

# Northshore Emergency Management Coalition

Kenmore

Lake Forest Park

Shoreline Fire Department



[NorthshoreEMC.com](http://NorthshoreEMC.com)



# Prepare in a Year



[www.DisasterReadyWashington.com](http://www.DisasterReadyWashington.com)

**1 HOUR of planning and action each MONTH  
leads to successful PREPAREDNESS**



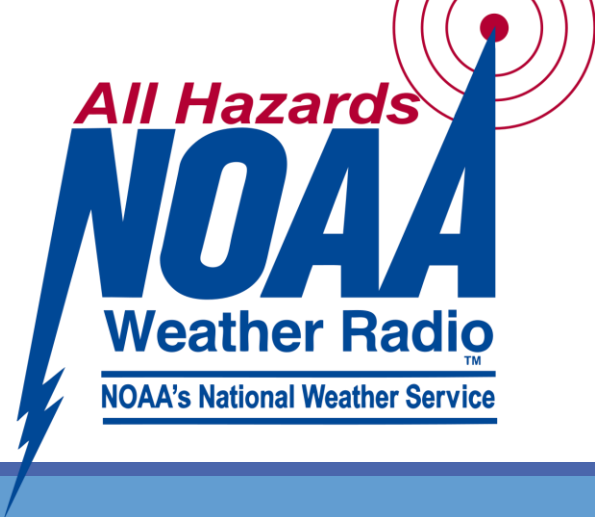
**2 WEEKS  
READY**

[NorthshoreEMC.com](http://NorthshoreEMC.com)

**Drop by the  
NEMCo Table  
to get your  
Free Copy**

# Be Informed

Get the latest information.



NorthshoreEMC.com/alerts

# ALERT

*NORTHSHORE*

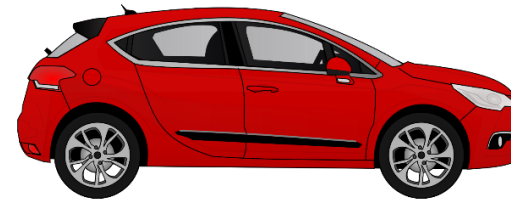


# NorthshoreEMC.com



# Build Your Kits

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



# Build Your Kit - Documents



**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

## 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

## Water & Food



## Sanitation



## Warmth/Shelter



1 gallon  
per person  
per day

## Cooking



## Lighting



Battery, Shake, Crank,



Light Sticks



Solar Lights

Must have :  
Name & RX Label



# Grab n' Go Emergency Backpack

- **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



## 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](https://NorthshoreEMC.com/Resources)

# Build Your Kit – Grab & Go



**Purchased Kit**



**Adult Kit**

**Can you leave your home  
in < 15 minutes?**

# Family Needs

**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**



Pet food



Bowl



Animal carrier



Medicine



Extra Leash  
& Collar



Water



Familiar toys  
& items



Important  
documents & photo  
of you and your pet

# Get Involved

## 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

