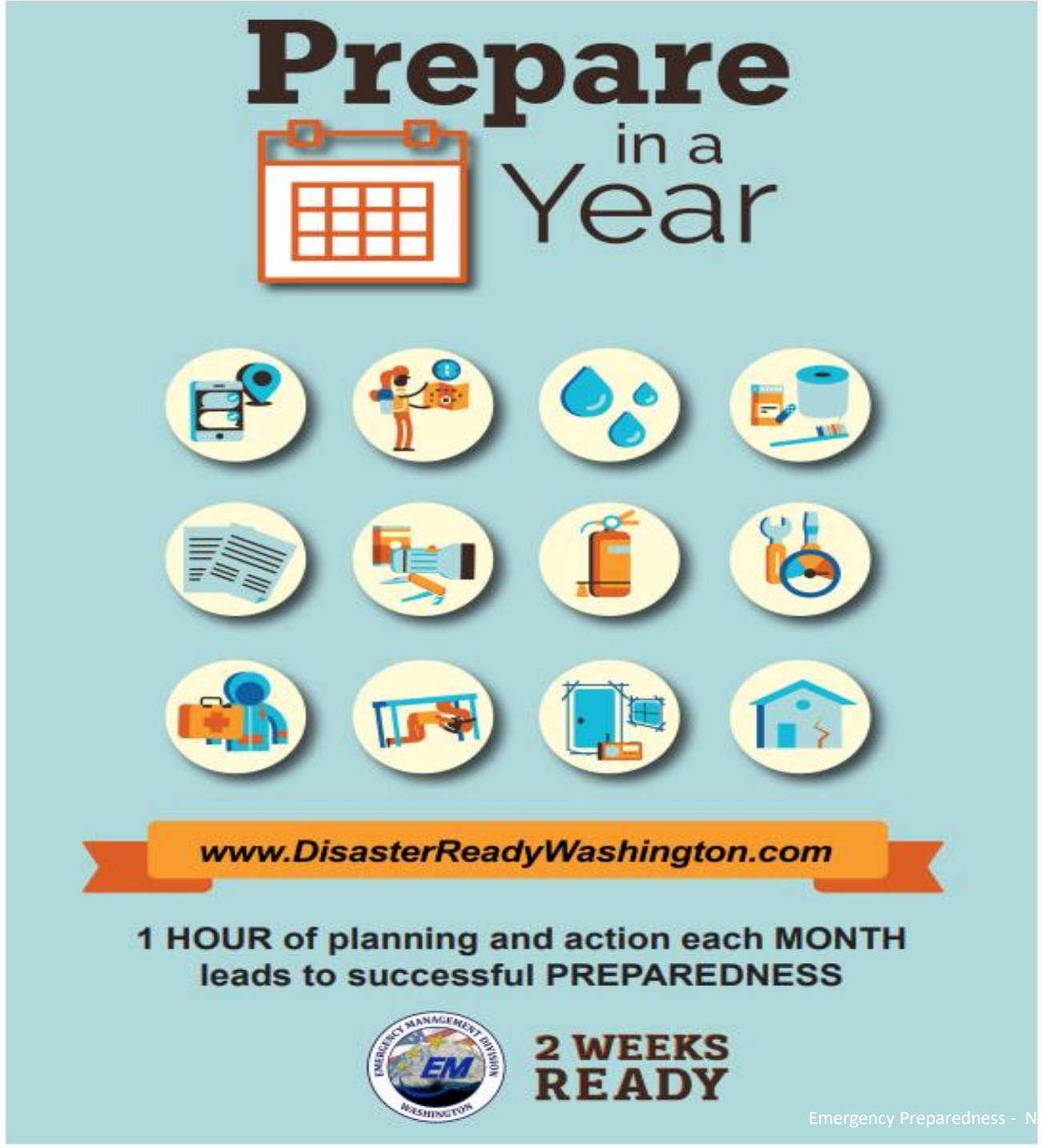
Northshore Emergency Management Coalition

Kenmore

Lake Forest Park

Shoreline Fire Department



NORTHSHORE EMERGENCY MANAGEMENT COALITION

NorthshoreEMC.com

Drop by the NEMCo Table to get your Free Copy

Be Informed

Get the latest information.

NORTHSHORE EMERGENCY MANAGEMENT COALITION

All Hazards NOAA Weather Radio™ NOAA's National Weather Service

NorthshoreEMC.com/alerts

ALERT

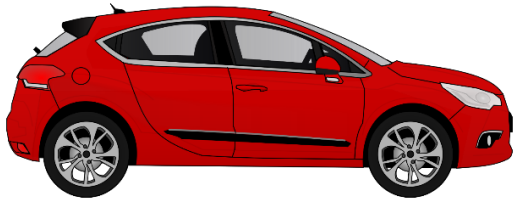
NORTHSHORE

NorthshoreEMC.com

Build Your Kits

NORTHSHORE EMERGENCY MANAGEMENT COALITION

- **Home Supplies Kit**
- **Grab & Go Kit**
  - ✓ **Adults**
  - ✓ **Child/Infant**
  - ✓ **Pets**
- **Vehicle Safety Kit**



Build Your Kit - Documents

NORTHSHORE EMERGENCY MANAGEMENT COALITION

Gather important documents. Take pictures or scan. Put them in a waterproof container.

- Insurance policies
- Health cards
- List of medications
- Birth certificates
- List of important phone numbers

NEMCo table has heavy-duty plastic document bags available

Build Your Home Kit

NORTHSHORE EMERGENCY MANAGEMENT COALITION

What do you already have?

- **Food**
  - Refrigerator
  - Freezer
  - Pantry
- **Water**
  - Hot water heater
  - Ice cubes
  - Toilet tank (not bowl)
- **First Aid**

Build Your Kit – Home Supplies

NORTHSHORE EMERGENCY MANAGEMENT COALITION

Water & Food

Sanitation

Warmth/Shelter

Cooking

Lighting

Battery, Shake, Crank,

Light Sticks

Soar Lights

Grab n’ Go Emergency Backpack

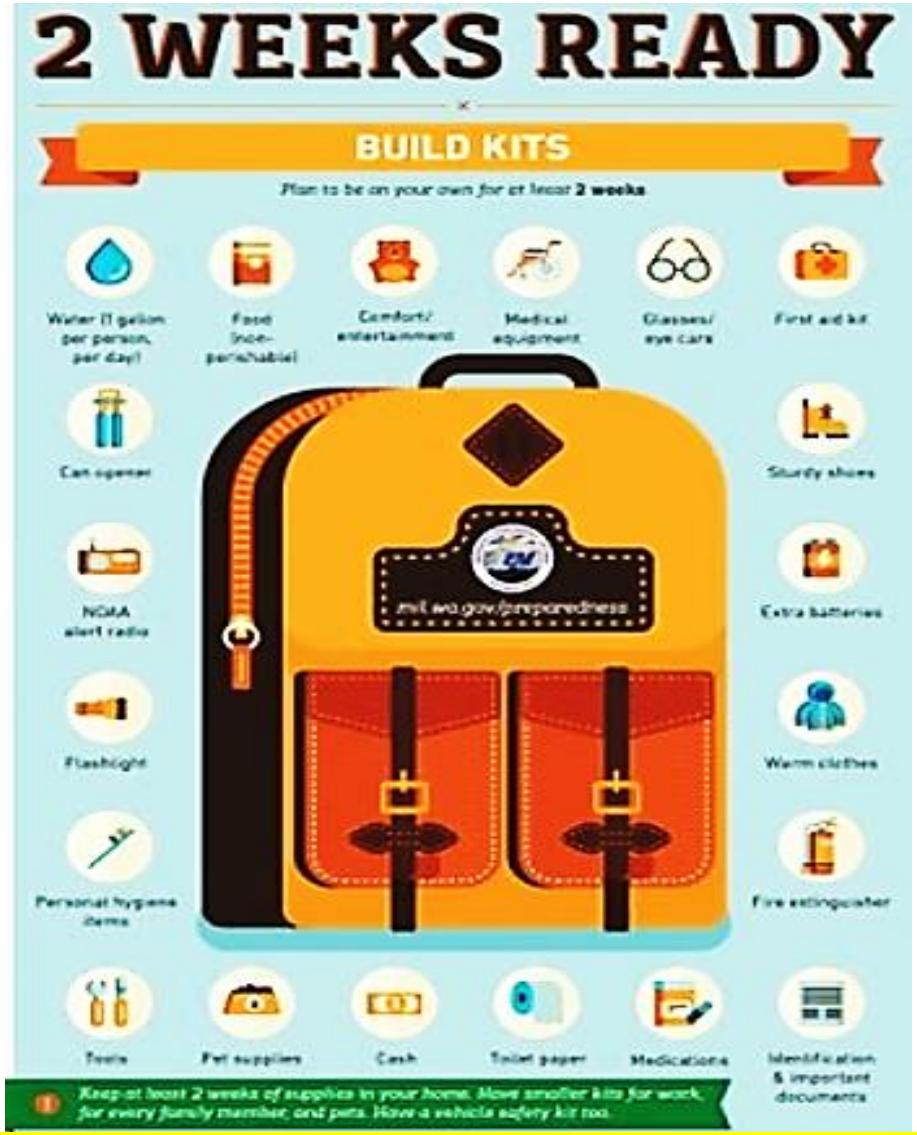
NORTHSHORE EMERGENCY MANAGEMENT COALITION

- **Each household member should have their own personalized Go-Bag.**
- **Go-Bags are for quick evacuations and contain only essential items.**
- **Pack light - remember you'll need to carry it, and extra items add weight.**
- **Focus on bare necessities, not full survival gear.**
- **Assumes you're evacuating to a safe place with food, water, and toilets like a:**
  - **Shelter**
  - **Friend/family member’s home**

- **Important and Critical Documents:**
  - **List of medications, health card, insurance policy,**
  - **Birth certificate, phone numbers.**

Grab n’ Go Emergency Backpack

NORTHSHORE EMERGENCY MANAGEMENT COALITION



Kit supplies

- Food
- Water
- Flashlight
- Extra batteries
- Light sticks
- Radio (battery/crank)
- Whistle
- Toiletries & wet wipes (save water for drinking)
- Access to important documents
- First aid kit
- Multi-purpose tool and knife
- Garbage/plastic bag
- Cell Phone charging cord/extra battery
- Medications
- Pet items
- Duct tape
- A set of extra clothes
- Hat and gloves
- Items you need for children and other household members

If this kit is used for your car, add:

- Small shovel
- Jumper cables
- Tow chain
- Road flare
- Waterproof blanket
- Matches in a waterproof container
- Seasonal equipment
- Extra keys

QUICK TIP: Rotate items annually. This includes making sure the clothes you have stored still fit!

Available at NorthshoreEMC.com/Resources

Build Your Kit – Grab & Go

NORTHSHORE EMERGENCY MANAGEMENT COALITION

Purchased Kit

Adult Kit

Can you leave your home in < 15 minutes?

Family Needs

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Think about family members with allergy or supply needs. Here are some ideas to consider:

For Babies:

- Formula, if applicable
- Diapers
- Bottles
- Spare breast pump parts and a car adapter, if applicable
- Manual breast pump, if applicable
- Medications
- Baby Wipes
- Diaper Rash Ointment
- Vaccination Records

For Seniors:

- Label any equipment (wheelchairs, canes and walkers) with your name and contact information.
- Make a list of prescription medications including your dosage and any allergies.
- Include face coverings and other supplies to keep seniors safe from exposure to illness.
- Pack an extra pair of eyeglasses and hearing aid batteries, if applicable.
- Have extra special equipment (like wheelchair batteries, etc.) in your go kit.
- Make a list of serial numbers for any medical devices for your go kit.
- Make copies of all medical insurance and Medicare cards.

Mobility

Think about family members with mobility challenges.

- **Backup Mobility:**
  - Keep a manual wheelchair, cane, or walker as a backup.
- **Wheelchair Know-How:**
  - Teach others how to operate and assemble your chair.
- **Power Supply:**
  - Maintain a charged spare battery or seek help to obtain one.
- **Tire Care:**
  - Carry a patch kit, sealant, or extra inner tube for flats.
- **Air Pump:**
  - Have a portable pump for wheelchair tires.
- **Extra Cushion:**
  - Store a spare seat cushion for evacuation needs.
- **Community Support:**
  - Coordinate with neighbors for emergency assistance.

Car Kit

- Jumper cables
- Flashlights and extra batteries
- First aid kit, face covers, hand sanitizer, sanitizing wipes and necessary medications
- Food items containing protein such as nuts and energy bars; canned fruit and a portable can opener
- Water for each person and pet in your car
- Cat litter or sand for better tire traction
- Shovel
- Ice scraper
- Warm clothes, gloves, hat, sturdy boots, jacket and an extra change of clothes
- Blankets or sleeping bags
- Fully-charged cell phone and phone charger
- Flares or reflective triangle
- Necessary items to meet the needs of all those who may travel in your vehicle, including pets and infants
- Be prepared for an emergency by keeping your gas tank full

Pet Kits

- **Carrier for each pet with an envelope taped to the top of the carrier containing: a photo with your pet's name on it, vaccination records,**
- **Information about:**
  - **Prescription medications, and**
  - **Vet's name and phone numbers.**
- **A three-day supply of water for each pet**
- **A three-day supply of pet food for each pet**
- **Food/water bowls**
- **Medical records**
- **Two-week supply of medicines (if any)**
- **Disposable litter trays for cats**
- **Cat litter, newspaper, or paper toweling**
- **Puppy pads**
- **Disposable bags for clean up**
- **Crate or sturdy carrier**
- **Toys and/or treats**
- **Blanket**
- **Extra collar with nametag and contact information**
- **Extra leash**
- **Grooming items**

Get Involved

NORTHSHORE EMERGENCY MANAGEMENT COALITION

Community Emergency Response Team (CERT)

- Free Classes
- Monthly “all volunteer” meetings
- Field operations, community events

Community Workshops

- Preparedness Education
- Hazards mitigation, First Aid
- Fire Suppression, Utility shut-off

Amateur Radio

- Training classes, FCC License
- Monthly trainings

Drone Program

- Training classes
- Aid Search & Rescue, support Hazard Assessments