

Welcome to **Resolve to Be Prepared**

Washington Emergency Management Division
January 2022



What is preparedness?

Any action you take to lessen the impact of a disaster on you, the people you live with, and/or your community.

Three Steps to Preparedness

**Learn
Your Hazards**

**Make a
Plan**

Build Kits



Preparedness is:

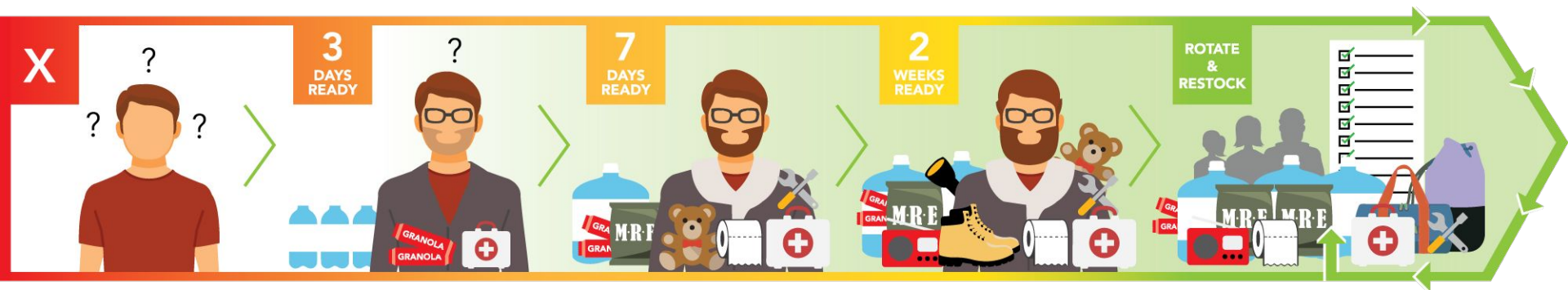


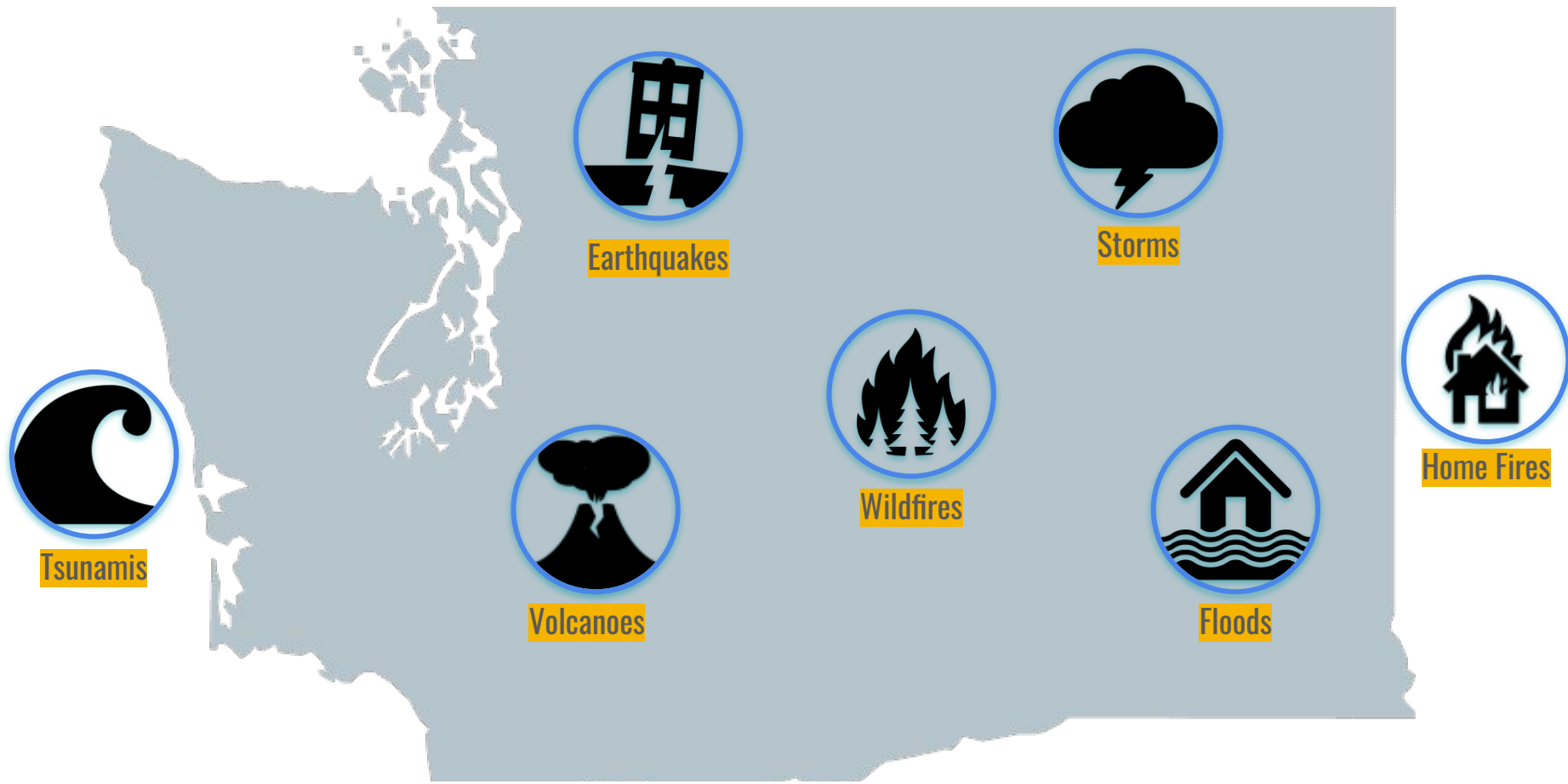
Preparedness is *not*:



Rather than scrambling when disaster strikes and supplies are short for everyone, buy a little bit extra on every trip.







Identify how local authorities will notify you during a disaster. Sign up for emergency alerts at mil.wa.gov/alerts

Prepare in a Year

mil.wa.gov/personal



Complete **1 activity a month** to prepare you and your family for disasters!



Make a
Communications Plan



Create an
Action Plan



Store Water



Build Grab & Go
Kits



Secure Important
Documents



Be 2 Weeks Ready



Learn Fire Safety



Learn Utility Safety



Store Under the
Bed Supplies



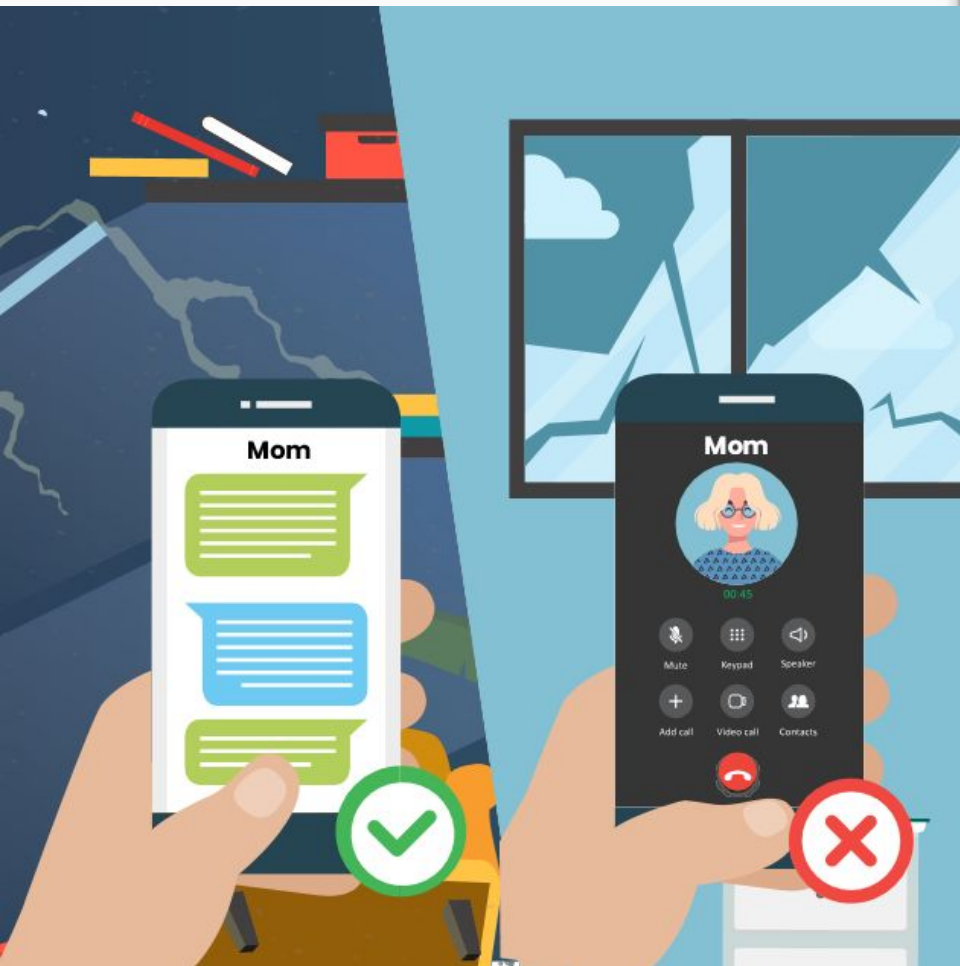
Practice Drop,
Cover, and Hold On



Prepare to
Shelter in Place



Conduct a Home
Hazard Hunt



1. Communications Plan

Identify an Out-of-Area Contact

- Choose someone who lives far away from you (and tell them)
- Text, don't call!

Have a Contact Card

- Write down phone numbers and information ahead of time
- Store in easy-to-access locations

Sign Up for Emergency Alerts

- How officials will communicate with you



2. Action Plan

Leaving Your Home

- Two exits from every room
- Two routes from your house

Pick a Meeting Spot

- Where are you and the people you live with going to reunite?
- Outside of your house and out of your neighborhood (centrally located)

Places to Stay

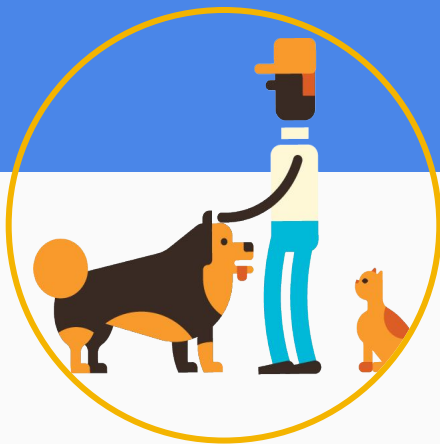
- Identify shelters, relatives' homes, etc. ahead of time

Action Plan: Specific Household Needs

Who relies on you? Make sure to plan for them too!



Young Children



**Pets and
Service Animals**



**Access and
Functional Needs**

Action Plan: Know Disaster Plans

What plans are in place where you frequently visit?

- Workplace
- Children's School
- Child Care Center
- Place of Worship
- Other places you visit





Action Plan: Practice Your Plan!

Give Everyone a Role

- Identify responsibilities for every member

Review and Update Your Plan

- Conduct fire and emergency drills so everyone knows what to do!

Test Your Smoke Alarms

- Test them monthly; change the batteries every 6 months

**How much water
should I store?**

**1 gallon per
person (and
pet or service
animal)
per day**

3. Storing Water

What's all that water for?

- Drinking, cooking, and hygiene needs

Storing Water

- Get creative! Under sinks or beds, in closets, in the basement, etc.
- Consider a water filter

Identify Other Water Sources

- Hot water heaters, toilet tanks, streams, lakes, rivers, etc.



How much water does a family of
3 need to prepare for 14 days?

42 gallons!

$(3 \text{ people} \times 1 \text{ gallon per day}) \times 14 \text{ days} = 42 \text{ gallons!}$

4. Grab and Go Kit

Pack for 2-3 days away from home in an easy-to-carry bag.



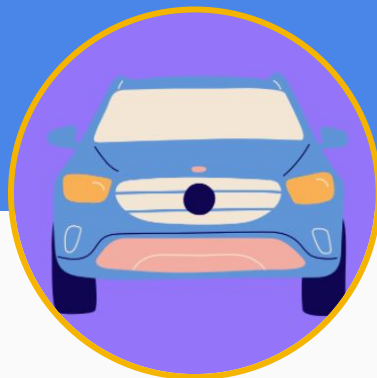
- Put your kit near the primary exit in your home
- Rotate items every 6 months
- Include a comfort item
- Pick foods that require no refrigeration or cooking, and little to no water
- Place items that could be damaged by water (e.g. money, documents) in plastic bags

Grab and Go Kit

Make sure you have “go bags” for everyone and at important locations!



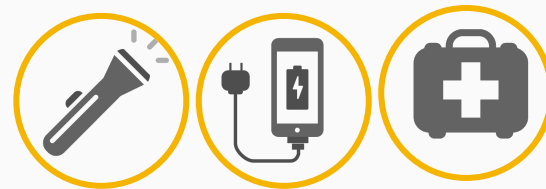
**Pets and Service
Animals**



Vehicle



Workplace



5. Important Documents

Have what you need to file insurance claims or prove identity in a disaster.

Print Copies

Digital Copies

USB Flash Drive

Checklist of Important Documents

- **Household:** marriage/birth certificates, passports, SS cards, licenses, green cards
- **Financial:** lease/homeownership, vehicle registration, banking accounts, insurance policies
- **Medical:** list of medications, insurance policies, disabilities documentation, medical benefits
- **Emergency Contact Information:** doctor, dentist, veterinarian, employer, schools, daycare
- **Valuables:** photos of valuables and home, copies of family photos



A collection of various emergency and survival supplies arranged on a blue background. The items include a blue and orange wheelchair, two large blue water jugs, a green toilet with a teddy bear and tools on its lid, a roll of white toilet paper, a yellow and black pump, an orange gas cylinder, a pair of brown work boots, a white first aid kit with a red cross, a purple bag, a blue bag, a brown backpack, a pet bowl with a paw print, a radio, a clipboard with papers, a toothbrush, and a small orange box.

To prepare for an emergency, what would you put in a kit?



We want you to be **Two Weeks Ready**! Keep *at least 2 weeks* of supplies in your home.



Rotate items in your kit every six months. Make sure clothes still fit and food isn't expired.

7. Fire Safety

Practice Smart Fire Safety

- Install and regularly test smoke alarms and carbon monoxide detectors.
- Never leave the stove unattended.
- Never smoke in bed. Store matches and lighters away from children.

Exiting Buildings

- Pick two ways to exit every room; make sure exits are not blocked.
- **Get low and go!** Do not re-enter.
- Reunite with your household at a meeting spot. Call 911.

Free smoke alarm installations: redcross.org/nwhomefire



8. Utility Safety

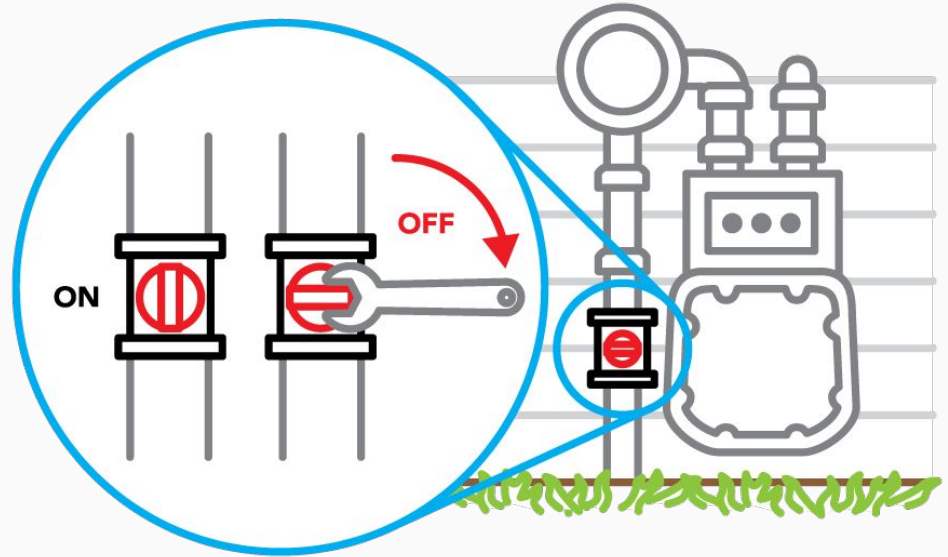
Teach responsible family members to properly shut off utilities.

Locate the shut-off valve and attach a wrench to the meter (or nearby)

Turning off the gas: Turn the valve $\frac{1}{4}$ turn so that it runs perpendicular to the pipe

Shut off the gas immediately and get everyone out of the house if you:

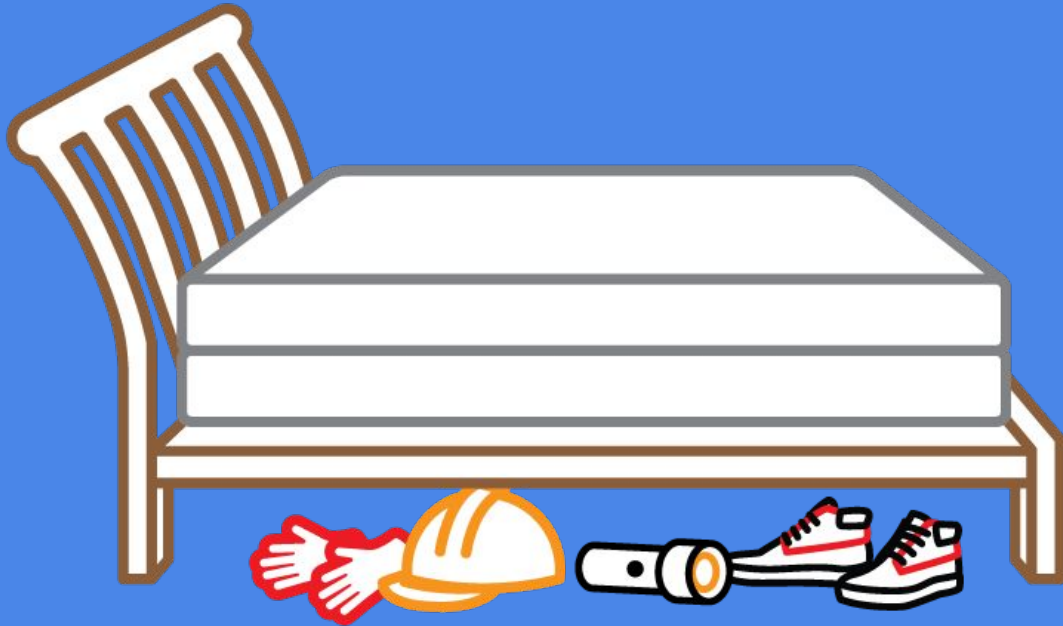
- **Smell** an odor (“rotten eggs”)
- **See** the dial spinning rapidly
- **Hear** a hissing sound



Use propane? Have your home's tank properly installed by a qualified professional and serviced regularly.

9. Day or Night: Ready to Respond

Keep some supplies **under your bed** in case you need to evacuate in the night!



Under the Bed Items

- Sturdy shoes
- Work gloves, preferably leather
- Flashlight, light sticks
- Hard hat or bicycle helmet
- A whistle

10. Drop, Cover, and Hold On

Washington is Earthquake Country. Make sure you know what to do.



DROP!

Drop where you are onto your hands and knees.



COVER!

Cover your head and neck. Get under a sturdy piece of furniture.



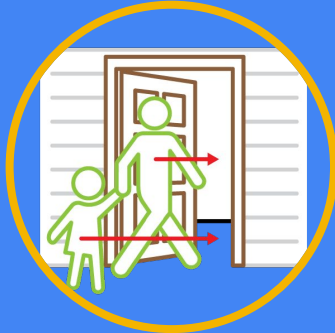
HOLD ON!

Hold on to your shelter until the shaking stops.

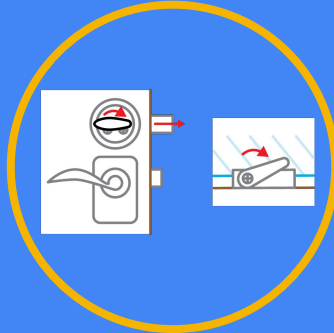
Most injuries in earthquakes are caused by falling objects. Do not run outside during an earthquake.

11. Shelter in Place

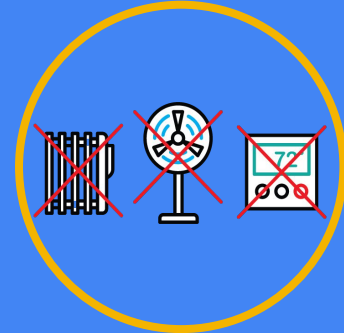
Learn the 6 steps to safely shelter in place during a hazardous material exposure incident.



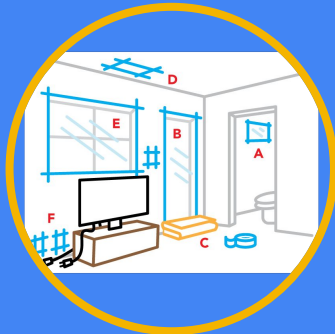
1. Go Inside Immediately



2. Lock Doors and Windows



3. Shut Off Air-circulating Devices



4. Seal Your Safe Room



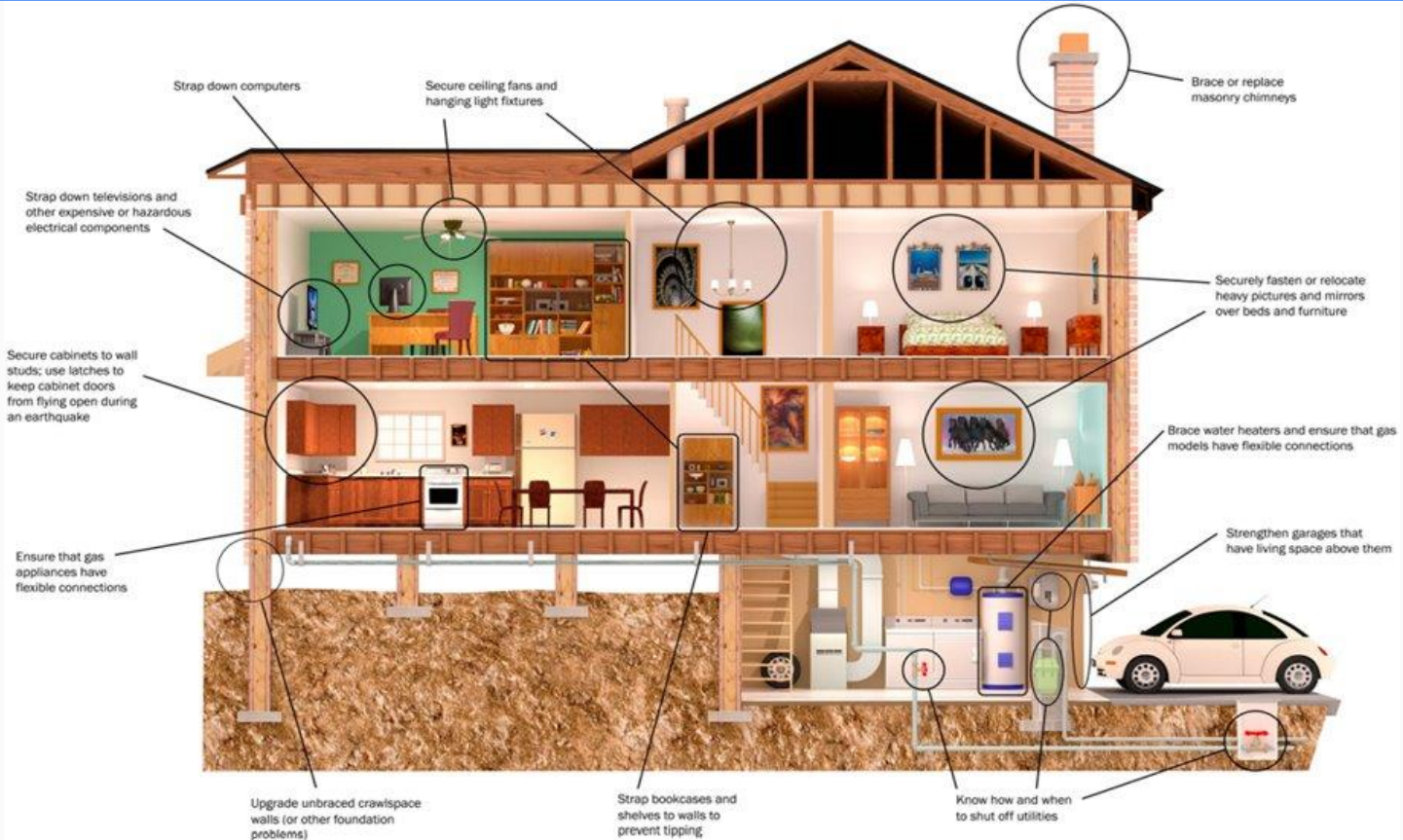
5. Listen to Media for Instructions

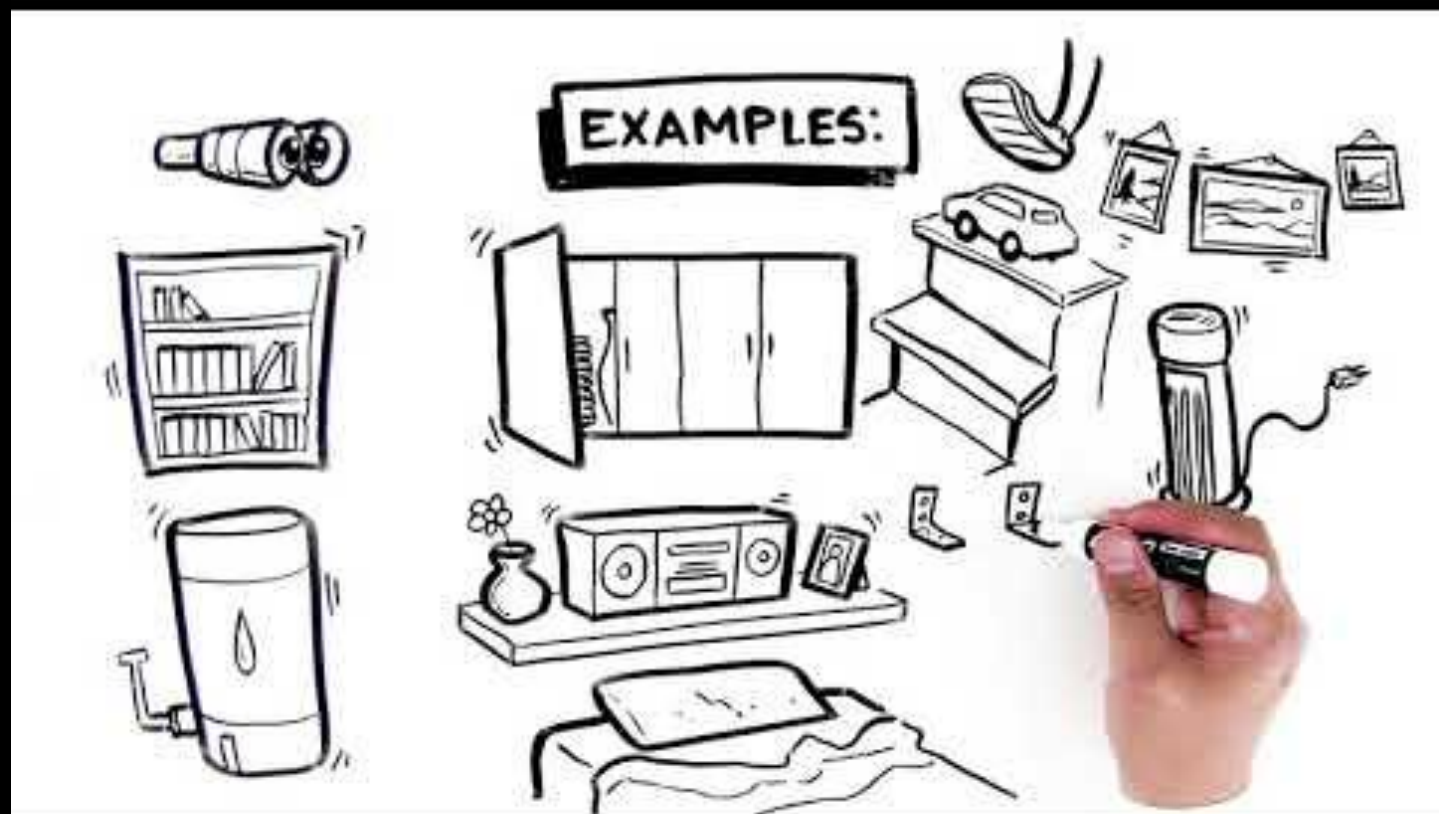


6. Air Out Home When Emergency is Over

12. Home Hazard Hunt

What items or areas in your home might pose a risk in a disaster?






What can you do to
prepare today?

Choose an **Out-of-Area Contact**

Write down important numbers on a contact card.



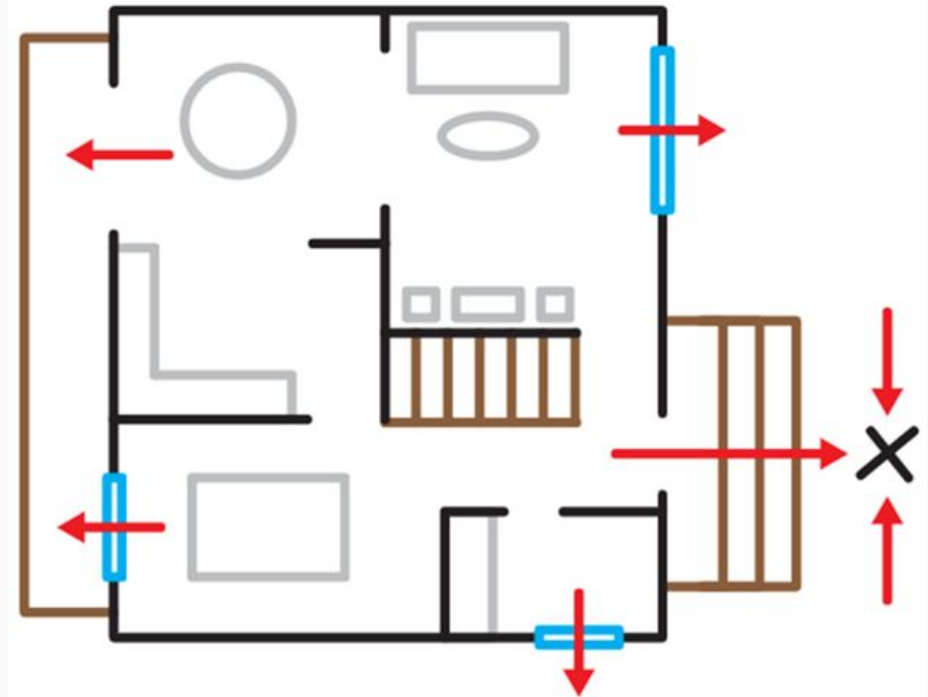
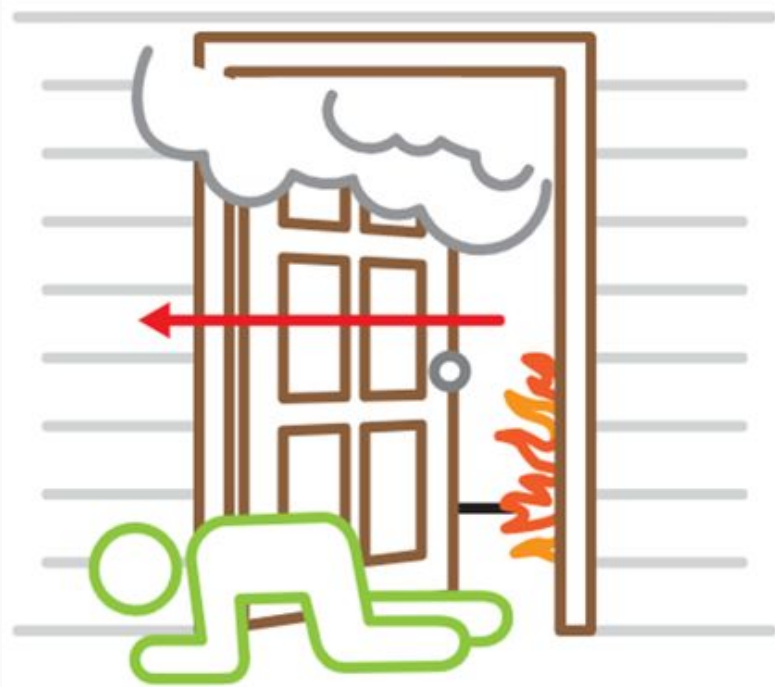
DISASTER meeting place (if you cannot return home):	
EXACT LOCATION	
HOUSE FIRE meeting place (near home, everyone is safely outside):	
EXACT LOCATION	
LOCAL emergency contact (if you are hurt):	
PRINT NAME	PHONE

	OUT OF AREA CONTACT PERSON
WHY? Local phone systems may be shut down in a disaster. However, you frequently can place a long-distance call.	
Name (print):	
Phone number (with area code):	
Cell phone number (with area code):	
<i>TIP:</i> You may be able to text message all your loved ones on your cell phone. Keep these messages short.	

Text messages may be more likely to go through in a disaster. Keep messages short.

Practice “Get Low and Go!”

Identify two exits out of every room and pick a meeting spot.



Remember, you have **less than 2 minutes** to escape a home fire.

Sign Up for **Local Emergency Alerts**

Know how officials are going to communicate with you in a disaster.



Sign up for
LOCAL EMERGENCY ALERTS

MIL.WA.GOV/ALERTS

to receive alerts for:

- ! imminent hazards
- ! immediate emergencies
- ! where to go
- ! what to do

Free to all people in Washington

Practice “Drop, Cover, and Hold On”

If you live in/near a tsunami zone, practice getting to high ground too!



DROP!



COVER!



HOLD ON!

Learn, Practice, and **Share**

Share what you've learned about disaster preparedness!



Questions & Resources

Washington Emergency Management Division Preparedness Website:
mil.wa.gov/preparedness

Sign Up for Local Emergency Alerts: mil.wa.gov/alerts

Preparedness Videos & Webinar Recordings: YouTube.com/EMDPrepare

Social Media:  WashEMD  @waEMD

Questions? Email Us! Public.Education@mil.wa.gov

