



Plan to be a survivor



Making a plan and helping each other
Lyz Staman, Seattle, WA

JAPAN EARTHQUAKE AND TSUNAMI

"My husband and I were on vacation, in a secluded beach cabin on Oahu when the Japan earthquake and tsunami occurred – the news reported we would have six hours until the tsunami would hit Oahu.

We looked up and down the beach at the cabins and realized people did not know what was happening. We went door-to-door to alert others. Most families had not heard about the earthquake, did not know a tsunami could come, and were thoroughly unprepared on what to do."

View Lyz's full story at makeitthrough.org

You need to be prepared.

A catastrophe can strike at home, work, in your car, at school or at play; having plans and emergency supplies on-hand in several locations will help you feel safe and in control.

Immediately following a disaster or catastrophe, emergency response agencies will be overwhelmed. Don't call 911 unless you have a life-threatening emergency—work with those around you to prepare and take action.

In emergency situations, texting may be more reliable than regular cell service.



Download useful disaster apps from the U.S. Department of Health & Human Services.



Plan to be a survivor



Building a kit
Judson and Terri Rollins, currently living in Seattle, WA

HURRICANE IKE

"Because the possible strike zone was so wide, most people hadn't started to react. We pulled our emergency-preparedness checklist and began stocking up on the few non-perishable items we didn't already have on hand. Getting to the stores early made a huge difference because, by Thursday afternoon, Houston's grocery stores had been cleaned out.

As the forecast zone kept narrowing to our area, we updated the photo inventory of our possessions and prepared to board up our home and evacuate."

View Terri and Judson's full story at makeitthrough.org



Build a kit

Below are suggested basic supplies to survive for 7 to 10 days.

- Water**—one gallon per person per day for drinking and sanitation
- Food**—at least 7 to 10 day supply of non-perishable food per person
- Cash**—ATMs won't work without electricity
- Battery-powered radio and extra batteries**
- Flashlight and extra batteries**
- First aid kit**
- Whistle** to signal for help
- Filter mask** or cotton t-shirt to help filter the air
- Moist towelettes** for sanitation
- Wrench or pliers** to turn off utilities *if needed*
- Manual can opener** for food
- Shelter items** like tents, tarps and rope
- Garbage bags and plastic ties** for personal sanitation
- Unique family needs:** supplies for infants, pets and elderly, prescriptions, and important family documents

Customize this list to meet your own needs.

For other useful checklists and preparedness resources visit:

makeitthrough.org



Below are the **top three things** that you can do, and three tips for each to help you get started.

MAKE A PLAN

1

- » Plan for people, pets and property
- » Make a family emergency communication plan; identify an out-of-state contact
- » Review and practice your emergency plan

BUILD A KIT

2

- » Build a kit for at least 7 to 10 days: include food, water, shelter, prescriptions, first aid supplies, flashlights, radio, batteries, wrench/pliers for utilities, manual can opener, cash, supplies for infants, pets and elderly
- » Save important documents and records on USB drives; store one at home and one in a safety deposit box
- » Create customized kits for home, office and car

HELP EACH OTHER

3

- » Plan together: create networks of neighbors and co-workers; work together to pool resources
- » Get first aid and CPR training through the Red Cross; Community Emergency Response Training (CERT) is available through your local office of emergency management
- » Learn how to reduce hazards (e.g., shutting off gas supply *if needed*, strap water heater in place, etc.)



makeitthrough.org



What to do to **Make it Through**

In the event of a catastrophe you need to know: what to do to make it through.



Being prepared can change everything. By planning ahead, you can increase the chances of survival for you and your family—not to mention gain peace of mind knowing you are in control.

Catastrophes can happen at any time. Preparing for three days will help you make it through many of the disasters you'll face in the Puget Sound region—including major storms and even small earthquakes. However, to make it through a major catastrophe—like Hurricane Katrina or the earthquake and tsunami in Japan—you'll need to be prepared for longer—at least 7 to 10 days.

A magnitude 6.0 – 7.5 earthquake in the Pacific Northwest is likely to occur in the near future. We could also have an earthquake very similar to Japan, causing severe damage and a tsunami along the coast.