

Re-Prepare Resources & Links

Home Hazard Hunt & Building Creative Disaster Kits:

- Build a Kit on a Shoestring Budget: <https://youtu.be/tSRNP8moKx0>
- www.Makeitthrough.org
- www.Takewinterbystorm.org
- www.Kingcounty.gov/prepare
- www.mil.wa.gov/alerts
- www.Kingcounty.gov/alerts
- Building kits with supplies from home: <https://youtu.be/32lhz-FArf0>
- Building kits with supplies from home (Spanish): https://youtu.be/OfkiFgSO_G8

Disaster Preparedness + COVID-19:

- Disaster Preparedness: <https://mil.wa.gov/preparedness>
- Prepare in a Year guide: <https://mil.wa.gov/personal>
- COVID-19 website for WA: www.coronavirus.wa.gov
- Earthquake Safety: www.mil.wa.gov/earthquake
- Disaster Ready Washington Webinar recording: <https://youtu.be/Ze7OAmZMdL4>
- Re-Prepare #1 Recording: <https://www.youtube.com/channel/UCpAq45g6wiAEEzvMknOvglQ>

Emotional & Mental Resilience:

- **SAMHSA Disaster Distress Helpline 1-800-985-5990** Spanish speakers, press “2”
 - 24/7, 365-day-a-year, national hotline dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster.
 - Text **TalkWithUs to 66746** to connect with a trained crisis counselor. From the 50 States, **text Hablanos to 66746**
- **National Suicide Prevention Lifeline 1-800-273-8255**

Community Connections:

- [Are you Ready? An In-depth Guide to Citizen Preparedness](#)
- [Community Preparedness: Implementing Simple Activities for Everyone](#)
- [Planning for the Needs of Children in Disasters](#)
- [Household Hazardous Materials](#)
- [Earthquake Basics: Science, Risk, and Mitigation](#)
- [Animals in Disasters: Awareness and Preparedness](#)
- [Protecting Your Home or Small Business From Disaster](#)
- [You are the Help Until Help Arrives](#)
- Map Your Neighborhood: www.mil.wa.gov/myn

