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
- Extra batteries
- Sturdy shoes
- Warm clothes
- Fire extinguisher
- Glasses/eye care
- Comfort/entertainment

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
- 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
**DURING THE SHAKEING**

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

**COVER**

**AND HOLD ON**

**THINK**

**BELOW**

**BESIDE**

**BETWEEN**

**AFTER THE SHAKEING**

**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

**FOR MORE INFORMATION**

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

Twitter @waEMD  
Facebook facebook.com/WashEMD