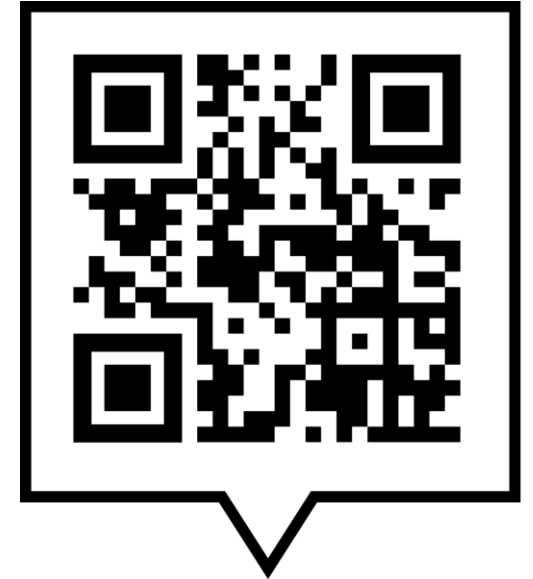


Northshore Emergency Management Coalition

Kenmore

Lake Forest Park

Shoreline Fire Department



SCAN ME

NorthshoreEMC.com



Prepare in a Year



www.DisasterReadyWashington.com

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



**2 WEEKS
READY**

NorthshoreEMC.com

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

Be Informed

Get the latest information.



NorthshoreEMC.com/alerts

ALERT

NORTHSHORE

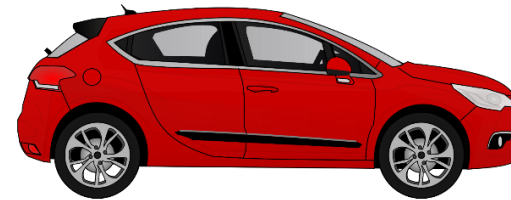


NorthshoreEMC.com



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

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

