

# Disasters Happen - Are You 2 Weeks Ready?

There are many easy and affordable ways for families, organizations, and communities to be prepared for emergencies.

A few hours a month can make the difference—take action now!

## 1. Make a Plan      2. Build Your Kits      3. Get Connected      4. Become Involved

### 1. Develop and test emergency communication plans:

Your family may not be together if a disaster strikes, so it is important to think about the following situations and plan just in case. Consider the following questions when making a plan:

- How will my family/household get emergency alerts and warnings?
- How will my family/household get to safe locations for relevant emergencies?
- How will my family/household get in touch if cell phone, internet, or landline doesn't work?
- How will I let loved ones know I am safe?
- How will family/household get to a meeting place after the emergency?



### 2. Assemble or update emergency supply kits:

A disaster supplies kit is simply a collection of basic items your household may need in the event of an emergency.

Try to assemble your kit well in advance of an emergency. You may have to evacuate at a moment's notice and take essentials with you. You will probably not have time to search for the supplies you need or shop for them.

You may need to survive on your own after an emergency. This means having your own food, water and other supplies in sufficient quantity to last for two weeks. Local officials and relief workers will be on the scene after a disaster but they cannot reach everyone immediately. You could get help in hours or it might take days.

Additionally, basic services such as electricity, gas, water, sewage treatment and telephones may be cut off for days or even a week, or longer. Your supplies kit should contain items to help you manage during these outages.



### 3. Sign up for local alerts and warnings, download apps, and/or check access for wireless emergency alerts:

- Federal Emergency Management Agency: FEMA/IPAWS: <https://www.fema.gov/integrated-public-alert-warning-system>
- Ready.Gov/alerts: <http://www.ready.gov/alerts>
- National Weather Service Email and SMS Weather Alert Services: <http://www.weather.gov/subscribe>
- American Red Cross Mobile Apps: <http://www.redcross.org/get-help/prepare-for-emergencies/mobile-apps>
- WA State EMD - Alert & Warnings List: <http://mil.wa.gov/preparedness>

#### 4. Plan with neighbors to help each other and share resources.

- Map Your Neighborhood (MYN)
- Local Emergency Management Offices
- Search & Rescue Organizations
- Amateur Radio Clubs
- Citizen Corps:
  - Community Emergency Response Teams (CERT)
  - Fire Corps
  - National Neighborhood Watch
  - Medical Reserve Corps (MRC)
  - Volunteers in Police Services (VIPS)
  - Corporation for National and Community Service (CNCS): AmeriCorps, Senior Corps, Learn & Serve America



Map Your Neighborhood (MYN) video:  
<http://www.drc-group.com/project/jitt-myn.html>

### Additional activities to help you and your family survive!

- ⇒ Learn about local hazards and conduct a drill to practice emergency response actions.
- ⇒ Participate in a preparedness discussion, training, or class.
- ⇒ Collect and safeguard critical documents.
- ⇒ Document property and obtain appropriate insurance for relevant hazards.
- ⇒ Make property improvements to reduce potential injury and property damage (mitigation).
- ⇒ Hold a scenario-based continuity of operations tabletop exercise for your organization.



<https://www.youtube.com/user/EMDPrepare>



<http://www.drc-group.com/project/jitt.html#new>

### For more information visit:



Washington State  
Emergency Management

[www.mil.wa.gov/  
preparedness](http://www.mil.wa.gov/preparedness)



FEMA: Ready

[www.ready.gov](http://www.ready.gov)



American Red Cross

[www.redcross.org](http://www.redcross.org)

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