

# 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



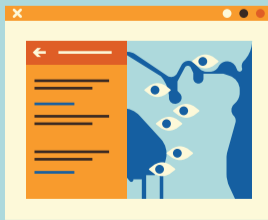
An out-of-area contact can serve as a relay point for family communication

## HELP EACH OTHER

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



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

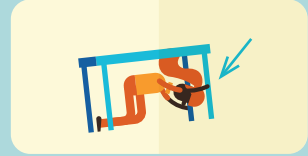
## DURING THE SHAKING



**DROP**



**COVER**



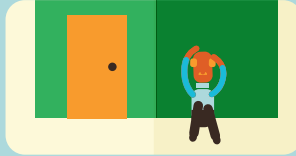
**AND HOLD ON**

*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



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