

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

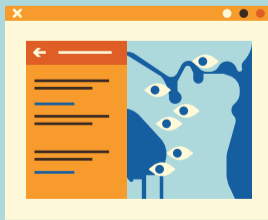
HELP EACH OTHER

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

— Woof!



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



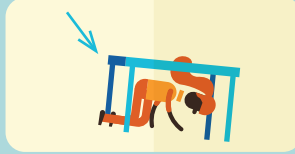
Attend free disaster skills workshops offered by your local emergency management office and learn basic survival skills

ACTIONS TO TAKE DURING A QUAKE

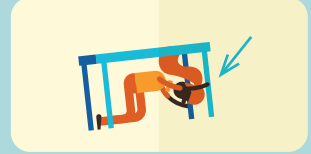
DURING THE SHAKING



DROP



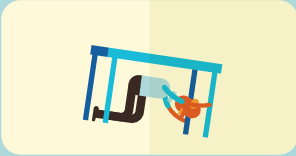
COVER



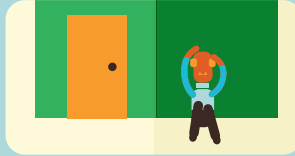
AND HOLD ON

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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