



Individual and Household Emergency Preparedness Guide

Prepared by the
Washington State
Emergency Management
Division



WHY BE 2 WEEKS READY

Because of Washington's diverse geology and increasingly extreme weather patterns, communities across the state are vulnerable to disasters.

Washington has 3,000 miles of shoreline that is at-risk of tsunamis, five active volcanoes, and the second highest earthquake risk in the United States – along with other hazards – that will leave individuals and families isolated and having to rely on their personal preparedness efforts to survive until resources are available again.

Now is the time to get prepared!

ADDITIONAL RESOURCES

Prepare Over Time

Preparedness is a journey. Start where you are today and prepare over time.

Use our Prepare in a Year guide or go at a pace that works for you!

[Learn more at mil.wa.gov/personal](https://mil.wa.gov/personal)



Learn steps you can take to prepare for emergencies. Download materials, watch videos, and continue your preparedness journey.

Learn more at
mil.wa.gov/preparedness



PREPARING YOURSELF & YOUR HOUSEHOLD

Get started:

- Learn the hazards that can affect you where you live, work, and play and take steps to reduce your risk.
- Make an individual or family disaster plan.
- Pack a go-bag for you and your family members.
- Gather supplies to Be 2 Weeks Ready at home.



1. KNOW HAZARDS & REDUCE RISK

Individuals and families who know the hazards where they live, work, learn, and play can take specific actions to help them survive during and after a disaster.

Learn more at mil.wa.gov/hazards



Get to know your city or county emergency management to learn about trainings, presentations, events and more in your community.

- **Sign up for emergency alerts**, including local alerts, USGS ShakeAlert® earthquake early warning, tsunamis, and volcanoes.

Learn more at mil.wa.gov/alerts



Complete a home hazard hunt to help reduce the risk of injury or property damage in the event of a disaster.

Find a checklist at mil.wa.gov/personal



2. MAKE PLANS

Having plans in advance for how to communicate, evacuate and reunify with your loved ones will help lessen the stress of a disaster, reduce injury and even save lives. Consider talking to schools, workplaces, assisted living facilities and other places you frequent to know their emergency plans.

Make a plan for:

- How to communicate with your family members.
- How to evacuate to a safe location.
- Where and how to meet up with your family/loved ones if separated at the time of an emergency.

3. GATHER SUPPLIES

Every household should have a go-bag for each family member/pet and at least two weeks worth of supplies at home.

Supplies should include:

- | | |
|--|---|
| <input type="checkbox"/> Food (non-perishable) | <input type="checkbox"/> Flashlight/light source |
| <input type="checkbox"/> Can opener | <input type="checkbox"/> Tools |
| <input type="checkbox"/> Water and/or water purification | <input type="checkbox"/> Battery-operated or hand crank radio |
| <input type="checkbox"/> First-aid | <input type="checkbox"/> Batteries |
| <input type="checkbox"/> Medications/medical equipment | <input type="checkbox"/> Chargers for electronic devices |
| <input type="checkbox"/> Personal hygiene | <input type="checkbox"/> Important documents/photos |
| <input type="checkbox"/> Toilet paper | <input type="checkbox"/> Cash |
| <input type="checkbox"/> Warm clothes/sturdy shoes | <input type="checkbox"/> Comfort item |

Consider the personal and special needs of each family member and pet when gathering supplies for both your go-bags and your two weeks of supplies.