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
- Sturdy shoes
- Extra batteries
- Warm clothes
- Fire extinguisher
- Personal hygiene items
- Tools
- Pet supplies
- Cash
- Toilet paper
- Medications
- Identification & important documents

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.

DURING THE SHAKING

DROP

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

COVER

AND HOLD ON

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

ACTION TO TAKE DURING A QUAKE

DROP DURING THE SHAKING

THINK

COVER AND HOLD ON

BENEATH BESIDE BETWEEN

FOR MORE INFORMATION

Local television
Your local Emergency Management office
Emergency radio stations
NOAA weather radio channels

Twitter @waEMD
Facebook facebook.com/WashEMD
BE PREPARED

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
- determine evacuation routes and transportation routes

MAKE A PLAN

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 your help:

Attend free disaster skills workshops offered by your local emergency management office:

help organizations in your neighborhood
form a neighborhood group:

DEVELOP A COMMUNICATIONS PLAN

- Texts are more likely to go through
- Have an extra cell phone charger and batteries
- Have emergency contact information
- 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:

MAKE A COMMUNICATIONS PLAN:

- An out-of-area contact can serve as a relay point for family communication
- Have an extra cell phone charger and batteries
- Have emergency contact information

Your home or work, so you can reunite your family:

Determine an accessible meeting place in case you have to leave your home or work

- 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
- Determine evacuation routes and transportation routes