



Disaster Supplies List

In the event of a disaster, you and your family should be prepared to be on your own for at least seven days. After a disaster (a large catastrophe that includes overwhelming the emergency response systems - i.e. police and fire), emergency response teams will be very busy or may not be able to provide care to all who need it. The following information will help you protect yourself should a large disaster occur.

Preparedness Tips for You and Your Family

Before a disaster strikes the following preparations should be made:

- 1. Learn first aid and CPR.** Have a first aid kit, a first aid manual and extra medicine for family members.
- 2. Put together an emergency supply kit for your home and workplace.** If your child's school or daycare stores personal emergency kits, make one for your child to keep there.
- 3. Set up an out of state contact.** If a disaster disrupts telephone service, there is a chance that long distance service may still work. Everyone in your family can call the out of state contact to let them know they are OK, without waiting for local lines to become available.
- 4. Put together a family meeting place and practice "Drop, Cover and Hold".** Make sure that everyone knows where to meet if a disaster strikes, and practice dropping to the ground, covering up, and holding on during an earthquake.
- 5. Fasten your hot water heater and heavy furnishings to the wall studs.** Falling heavy

furniture is very dangerous in a disaster. Your hot water heater can be a source for drinking water in the event the water lines shut down.



During an Emergency or Disaster

- ✓ Keep calm and take time to think. Give assistance where needed.
- ✓ Listen to your portable radio or television for official information and instructions.
- ✓ Use the telephone for emergency calls only.
- ✓ If you are ordered to evacuate, take your emergency kit and follow official directions to a safe place or temporary shelter.

Disaster Information

After the emergency or disaster is over.

- ✓ Use caution in entering damaged buildings and homes.
- ✓ Stay away from damaged electrical wire and wet appliances.
- ✓ Check for food and water supplies.
- ✓ Notify your relatives that you are safe.

Government agencies will respond to community disasters, but citizens may be on their own for hours, even days, after disaster strikes. You should be prepared to take care of yourself and your family for at least SEVEN days.

Emergency survival kit (SEVEN DAYS)

Store one of these at home, at work and at each child's school or daycare facility.

- ❑ Water – 1 gallon a per day, per person
- ❑ Food – dry or canned - ready to eat meats, fruits, vegetables
- ❑ Can opener
- ❑ Small amount of cash
- ❑ First-aid kit



- ❑ Wrench for turning off utilities
- ❑ Battery operated radio/weather radio and a flashlight
- ❑ Extra batteries
- ❑ Blankets/sleeping bags and extra clothes
- ❑ Soap/sanitation supplies
- ❑ “Special needs” items for family members (infant formula, eye glasses, medications, etc.)
- ❑ Fire Extinguisher
- ❑ Out of state contact information
- ❑ Normal sanitation supplies – soap, toilet paper, household bleach with no additives, feminine and infant supplies
- ❑ Comfort items such as sturdy shoes, gloves for clearing debris and a tent.

This list covers just the basic supplies needed in an emergency. Extensive list and further information is available at the Washington State Department of Emergency Management website www.emd.wa.gov or call (800) 562-6108 and ask for the Disaster Preparedness Handbook.