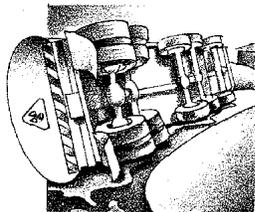


Your Family Disaster Supplies Kit

Disasters happen anytime and anywhere. And when disaster strikes, you may not have much time to respond.

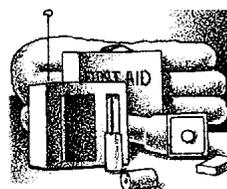


A highway spill of hazardous material could mean instant evacuation.

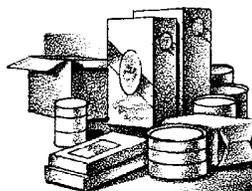


A winter storm could confine your family at home. An earthquake, flood, tornado or any other disaster could cut off basic services—gas, water, electricity and telephones—for days.

After a disaster, local officials and relief workers will be on the scene, but they cannot reach everyone immediately. You could get help in hours, or it may take days. Would your family be prepared to cope with the emergency until help arrives?



Your family will cope best by preparing for disaster *before* it strikes. One way to prepare is by assembling a Disaster Supplies Kit. Once disaster hits, you won't have time to shop or search for supplies. But if you've gathered supplies in advance, your family can endure an evacuation or home confinement.



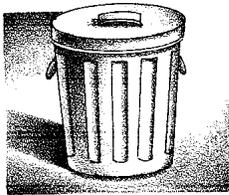
To prepare your kit

- Review the checklist in this brochure.
- Gather the supplies that are listed. You may need them if your family is confined at home.
- Place the supplies you'd most likely need for an evacuation in an easy-to-carry container. These supplies are listed with an asterisk (*).

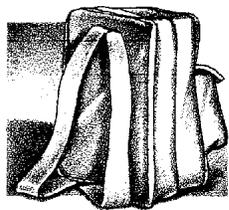


SUPPLIES

T here are six basics you should stock in your home: water, food, first aid supplies, clothing and bedding, tools and emergency supplies and special items. Keep the items that you would most likely need during an evacuation in an easy-to-carry container—suggested items are marked with an asterisk (*). Possible containers include



a large, covered trash container,



camping backpack,



or a duffle bag.

Water

Store water in plastic containers such as soft drink bottles. Avoid using containers that will decompose or break, such as milk cartons or glass bottles. A normally active person needs to drink at least two quarts of water each day. Hot environments and intense physical activity can double that amount. Children, nursing mothers and ill people will need more.

- Store one gallon of water per person per day (two quarts for drinking, two quarts for food preparation/sanitation)*
- Keep at least a three-day supply of water for each person in your household.



Food

Store at least a three-day supply of non-perishable food. Select foods that require no refrigeration, preparation or cooking and little or no water. If you must heat food, pack a can of sterno. Select food items that are compact and lightweight.

*Include a selection of the following foods in your Disaster Supplies Kit:

- Ready-to-eat canned meats, fruits and vegetables
- Canned juices, milk, soup (if powdered, store extra water)
- Staples — sugar, salt, pepper
- High energy foods — peanut butter, jelly, crackers, granola bars, trail mix
- Vitamins
- Foods for infants, elderly persons or persons on special diets
- Comfort/stress foods — cookies, hard candy, sweetened cereals, lollipops, instant coffee, tea bags



First Aid Kit

Assemble a first aid kit for your home and one for each car. A first aid kit* should include:

- Sterile adhesive bandages in assorted sizes
 - 2-inch sterile gauze pads (4-6)
 - 4-inch sterile gauze pads (4-6)
 - Hypoallergenic adhesive tape
 - Triangular bandages (3)
 - 2-inch sterile roller bandages (3 rolls)
 - 3-inch sterile roller bandages (3 rolls)
 - Scissors
 - Tweezers
 - Needle
 - Moistened towelettes
 - Antiseptic
 - Thermometer
 - Tongue blades (2)
 - Tube of petroleum jelly or other lubricant
 - Assorted sizes of safety pins
 - Cleansing agent/soap
 - Latex gloves (2 pair)
 - Sunscreen
- Non-prescription drugs
- Aspirin or nonaspirin pain reliever
 - Anti-diarrhea medication
 - Antacid (for stomach upset)
 - Syrup of Ipecac (use to induce vomiting if advised by the Poison Control Center)
 - Laxative
 - Activated charcoal (use if advised by the Poison Control Center)

Contact your local American Red Cross chapter to obtain a basic first aid manual.

Tools and Supplies

- | | |
|---|--|
| <input type="checkbox"/> Mess kits, or paper cups, plates and plastic utensils* | <input type="checkbox"/> Needles, thread |
| <input type="checkbox"/> Emergency preparedness manual* | <input type="checkbox"/> Medicine dropper |
| <input type="checkbox"/> Battery operated radio and extra batteries* | <input type="checkbox"/> Shut-off wrench, to turn off household gas and water |
| <input type="checkbox"/> Flashlight and extra batteries* | <input type="checkbox"/> Whistle |
| <input type="checkbox"/> Cash or traveler's checks, change* | <input type="checkbox"/> Plastic sheeting |
| <input type="checkbox"/> Non-electric can opener, utility knife* | <input type="checkbox"/> Map of the area (for locating shelters) |
| <input type="checkbox"/> Fire extinguisher: small canister, ABC type | |
| <input type="checkbox"/> Tube tent | Sanitation |
| <input type="checkbox"/> Pliers | <input type="checkbox"/> Toilet paper, towelettes* |
| <input type="checkbox"/> Tape | <input type="checkbox"/> Soap, liquid detergent* |
| <input type="checkbox"/> Compass | <input type="checkbox"/> Feminine supplies* |
| <input type="checkbox"/> Matches in a waterproof container | <input type="checkbox"/> Personal hygiene items* |
| <input type="checkbox"/> Aluminum foil | <input type="checkbox"/> Plastic garbage bags, ties (for personal sanitation uses) |
| <input type="checkbox"/> Plastic storage containers | <input type="checkbox"/> Plastic bucket with tight lid |
| <input type="checkbox"/> Signal flare | <input type="checkbox"/> Disinfectant |
| <input type="checkbox"/> Paper, pencil | <input type="checkbox"/> Household chlorine bleach |

Clothing and Bedding

*Include at least one complete change of clothing and footwear per person.

- | | |
|--|--|
| <input type="checkbox"/> Sturdy shoes or work boots* | <input type="checkbox"/> Hat and gloves |
| <input type="checkbox"/> Rain gear* | <input type="checkbox"/> Thermal underwear |
| <input type="checkbox"/> Blankets or sleeping bags* | <input type="checkbox"/> Sunglasses |

Special Items

Remember family members with special needs, such as infants and elderly or disabled persons.

For Baby*

- Formula
- Diapers
- Bottles
- Powdered milk
- Medications

For Adults*

- Heart and high blood pressure medication
- Insulin
- Prescription drugs
- Denture needs
- Contact lenses and supplies
- Extra eye glasses

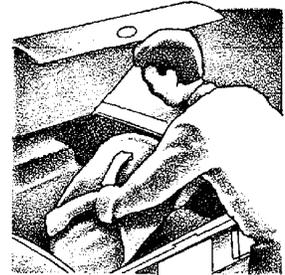
- Entertainment** - games and books

- Important Family Documents**
Keep these records in a waterproof, portable container.

- Will, insurance policies, contracts, deeds, stocks and bonds
- Passports, social security cards, immunization records
- Bank account numbers
- Credit card account numbers and companies
- Inventory of valuable household goods, important telephone numbers
- Family records (birth, marriage, death certificates)

SUGGESTIONS AND REMINDERS

- Store your kit in a convenient place known to all family members. Keep a smaller version of the Disaster Supplies Kit in the trunk of your car.



- Keep items in air tight plastic bags.
- Change your stored water supply every six months so it stays fresh.
- Rotate your stored food every six months.
- Re-think your kit and family needs at least once a year. Replace batteries, update clothes, etc.
- Ask your physician or pharmacist about storing prescription medications.



CREATE A FAMILY DISASTER PLAN

To get started...

Contact your local emergency management or civil defense office and your local American Red Cross chapter.

- Find out which disasters are most likely to happen in your community.
- Ask how you would be warned
- Find out how to prepare for each.

Meet with your family.

- Discuss the types of disasters that could occur.
- Explain how to prepare and respond.
- Discuss what to do if advised to evacuate.
- Practice what you have discussed.

Plan how your family will stay in contact if separated by disaster.

- Pick two meeting places:
 - 1) a location a safe distance from your home in case of fire.
 - 2) a place outside your neighborhood in case you can't return home.
- Choose an **out-of-state** friend as a "check-in-contact" for everyone to call.

Complete these steps.

- Post emergency telephone numbers by every phone.
- Show responsible family members how and when to shut off water, gas and electricity at main switches.

- Install a smoke detector on each level of your home, especially near bedrooms; test monthly and change the batteries two times each year.
- Contact your local fire department to learn about home fire hazards.
- Learn first aid and CPR. Contact your local American Red Cross chapter for information and training

Meet with your neighbors.

Plan how the neighborhood could work together after a disaster. Know your neighbor's skills (medical, technical). Consider how you could help neighbors who have special needs, such as elderly or disabled persons. Make plans for child care in case parents can't get home.

Remember to practice and maintain your plan.



The Federal Emergency Management Agency's Community and Family Preparedness Program and the American Red Cross Community Disaster Education Program are nationwide efforts to help people prepare for disasters of all types. For more information, please contact your local emergency management office and American Red Cross chapter. This brochure and other preparedness materials are available by calling FEMA at 1-800-480-2520, or writing: FEMA, P.O. Box 2012, Jessup, MD 20794-2012. Publications are also available on the World Wide Web at:

FEMA's Web site: <http://www.fema.gov>

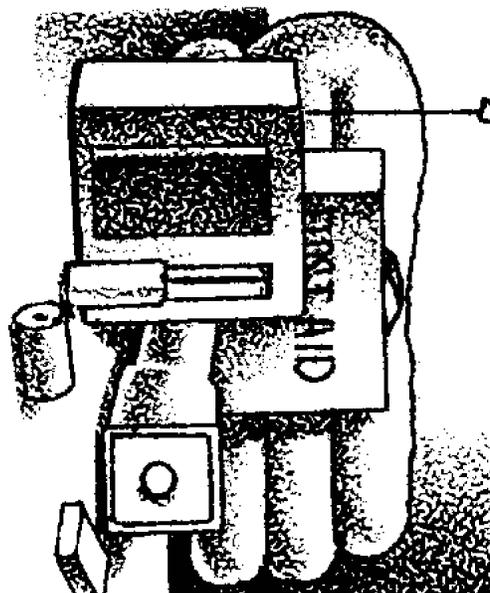
American Red Cross Web site: <http://www.redcross.org>

Local sponsorship provided by:

FEMA L- 189
ARC 4463

EARTHQUAKE • TORNADO • WINTER STORM • FIRE

Federal Emergency
Management Agency



YOUR
Family Disaster Supplies Kit

HURRICANE • FLASH FLOOD • HAZARDOUS MATERIALS SPILL

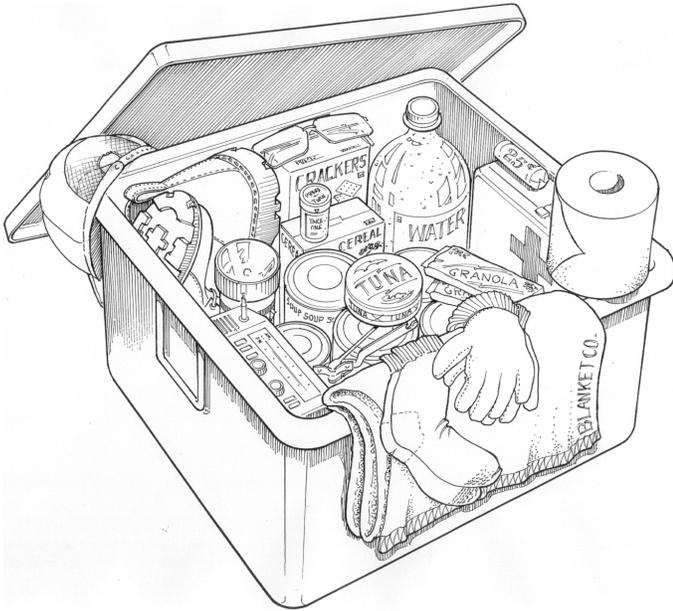


Enjoy peace of mind. SDART preparing today.

Storing Emergency Supplies

Chances are you will have to rely upon supplies you have available in your home for at least the first three days following any major disaster.

Store these items in something that is portable and easily carried, like a plastic tub with a tight-fitting lid. In the event of fire or rapid evacuation, you'll appreciate having more than just the clothes on your back.



The container should be able to withstand moisture, insects, and some abuse when the quake happens. If you have a large family, several smaller tubs may be easier to carry than one large container.

Place items in plastic bags to protect against condensation, which causes mildew and rust. The bags newspapers come in are a good choice - these can later be used for disposing of waste.

Locate these supplies as close to your primary house exit as possible. You may have to find it in the dark or after the upheaval of an earthquake.



Water

Keep at least a three-day supply of water for each person in your household. Two-liter soda pop bottles work great. That means six two-liter bottles per person. (See pages 6 - 7 for more information on storing an emergency supply of water.)

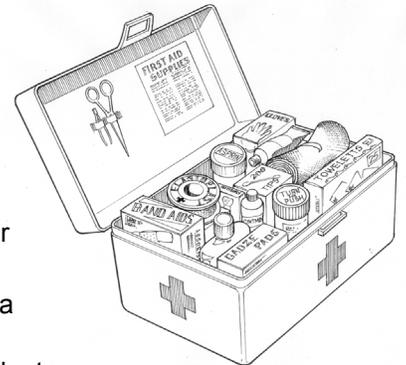
Food

Store at least a three-day supply of non-perishable food. Select foods that require no refrigeration or cooking, and little or no water.

- canned meats, fruits, and vegetables
- canned juices and soups
- high energy foods – peanut butter, granola bars, trail mix, beef jerky
- “comfort” foods – cookies, hard candy, etc.

First Aid Supplies

- sterile 4" adhesive bandages
- sterile 4" x 4" gauze pads
- 4" rolled gauze bandages
- large triangular bandages
- butterfly bandages
- adhesive tape
- scissors and tweezers
- moistened towelettes
- bar soap
- latex gloves
- aspirin & non-aspirin pain reliever
- antacid
- anti-diarrhea medication
- insect repellent
- hydrogen peroxide to disinfect wounds
- antibiotic ointment to dress wounds
- sunscreen
- safety pins
- needle & thread
- plastic bags
- sanitary pads
- instant cold packs
- pocket knife
- splinting materials



use a film canister to store an extra pair of latex gloves in the car glove compartment





Tools & Supplies

- paper cups, plates, and plastic utensils
- battery-operated AM radio
- extra batteries
- flashlight
- non-electric can opener
- ABC fire extinguisher
- whistle
- toilet paper and towelettes
- liquid soap
- feminine supplies
- roll of plastic and duct tape to seal broken windows



Special Items

- extra eye glasses
- prescription drugs and medications
- baby diapers, food, and formula
- a family picture
- games and books
- copies of insurance policies
- bank account numbers
- inventory of valuables
- family records
- contact lens solution
- denture adhesive

Clothing & Bedding

- one complete change of clothes
- blankets or sleeping bags
- mylar blankets
- sturdy shoes
- warm socks
- hat and gloves

Preparing for disasters is a long-term goal. To make this task manageable, choose just two or three items that you will get each month.

Month #1 items to buy

Item #1 _____

Item #2 _____

Month #2

Item #1 _____

Item #2 _____

Month #3

Item #1 _____

Item #2 _____

Month #4

Item #1 _____

Item #2 _____

Month #5

Item #1 _____

Item #2 _____

Month #6

Item #1 _____

Item #2 _____

Plan to rotate the items in your kit annually. This includes making sure the clothes you have stored still fit!



Enjoy peace of mind. SDART preparing today.

Choosing comfort over inconvenience

Coping with the impact of a disaster is never fun. However, much of the inconvenience and discomfort the disaster causes can be reduced by planning alternative ways to take care of your needs.



Acquiring emergency supplies

At first glance, the list below may seem totally overwhelming. At second glance, you'll find that you probably already have many of these items.

✗ Check those items you already have.

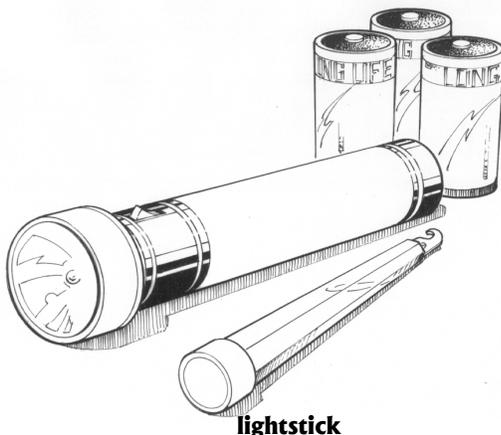
○ Circle those you don't have, but are important to the comfort of you and your loved ones.

✍ Choose two of those circled, and add them to your weekly shopping list.

Lighting

Caution: The use of candles is no longer recommended as a source of emergency light. Experience shows they are responsible for too many secondary fires following the disaster. Additionally, they are very dangerous in the presence of leaking natural gas.

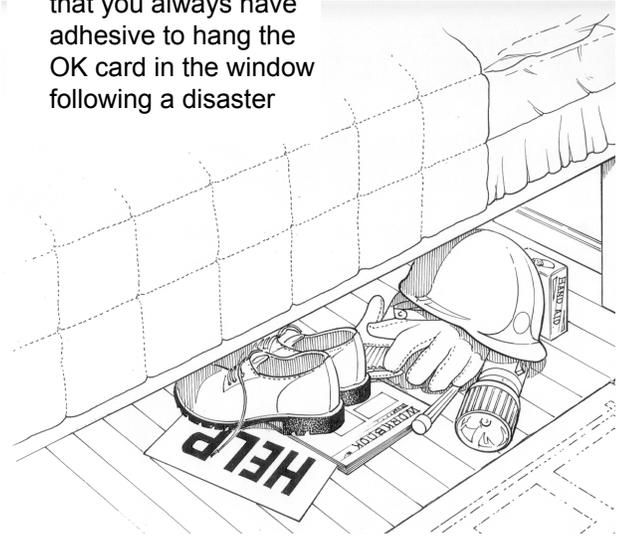
- flashlights and extra batteries
- camping lanterns – store extra fuel, wicks, mantles and matches
- lightsticks – these can provide light for 1 to 12 hours and can be purchased at many camping supply stores



lightstick

Critical under-the-bed items

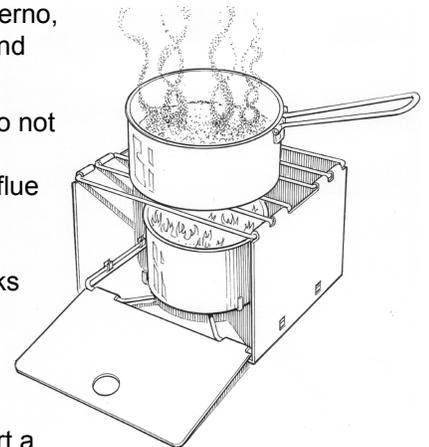
- sturdy shoes - keep a pair near the bed to protect your feet from broken glass
- work gloves, preferably leather, to protect your hands from broken glass
- hardhat - to protect you from falling objects
- flashlight & light sticks
- an OK / Help card and a few bandaids so that you always have adhesive to hang the OK card in the window following a disaster



Cooking

Caution: Never burn charcoal indoors. This could cause carbon monoxide poisoning.

- camp stoves, sterno stoves, or barbecues – store extra propane, charcoal or sterno, lighter fluid, and matches
- fireplaces – do not use until the chimney and flue have been inspected for cracks. Sparks may escape into your attic through an undetected crack and start a fire.
- paper plates and cups
- plastic utensils





Sanitation

The lack of sanitation facilities following major earthquakes can quickly create secondary problems unless basic guidelines are followed. If the water lines are damaged, or if damage is suspected, do not flush the toilet.

Avoid digging holes in the ground and using these. Untreated raw sewage can pollute fresh ground water supplies. It also attracts flies and promotes the spread of diseases.

- Store a large supply of heavy-duty plastic bags, twist ties, disinfectant, and toilet paper.
- A good disinfectant that is easy to use is a solution of one-part liquid bleach to ten-parts water.
Dry bleach is caustic and not safe for this type of use.
- If the toilet is *not* able to be flushed, it can still be used. This is less stressful for most people than using some other container. Remove all the bowl water. Line bowl with a heavy-duty plastic bag. When finished, add a small amount of deodorant or disinfectant, securely tie the bag, and dispose of it in a large trash can with a tight fitting lid. This large trash can should also be lined with a sturdy trash bag.
Eventually, the city will provide a means to dispose of these bags.

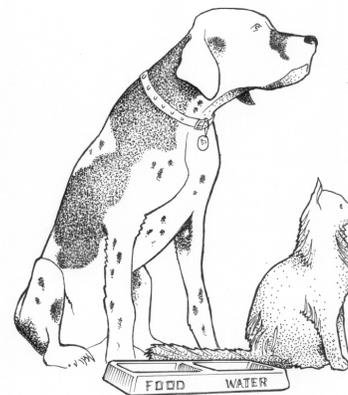
- Portable camp toilets, small trash cans, or sturdy buckets lined with heavy-duty plastic bags can be used. Those with tight fitting lids are best.
- Large ziplock plastic bags and toilet paper should be kept at work and in the car for use if you are away from home. These can be wrapped in newspaper in preparation for future disposal.

Shelter

It is common for people to not want to sleep in their homes for the first few days following a major earthquake. Having an alternate means of shelter will help you and your family be as comfortable as possible.

- tent or waterproof tarp
- sleeping bags or blankets, and pillows
- rain gear
- mylar blankets are compact and easy to store
- newspapers provide insulation from the cold or heat

Pets



Always keep a week's supply of food and water for your pet on hand.

- toilet bowl water is an excellent supply of water for pets following an earthquake

Emergency information

Obtain a battery-powered radio and a supply of extra batteries.

The Seattle Emergency Alert System (EAS) stations are:

KIRO – AM 710
FM 100.7

KOMO – AM 1000

KNWX – AM 770

KVI – AM 570

