

# Disaster Ready Washington

## *2 Weeks Ready*

**Taking Care of You, Your Family,  
Your Neighbors**



Washington State, Emergency Management  
253-512-7419



## 4 Steps to Disaster Preparedness

1. Be Informed
2. Make a Plan
3. Build Your Kits
4. Become Involved



Hello, I work for Washington State Emergency Management. I want you to become better prepared to survive disasters, so I will spend the next few minutes talking about what disasters can happen in our state and what actions you can take to help you, your family, and your neighbors prepare.

There are 4 basic steps to Disaster Preparedness:

1. Be Informed.
2. Make a Plan
3. Build Your Kits
4. Become Involved

# Step 1 - Being Informed

## Did You Know?

Earthquakes



Tsunamis



Volcanoes



Step 1 - Being Informed means knowing what disasters can happen in your area.

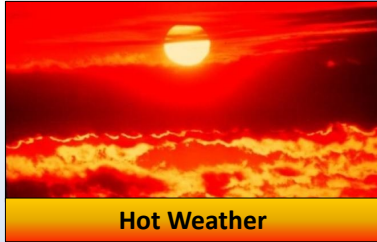
**Did You Know?** Washington State is # 3 in the United States with a wide variety of disasters.

Earthquakes, volcanic eruptions, and tsunamis are unpredictable, but they can happen here.

Wildfires



Hot Weather



Floods



Landslides



Windstorms



Winter Storms

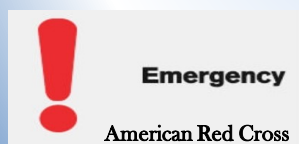


The disasters that affect us most often are wildfires, hot weather, floods, landslides, windstorms, and winter storms.

This is why we need to be prepared.

## Being Informed

*If it impacts you – you will want to know.*



**Being Informed** also means you need to stay connected, so \*purchase a NOAA weather radio and sign up for alert/warning notifications and download apps. Notification systems give you emergency information and instructions about what is happening and what to do.

*If it impacts you – you will want to know.*

\*Stay connected with cell phones, walkie talkies, and home phones. We depend on our cell phone for instant voice and text contact, so make sure you have the correct equipment to keep it charged. \*Think about it - if cell towers were down you may find that an old-fashioned corded phone might be your best option.

## Step 2 – Make a Plan



Talk with your family, now!

Step 2 – Make A Plan. Talk with your family. Decide where you will meet, how you will contact each other, and who will do what when a disaster happens.

Write down your plan and practice it to make sure it works.

Remember to plan for family members that might need extra help.



## Step 3 – Build Your Kits

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



Step 3 – Build Your Kits: Gather home supplies and build kits for everyone in your family, including your pet.

A vehicle safety kit is also a good idea.

## Water & Food



In order to become “2 Weeks Ready” at home you should have 1 gallon of water, per person, per day.

Your food supplies should include canned meats, canned fruits and vegetables, soups, and juices along with high energy foods such as peanut butter, protein bars, trail mix, and beef jerky.

Build up your home supplies a little at a time – each time you go shopping add a “disaster item” to your shopping cart and then put it with your disaster supplies when you get home.

## Warmth/Shelter



Two weeks can be a long time to be inconvenienced so think about:

How will you keep warm?

Do you have wood heat or a pellet stove? Sleeping bags, blankets, and warm clothes will help.

If you have a Van or RV it can be used as your alternate shelter.

## Cooking



For cooking use an outdoor portable grill or build a small fire.

Make sure to keep a fire extinguisher handy.

## Lighting



Battery, Shake, Crank, Light Sticks



Solar Lights

Lighting: how will you see?

Purchase flashlights, lanterns, solar lights, and light sticks.

Don't forget the batteries!

## Sanitation



Sanitation: What happens if you can't flush the toilet?

Raw sewage can cause a health hazard; so consider placing heavy-duty plastic bags under the toilet seat or in a sturdy bucket, so you can dispose of it properly.

Make sure you have extra toilet paper, disinfectant supplies, wet wipes, and hand sanitizer.



## Grab & Go Kits - Adults



**Purchased Kit**



**Adult Kit**

In case you need to evacuate quickly you need to prepare your “Grab & Go” kits.

You can purchase a kit with basic supplies, but you will need to add extra food, water, clothing, cellphone & charger, power bank, important documents, and cash in small denominations.

It is also very important to take your family’s medications with you.

Make sure your kit is light enough to easily carry - consider using a backpack or rolling suitcase.

## Extra Supplies

(heavy, large, and bulking items can be stored in your vehicle)



You may not be able to put all the things you need in your Grab & Go Kit, so keep heavy, large, and bulky items in your vehicle; making them are part of your overall disaster supplies.

## Grab & Go – Child & Infant



### Have your child pack their own kit.

Food, water, clothing, and flashlight are a must, but let them add things that are important to them. Remind them to keep it light, since they will be carrying it.

### An infant will have specific needs too.

If you are already carrying a backpack you might want to use a front carrier for your child or perhaps a small stroller for carrying both the child and its Grab & Go items.

## Grab & Go – Pets



Pets are an important part of your family.

Their kit should include a carrier, food, water, leash, towels/blankets to keep them warm, and waste bags.

Don't forget your pet important documents: photos, name tag/license, vaccination records, medication list, and your vet's contact information.



# Vehicle Safety Kit



The image displays a variety of items typically found in a vehicle emergency kit. On the left, there is a red first aid kit with the Chevrolet logo, a red warning triangle, a black plastic shovel, a black car jack, a red and black battery charger, a sand bag, and several packets of emergency supplies. In the center, there is a black tire pump labeled 'THE PUMP' and 'EMERGENCY TYRE INFLATOR AND SEALER'. To the right, there is a set of hand tools including a wrench, a screwdriver, and a hammer.

Make sure to include a roadside assistance phone number.

## Step 4 - Become Involved

- Meet your local Emergency Manager, and
- Become a Disaster Volunteer/Emergency Worker



[www.ready.gov/citizen-corps-partner-programs](http://www.ready.gov/citizen-corps-partner-programs)



- ## Step 4 – Become Involved.

Contact your local emergency management office to find out how you can become involved and how you can help.

Programs such as Map Your Neighborhood and Community Emergency Response Teams all play an important part in your community's disasters preparedness efforts and can save lives.

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With a little time, effort, and planning you too can become 2 Weeks Ready.

By taking these 4 Steps you will make the right decision and take the right actions to help yourself, your family, and your neighbors.

## Websites & Assistance

- Your local Emergency Management Office
- State Emergency Management:  
[www.mil.wa.gov/emergency-management-divisionmil.wa.gov](http://www.mil.wa.gov/emergency-management-divisionmil.wa.gov)
- FEMA: [www.fema.gov/plan-prepare](http://www.fema.gov/plan-prepare)
- Disaster Resistant Community Group:  
<http://www.drc-group.com/>
  - Videos & Exercises

For more information visit these websites.

For assistance contact your local emergency management office.

Thank you for your time.

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