2 WEEKS READY



BUILD KITS

Plan to be on your own for at least 2 weeks



Water (1 gallon per person, per day)



Food (non-perishable)



Comfort/entertainment



Medical equipment



Glasses/eye care



First aid kit



Can opener



NOAA alert radio



Flashlight



Personal hygiene items



Tools



Pet supplies



Cash



Toilet paper



Medications



Identification & important documents



Sturdy shoes




Extra batteries



Warm clothes



Fire extinguisher

 Keep at least 2 weeks of supplies in your home. Have smaller kits for work, for every family member, and pets. Have a vehicle safety kit too.



BE PREPARED

MAKE A PLAN

Determine an accessible meeting place in case you have to leave your home or work, so you can reunite your family.



LEARN ABOUT DISASTER PLANS FOR

Your work

Your children's school

Your medical and/or transportation provider

Other places where your family spends time



Check with your local emergency management office to:

- find out what hazards could affect your home and place of work
- sign up for emergency alerts and notifications
- identify your local emergency alert system (EAS) radio stations
- know your evacuation and alternate transportation routes

DEVELOP A COMMUNICATIONS PLAN



Write down emergency contact information



Texts are more likely to go through



Have an extra cell phone charger and batteries



An out-of-area contact can serve as a relay point for family communication

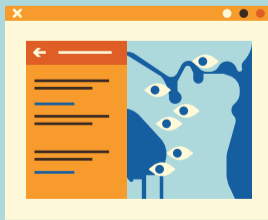
HELP EACH OTHER

Know how you'll help people and pets who normally rely on you

— Woof!



Form a neighborhood group: for examples and suggestions, see Map your Neighborhood at: emd.wa.gov/myn



Help organizations in your neighborhood that may need support during a disaster



Attend free disaster skills workshops offered by your local emergency management office and learn basic survival skills

ACTIONS TO TAKE DURING A QUAKE

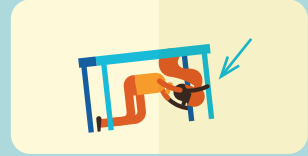
DURING THE SHAKING



DROP



COVER



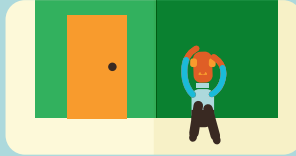
AND HOLD ON

If there is no table around, get lower than the other furniture.

THINK



BENEATH



BESIDE



BETWEEN

AFTER THE SHAKING

CHECK YOUR BUILDING:



For structural damage



Shut off the water at the main valve



Shut off **gas** only if you:



→ Smell natural gas



→ Hear hissing



→ See the dial spinning rapidly



Check for injuries and apply basic first aid



Leave building if unsafe



Help your neighbors



FOR MORE INFORMATION



Local television



Your local Emergency Management office



Emergency radio stations
NOAA weather radio channels



Twitter @waEMD



Facebook facebook.com/WashEMD

MEDICAL INFORMATION

Having important medical information for household members and pets is critical in case you need to leave your house after a disaster.

PHYSICIAN

Name: _____

Phone number: _____

PHARMACY

Name: _____

Phone number: _____

HEALTH INSURANCE

Provider: _____

Group Number: _____

ID number: _____

CLOSEST FACILITY WITH GENERATORS IF POWER FOR MEDICAL EQUIPMENT IS REQUIRED:

MEDICATIONS

1	_____	_____	_____
	(PERSON NAME)	(NAME OF MEDICATION)	(DOSAGE)
2	_____	_____	_____
	(PERSON NAME)	(NAME OF MEDICATION)	(DOSAGE)
3	_____	_____	_____
	(PERSON NAME)	(NAME OF MEDICATION)	(DOSAGE)
4	_____	_____	_____
	(PERSON NAME)	(NAME OF MEDICATION)	(DOSAGE)

PET INFORMATION

1	_____	_____
	(PET NAME)	(BREED)
	_____	_____
	(APPROX. AGE)	(NAME OF MEDICATION)
	(DOSAGE)	
2	_____	_____
	(PET NAME)	(BREED)
	_____	_____
	(APPROX. AGE)	(NAME OF MEDICATION)
	(DOSAGE)	

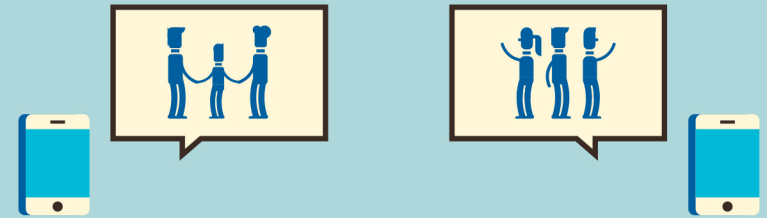


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Gather Your Emergency Information

IMPORTANT PHONE NUMBERS

This might seem unnecessary — but how many phone numbers do you actually have memorized?



FRIENDS, IMMEDIATE FAMILY MEMBERS, AND OUT-OF-AREA CONTACTS:

1	_____	_____
	(NAME)	(PHONE)
2	_____	_____
	(NAME)	(PHONE)
3	_____	_____
	(NAME)	(PHONE)
4	_____	_____
	(NAME)	(PHONE)



PUBLIC SAFETY LOCATIONS

Whether you need help during a disaster or not, knowing who provides your home with safety services is important

Public safety locations can be a centralized location for information and support for your community



FIRE STATION

Address: _____

Phone number: _____

Total miles to station: _____

Potential route hazards: _____



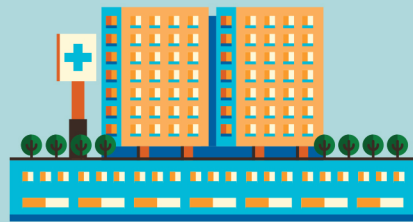
POLICE STATION

Address: _____

Phone number: _____

Total miles to station: _____

Potential route hazards: _____



MEDICAL FACILITY

Address: _____

Phone number: _____

Total miles to station: _____

Potential route hazards: _____



COMMUNITY GATHERING POINT

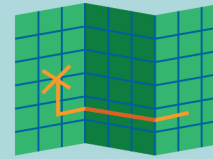
Address: _____

Phone number: _____

Total miles to station: _____

Potential route hazards: _____

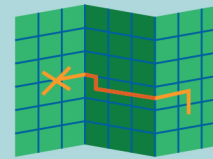
ALTERNATIVE ROUTES TO WORK



CURRENT ROUTE HOME: _____

Total miles: _____

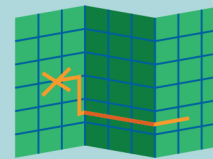
Potential hazards for route: _____



ALTERNATIVE ROUTE #1: _____

Total miles: _____

Potential hazards for route: _____



ALTERNATIVE ROUTE #2: _____

Total miles: _____

Potential hazards for route: _____

To help find routes and methods home, the following resources may help:

wsdot.wa.gov
www.metro.kingcounty.gov
www.soundtransit.org/Trip-planner
www.piercetransit.org/mobile/
dnr.wa.gov
 Phone: 5-1-1 for state highway/
 weather information
 Your local emergency management office



CARPPOOL OPTIONS

1. _____

2. _____



VIAIBLE PUBLIC TRANSPORTATION OPTIONS

1. _____

2. _____

3. _____

