

# 3 DAYS 3 WAYS

[3days3ways.org](http://3days3ways.org)

## *Be Ready for Disasters and Emergencies*

A get-started guide



### **MAKE A PLAN**

**that fits your life and  
budget**

### **BUILD A KIT**

**See why experts say you  
should keep at least  
three days of supplies**

### **GET INVOLVED**

**Increase your network,  
meet your neighbors,  
be a hero**





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## Living Prepared

It doesn't have to be hard or expensive to live prepared for disasters, emergencies, or just really bad days.

By living prepared, you will reap the benefits of undergoing fewer stressful experiences, and saving money.

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“ The importance of preparedness becomes evident each year with the arrival of winter storms. ”

### Dear King County Readers:

I am very pleased to introduce: The 3 Days 3 Ways Disaster Preparedness Workbook, created through a partnership between the American Red Cross and the King County Office of Emergency Management.

This booklet contains easy to follow material that will help you and your family prepare for disasters that may occur in King County. The importance of preparedness becomes evident each year with the arrival of winter storms - our most frequent disaster - which bring high wind damage, power outages, snow, flooding, landslides, and avalanches. By taking early action, you can minimize the effects of such hardships and create community with your neighbors; a key step to successfully dealing with disasters when they occur.

It's been my experience working in Emergency Management that preparedness pays big dividends. Even in the absence of a disaster, readiness is a mind-set and provides the opportunity to build new connections with people in your daily life. I want to thank you for taking the time to learn about and implement emergency plans. I trust this guide will be a valuable resource to you.

Sincerely,

Robin Friedman  
Director of King County's Office of  
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## Special Thanks to

Kathrin Hardie, [www.business-sitter.com](http://www.business-sitter.com); Ted Buener, NOAA; Terri Vickers, City of Renton Police; Bill Curnow, Pam Broviak, Andrew Turner, Eric Neitzel, Greg Friese, [www.eps411.com](http://www.eps411.com); Alice Fiman, Adam Jury and Teresa Baldwin.

## Disaster Education Standards

Based on the material from “Talking about Disasters: Guide for Standard Messages,” prepared by the Coalition of Organizations for Disaster Education.

**ALWAYS CREATIVE** ([WeAreAlways.com](http://WeAreAlways.com))  
Magazine Layout & Design by

*Disclaimer: The suggestions and illustrations included in this document are intended to improve awareness and preparedness; however, they do not guarantee the safety of an individual or a structure. The contributors and sponsors of this handbook do not assume liability for any injury, death, property damage, or other effects from disasters and emergencies.*

# Disasters are Inevitable, the Outcomes are Not.

## You can change the future

Most damage from natural disasters can be avoided by making slight changes to the things you do already. A change today can avoid harm tomorrow for the people, animals and things you care about most.

- + Know what risks you face and reduce them
- + Know what resources you have and increase them
- + Be your own best resource



### Make a Plan

Avoid unpleasant surprises. Learn if the areas where you live, work and play face risks from specific disasters. Take action to reduce those risks.



### Build a Kit

Any challenge is easier to overcome with the right tools, information and know-how. Have the right supplies and information on hand to give you more choices.



### Get Involved

Working together with your neighbors before a disaster means there will be more helping hands afterwards.



# Are You in Disaster Denial?

Have you ever postponed thinking about, or acting on, information that makes you nervous? If so, it's not your fault. Studies have shown that we are all inclined to be 'unrealistically optimistic'—we can be given a very clear assessment of the future and still feel "it will be fine". People can overcome this feeling by taking reasonable and realistic steps to reduce their chances of being hurt in a disaster. **Make a Plan, Build a Kit, Get Involved**—these simple steps will help you be one of the people who are realistically and confidently optimistic about the future. Signs of denial:

## If it's my time to go, there's nothing I can do.

People often use fate as an excuse to get out of taking action, but there is a flaw to this logic—it is very rare to be killed by a disaster. It really makes sense to take simple steps to reduce the likelihood of having your property ruined and being physically harmed. The odds are that a disaster will not be your 'time to go'. So you are going to need access to supplies and information after all. Following the steps in this guide can help you get through a disaster with a reduced chance of injury, and can provide you with ways after a disaster to locate and communicate with the people in your life who mean the most to you.

## Planning for disasters will make them happen.

Page 13 explains why earthquakes have always happened in this area and why they always will; page 26 explains why the same is true for severe weather. Despite any negotiating you may have done, or private understanding you have, with the powers-that-be, these disasters are going to happen on their schedule, not yours. The ironic twist is that the people who have taken steps to plan often end up feeling like the experience was not such a big disaster. It is those people caught by surprise who endure the hardest experiences. Not planning is the element that leads to disaster.

## I choose not to live in fear.

Taking steps to reduce specific risks is logical and something you do every day. You do it every time you brush your teeth and any time you look both ways before you cross the street. Our region faces real and specific risks from earthquakes, severe weather, and other hazards. It is logic, not fear, that inspires us to take steps to reduce the impact of these natural processes.

## There's no way I can afford to store supplies.

The periods of your life when resources are very tight are times when it is even more important to spend time reducing risks and creating options for yourself and your family. Many people in our area are living day to day. When resources are extremely tight, you still have ways you can increase the security of your family. Aside from careful planning, which is a vital first step, get in the habit of buying just one item per week or per month that you might need in your disaster supplies. That way, even for just a power outage, if not an outright disaster, you will have the resources you need to help you get through until services are restored. Slowly increase these back-up supplies over time as you can afford them.

## I don't need to prepare, my faith will see me through.

The Pacific Northwest is an area where earthquakes and severe storms happen as part of the natural processes taking place around us at all times. We have been given enough information to see what they are going to do, and to understand what will happen to the buildings and objects around us when these disasters occur. Choosing not to recognize this reality is the equivalent of insisting on a miracle on your behalf. We have been given the insight to know the risks and prepare for them. It is a sign of caring and respect, for yourself, your family, and your community, to prepare for disastrous situations.

Yes, Disasters Happen Here.  
It is only logical to take steps now.





# BENEFITS OF BOUNCING BACK

When the topic of disaster enters a conversation, many of us resort to a strategy perfected in childhood—stick fingers in ears, shake head from side to side, and repeat “Lalala, I can’t hear you, lalala” to an awfully annoying tune. Of course, this action doesn’t really surface in a room filled with adults, but in a sense we often ignore and filter out what we don’t want to hear.

It is important to break through the natural resistance to thinking about disasters because they are simple to avoid when you see them coming. One of the best ways to improve your ability to handle disasters is to build your ability to recover quickly, your resilience.

Resilient people have been shown to handle crisis better and face fewer long-term negative consequences.

Building up your resilience by practicing flexibility and increasing your ability to cope is a healthy approach to overcoming life’s toughest situations.

Increasing your ability to adapt to change does not mean you won’t feel pain or distress. But knowing you can endure and will bounce back helps you cope and can reduce your overall levels of stress.

Adopting behaviors, thoughts, and actions that will increase your personal resilience will enhance your life now and in the face of adversity.



## Quiz:

### “How Resilient are You?”

Ever wonder if you have the ability to bounce back easily? Take this quiz to find out how far your flexibility will stretch.

#### True or False

1. In high stress situations you put exercise on the back burner and don’t always eat healthily.
2. You hate asking for help. You prefer to do things all by yourself.
3. Little frustrations often make you tense.
4. It takes you a long time to make a choice. You often put things off until a decision absolutely has to be made.

# 10 Ways to Increase Your Ability to Roll with the Punches

If you answered “true” to any of the questions on the quiz, you can use these tips to build your resilience.

**1 Work to establish good relationships and social connections.** Close ties with friends and family can help foster resiliency. With support and encouragement around you, your ability to cope and move forward is greater. Steps: Host a preparedness party. Join local clubs. Help your neighbor out with a daily routine or chore.

**2 Remember that time will heal.** You may feel overwhelmed in extremely stressful situations, but remember that with time it will pass. Focus on small actions toward a goal and work hard to stay optimistic. Steps: Put a letter from yourself in your disaster supplies reminding you of the challenges you have overcome in the past and that this situation, too, will pass.

**3 Appreciate change as a part of life.** Sometimes change happens that we can’t control. Accept the change that comes and adjust your plans to reflect it. Steps: Talk with others about your feelings. Keep a journal to help come to terms with the changes. Look back on memories where a change turned out to be good in your life.

**4 Hold onto goals.** Even in the most difficult times, hold onto goals and continue to make progress toward them, even if the movement is small. Steps: Set specific actions to take to reach your goals. For example, if you want to increase your disaster supplies, make a list and buy them over time. Keep writing materials with your supplies, so you can write down your list of actions. Keeping track of what you have finished can help show that you are making progress.

**5 Be decisive.** Problems usually will not go away on their own. Do not ignore what has to be done or get bogged down by too many choices. Make decisions and act. Steps: Pick a day to reduce the risks in your life and do it. Create an action plan with specific steps and deadlines. Reward yourself when you complete major milestones.

**6 View difficult situations as a chance for personal development.** Think of times in the past when adversity led to positive results, or how weeks of clouds could make a beautiful day seem extra special. Perhaps a challenge in the past led to a stronger relationship or spiritual growth. Steps: When a tough time comes your way, write down three things you may learn from the experience. Help a neighbor in need, recognizing that you may have a stronger relationship when you are finished.

**7 Respect yourself and remember the are capable of great things.** Confidence and self-esteem can guide you when going through the hardest times of your life. Steps: At the end of each day, make a list of at least three things you did well. Do things that challenge you regularly. Know your beliefs and values, and don’t let negativity or doubts affect them. Refuse to listen to voices that tear you down.

**8 Stay healthy.** Be mindful of what de-stresses you and do it regularly. Eat healthily, stay active, and take breaks. Steps Build a kit with healthy foods; Store a favorite treat to help you de-stress.

**9 Stay optimistic.** Maintain hope and the belief that good things will come. Recognize that there are some things that you can not influence. Keep yourself from worrying by focusing on defining and achieving realizable goals. Steps: Have a photograph of someone who gives you courage. Communicate regularly with people who give you support.

**10 Know yourself.** You know better than anyone else what challenges you face. If you often get really worried about small imperfections in life, volunteer to help individuals who face greater challenges to keep things in perspective. If you know that you argue easily when you are tired, find ways to release stress: take deep breaths, count to ten, or take a walk. Steps: Include in your supplies a written reminder of calming steps and the contact information of people or agencies who can give you support.



## ONLINE HAZARD MAPS

### Knowing what hazards face your address lets you take steps to reduce harm.

**It may seem strange to say it, but the easiest way to stay safe from disasters is to avoid being at the wrong place at the wrong time.**

There is no place in the world that doesn't have some sort of disaster. Look closer and it becomes clear that there are some areas or building styles more likely to hit harder by each disaster. Looking up an address or area on a hazard map when you are moving can help you avoid a lot of stress and unhappiness. You can help plan strategies to reduce the likelihood of hurting your family.



*This map shows landslide risks, liquefaction and flooding. Go to the Seattle DPD GIS website.*



*Look up your address online and see related hazards on King County's IMAP. Individuals living near this area need to make plans to reduce the impact of flooding, and potential landslides.*

### Think outside the map

There are some natural hazard related risks that can be foreseen, but may not be on a hazard map.

#### Urban flooding

Consider whether:

- Your location has flooded before.
- You live down a hill or in a spot that is lower than surroundings.
- Recent construction has removed greenery and replaced it with asphalt or construction.

*Page 29 will show you ways you can reduce the impact of flooding on your life.*

#### Wildland fires

People who live in rural areas are at risk from wildland fires. You can reduce your risks by using fire-resistant materials outside and inside your home. You should also maintain a buffer zone around your home to reduce the odds that a wildland fire could reach it. Make and share plans which provide clarity to all members of your household about what steps to take if a wildfire threatens your neighborhood. Do not assume everyone will be at home. Learn more at: [www.firewise.org](http://www.firewise.org).

### Go online and look up your address to see what has happened before

If you live in Seattle, do an internet search for Seattle DPD GIS website. For other parts of King County, search for King County IMAP and follow instructions on how to interpret the map. You can also call your local Office of Emergency Management or the Preparedness Department of the American Red Cross: Serving King & Kitsap Counties at 206-323-2345; they will help you learn more about the risk profile of your location.

#### Tree fall

Trees improve the quality of our lives. They protect our buildings from wind, reduce the risks from landslides, they can reduce costs, clean our air, provide privacy, and improve our view. However, trees that are too large and too close to residences can also make it difficult for emergency responders to reach your house, provide cover for vandals, increase your risk from wildland fire, and create a risk of the tree falling and damaging your house. Go to [www.arborday.org](http://www.arborday.org) to learn about tree placement and how to keep trees healthy and strong.

## EARTHQUAKES

### Living in the Pacific Northwest means living with earthquakes.

**You may think that the only relation between Seattle and a lava lamp** is that both have a well-earned reputation for being "groovy," but you might also say that the geology of the Pacific Northwest resembles a lava lamp. The reason we face a large earthquake risk has to do with the same principle that makes a lava lamp work. The motion of the lava lamp wax is created by convection. Wax heated at the bottom of the lamp moves up through the liquid until it cools at the top, which makes it sink back down again.

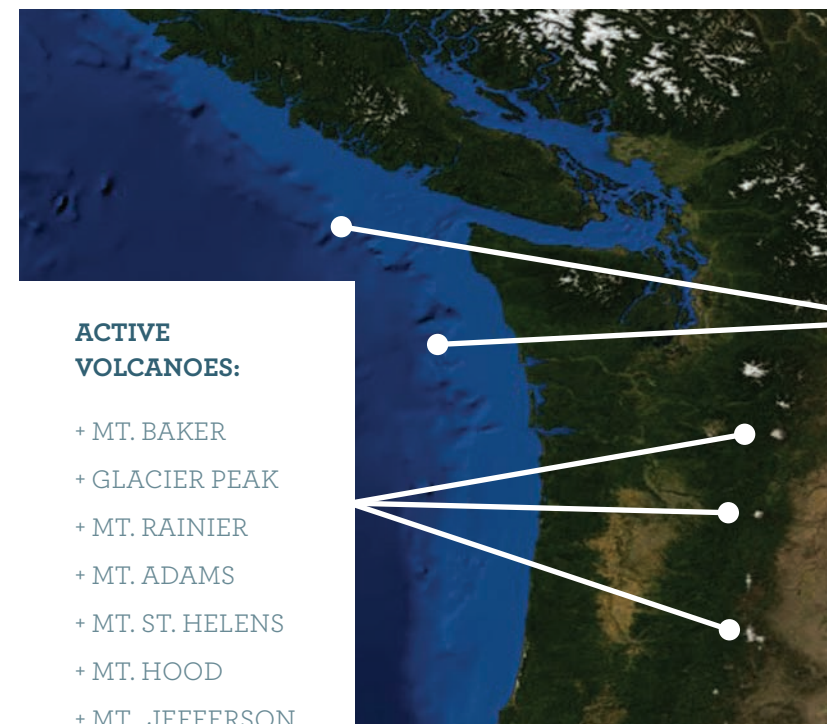
**It is believed that molten materials at the center of the Earth are in constant motion, similar to the wax in a lava lamp.** The material near the center moves up, cools, then sinks. Portions of the molten rock succeed in forcing their way through cracks in the sea floor, constantly creating new sea floor surface as it cools. The brittle crust of the Earth is forced away from this new surface at about five centimeters per year. We live only a few hundred miles from where the sea floor is being pushed into the coast. Our land mass is heavier, so the sea floor is forced downward until it re-melts.

**As the ocean floor is pushed under the ground we stand on, tension is built up** and it can cause medium-sized earthquakes as it moves past. A ridge forms as the continental plate is caught and appears to curl under, building intense pressure. In-

evitably it will spring back, which means a massive earthquake for us. This process has been repeated again and again over the centuries at intervals as short as to hundred years, and as long as over one thousand years. The average gap in time has been five hundred years. The last major occurrence took place in 1700.

**Why are there so many volcanoes near subduction zones, such as those around the Pacific "Ring of Fire"?** As oceanic plates, saturated with water, slide beneath continental plates, the rock encounters high internal pressures and temperatures, causing it to release water into the mantle. The mantle then melts, and can migrate to the surface as magma. This generates volcanoes inland above places where the plates descend, noticeably around the perimeters of continents.

**We live just a few hundred miles from where that is taking place.**



#### ACTIVE VOLCANOES:

- + MT. BAKER
- + GLACIER PEAK
- + MT. RAINIER
- + MT. ADAMS
- + MT. ST. HELENS
- + MT. HOOD
- + MT. JEFFERSON

*Looking at the Google Maps satellite image of the area, you can actually see where the Juan de Fuca plate is being forced under the continental plate.*

*That ridge you see is where the plate gets stuck and is pulled inward by the other plate's passage. Every so often it springs back.*

*The 'springing back' for us means a massive earthquake. In the past this cycle has taken place every 300-500 years, the last time was 300 years ago.*



# CHECK, CHANGE OR MOVE

Most of King County was built before we understood the level of earthquake risk we face, so a number of our buildings weren't designed to handle the level of shaking that takes place here. If any of the styles of building below look like areas where you live or work, you should take steps to retrofit, rebuild or move.



## Unreinforced Masonry

*In 1889 most of downtown Seattle burnt down due to the use of natural gas for lighting, and everything was rebuilt with unreinforced brick. Unfortunately, the exterior of such buildings often crumble in quakes - notice that the interior does not. You are safer inside than outside!*



## Wall of Windows

*Looks great, but unless it was especially designed with quakes in mind, it can create the bad situation where the entire weight of the building is placed on the windows.*



## Tuck-Under Parking

*Buildings that are designed with posts holding up multiple floors of parking may not be designed to handle earthquakes unless made with steel beams.*

***All buildings in our area need to be able to handle earthquakes.***

***Retrofitting is the responsibility of building owners, and can be financed through loans or grants.***

# DO IT YOURSELF

## Earthquake-Proof Your Home

This year, put even more love and comfort into your home. Small additions and precautions can save you money and reduce the risks from the leading cause of injuries during Northwest quakes.



### CLOSED CABINETS

*Store fragile items such as china, glass, or ceramics, in cupboards that latch shut.*

### LIGHT FIXTURES

*Make sure overhead light fixtures are secure or well mounted.*

### MIRROR

*Securely fasten large items to walls, such as mirrors, pictures, or paintings. Place them away from where people would sit or sleep.*

### VASES AND DECORATIVE ITEMS

*Use Velcro or earthquake putty to secure breakable items. Place very large items lower to the ground.*

### FLEXIBLE FITTINGS

*Be sure that all gas appliances, water heaters and fireplaces use flexible pipe fittings to avoid the risk of them ripping out during an earthquake.*

Most earthquakes last only about 20 seconds, so most injuries in our area come from the unsecured things in our rooms falling on us, not from building collapse.

Look around the rooms you are in and visualize what the objects will do if they receive a sideways push. If items fall and break, not only will you have to replace them, but they may cause harm to you or the people you care about.

At home and at work, use the ideas on this page to secure the objects that surround you.





# WHAT SHOULD I DO DURING AN EARTHQUAKE?

**E**arthquakes happen on an ordinary day. Initially, it is common to not understand what is taking place. You notice unusual sounds and movement. Once understanding hits, adrenaline starts pumping. While most people do not react by panicking, with adrenaline pumping they may not make the right choices. Adrenaline prepares your body to fight or to flee, and because it is impossible to fight an earthquake, many people's first reaction is to flee, and try to get outside. But the area around the outside of a building is much more dangerous because of falling masonry and breaking windows.

## **“What should I do when I notice the ground shake?”**

**DROP, COVER and HOLD-ON.** Find the closest safe space. If there is one in the room: **DROP** under a desk or sturdy table, **COVER** your head and neck with one hand and **HOLD-ON** the table leg with the other.

## **“What if there is no table in the room?”**

If there is no table in the room, you want to find a place away from windows that will shield you from falling objects. Get lower than the furniture, **COVER** your head and neck.

## **“What if dropping is out of the question?”**

If you feel that dropping to the floor can cause you injury, you should find a place to sit, and protect your head with your arms or with a sturdy book or tray. If you are in a wheelchair, lock your wheels, and protect your head with your arms or use a sturdy book or tray as a shield.

## **“What if I’m in bed?”**

It is hard to make good decisions about what to do if you are awakened from a deep sleep. Be sure that the area around your bed is free from objects that may fall on you - secure all heavy furniture, mirrors, ceiling fans, etc. During an earthquake, stay in bed and place your pillow over your head.

## **“What if I’m outside?”**

Unless you are on a downtown sidewalk, if you are in an area clear of trees, signs, buildings, or utility wires and poles, get low to the ground.

## **“What if I’m on a sidewalk downtown?”**

If you can quickly reach the entrance way of a building, move under cover, then get low, cover your head and neck.

## **“What if I’m driving?”**

If you are driving, pull over to the side of the road and stop. Avoid overpasses, power lines, and other hazards. Stay in the vehicle. Listen to your radio for emergency instructions.

*What decisions can you make to reduce your chance of being harmed?*

Live and work in structures that handle earthquakes well.

**Reduce the number of things that can fall on you.**

**Practice DROP, COVER and HOLD in advance.**

Practicing teaches your muscles the action so that it won't matter if your thoughts are less than clear. Teach the other people in your life to stay in one spot until the shaking stops.

Learn first-aid.



# WHAT SHOULD I DO AFTER AN EARTHQUAKE?

- **Expect aftershocks.** Each time you feel one, DROP, COVER, and HOLD-ON. Aftershocks frequently occur minutes, days, weeks, and even months following an earthquake.
- **Check yourself for injuries** and get first aid if necessary before helping injured or trapped persons.
- **Put on long pants, a long-sleeved shirt, sturdy shoes, and work gloves** to protect yourself from injury from debris.
- **Look quickly for damage in and around your home.** Get everyone outside the building appears unsafe, or if you smell gas or smoke. Aftershocks following earthquakes can cause further damage to unstable buildings. If your home has experienced damage, get out before aftershocks happen. Use the stairs, not an elevator. If your home shows now sign of structural damage or fire, you are safer saying inside.
- **Listen to a portable, battery-operated radio** for updated emergency information and instructions. If the electricity is out, this may be your main source of information.
- **Check the telephones** in your home or workplace. If a phone was knocked off its cradle during the shaking of the earthquake, hang it up. Allow ten seconds or more for the line to reset. If the phone lines are undamaged, you should get a dial tone. Use a telephone or cell phone only to make a brief call to your out-of-area contact and to report life-threatening emergencies.
- **Telephone lines and cellular equipment are frequently overwhelmed in disaster situations** and need to be clear for emergency calls to get through. Cellular phone equipment is subject to damage by quakes and cell phones may not be able to get a signal, but regular “land line” phones may work.
- **Look for and extinguish small fires.** Fire is the most common hazard following earthquakes. There were three days of fire following the San Francisco earthquake of 1906, which created more damage than the earthquake.
- **Clean up spilled medications, bleach, gasoline, or other flammable liquids immediately.** Avoid the hazard of a chemical emergency.
- **Open closet and cabinet doors cautiously.** Contents may have shifted during the shaking and could fall, creating further damage or injury.
- **Watch out for fallen power lines or broken gas lines,** and stay out of damaged areas. Hazards caused by earthquakes are often difficult to see, and you could be easily injured.
- **Watch animals closely.** Keep all your animals under your direct control. Pets may become disoriented, particularly if the disaster has affected scent markers that normally allow them to find their home. Pets may be able to escape from your house, and fencing may be broken. Be aware of hazards at nose and paw level, particularly debris, spilled chemicals, fertilizers, and other substances that might seem to be dangerous to humans.
- **Stay out of damaged buildings.** Damaged buildings may be destroyed by aftershocks following the main quake.
- **Check for gas leaks.** If you smell gas or hear a blowing or hissing noise, open a window and get everyone out quickly. Turn off the gas, using the outside main valve if you can, and call the gas company from a neighbor’s home. If you turn off the gas for any reason, it must be turned back on by a professional.

## CLICK TO PREPAREDNESS

### Download materials to help you:

- Make a kit and family plan
- Plan who to call
- Drop, cover and hold on
- Store water safely

### Also available:

- Preparedness Promise Card
- Out-of-area Contact Card

### Go to:

[www.seattle.gov/emergency](http://www.seattle.gov/emergency)  
Click on “Be Ready.”

### Available in these languages:

Amharic  
Cambodian  
Chinese  
English  
Korean  
Laotian  
Oromo  
Russian  
Spanish  
Somali  
Tagalog  
Thai  
Tigrinia  
Vietnamese

### Can’t download? Want more?

Contact Seattle Office of Emergency Management

Call: 206-233-7123 | Email: [snap@seattle.gov](mailto:snap@seattle.gov)



Bertha, left, and Norma survived a fire at the Four Freedoms House in North Seattle on July 30, 2006.



## WORKING TOGETHER IN A FIRE

It was Sunday evening and Norma had returned from church ready for a nap but was interrupted by the fire alarm. The fire alarm at her complex is sensitive and residents say it goes off every week, but this time something told her to get dressed and take a look in the hallway.

“I saw white smoke coming from under a door. I knew it wasn’t a drill. I got my keys and cell phone. When I came out, I saw a wall of black smoke and then ran.”

Norma, a recently retired Harborview trauma nurse, was familiar with drills, but this was real and she didn’t know where the fire was. “I thought, ‘Get outta there or die.’ My adrenaline was pumping.”

Bertha lives around the corner and 15 doors down. Norma, who recently had heart surgery, made the trip in record time. She banged on the door until Bertha answered in her motorized wheelchair. Norma told her there was a fire and then ran to check the North stairway where she saw more black smoke (or as she called it, “black death”). She got down on her hands and knees to stay under the smoke, returned to Bertha’s room, put a blanket under the door and called for help. “I was screaming in the phone to the 9-1-1 operator, “This is not a test!”

The view from the balcony “...was not pretty,” Norma said. “A lot of people were dazed.”

The fire was started on the stove top on the sixth

*I thought  
‘Get outta  
there or die.’*

floor and resulted in one fatality and \$800,000 in damages. The building had a series of fires in the past. In 1992, a serial arsonist started a fire that resulted in three fatalities. The fire in 1995 was triggered by an overheated electric blanket. Another fire in 2002 was started on a stove top burner with heavy grease build-up and resulted in \$1 million in damages.

In the recent fire, the fire alarm was in place and worked perfectly when the fire broke out in the concrete structure. A smoke alarm went off and notified the alarm company, accompanied with a call from the residents to 9-1-1.

Since the fire, the Four Freedoms community has really stepped up fire-safety education by meeting and reviewing fire-safety tips to keep the information fresh on reducing the risk of fire, and increasing everyone’s ability to act quickly. They have worked together to plan on how to help each other. Three residents on each floor have volunteered to knock on doors and work together to ensure everyone is accounted for.

With these plans in place, the Four Freedoms apartment community will be able to look out for each other. Will yours?

## FIRE SAFETY TIPS

### Making basic decisions can give you control over the risk from residential fires.

**Develop and practice an escape plan.** Make sure all family members know two exits out of every room and a meeting place outside your home.

**Double your chance of survival by installing and maintain smoke alarms on each level of your house.** Know what your fire alarm sounds like and frequently check that it is working. Change batteries twice a year, or install a ten year nine-volt lithium battery. Note: Many Fire Departments offer free smoke alarms as well as adaptive equipment.

**If you or a household member can’t hear smoke alarms, be sure to have flashing alarms and bed shakers.**

**Make sure you can get out quickly.** Portable fire escape ladders can help create an exit from the second or third floor. Consider moving bedrooms to ground floors to make exiting easier.

**Keep doors closed to slow down the pace of a fire,** and check for heat before opening. Use the back of your hand to feel the door, starting near the middle and moving up and toward the edges to check for heat. If the door is hot, go out a different way.

**If you can’t exit, stay behind a closed door away from the fire.** Place a cloth along the base of the door to keep the smoke out and stay low to the ground away from smoke. Take actions that will let people know

you are there; call 9-1-1 and explain exactly where you are. Stay on the line. Draw attention to your location by placing a sign in the window, dangling a sheet or a poster you ripped off the wall, or flashing a light. Use anything that can draw attention to your location and indicate that you need help.

**Get out at the first sound of alarm.** Never wait to see if it is a false alarm; use that time to get outside. If while planning, if you feel exiting might be a challenge, talk with your local fire department to discuss the best way to ensure fast rescue.

**Once out, stay out and work to get emergency assistance as fast as possible.** The danger of fire and smoke means that without special equipment and training, anyone going in will add to the number of people needing rescue.

**Call 9-1-1 as soon as you are outside;** seconds matter. If you are more comfortable speaking a language other than English, state your language clearly and say the word “fire.” They will quickly connect you with an interpreter who can help you communicate with the emergency responders who arrive.

**Make sure the property is clearly marked and easy for fire trucks to access.** The time spent trying to reach your house is time spent not controlling the fire.

Take a look at page 24 for checklists of how to make your home safer.





# MEET & GREET: FIRE SAFETY HEROES

You may think these are rather ordinary household objects, but each can do a lot to reduce your risk from fires



## Smoke Detector

**CLAIM TO FAME** - People with working smoke detectors have twice as much chance of surviving a fire.

**HANGOUTS** - On every level, placed high and away from corners.

**LIKES** - People who push its buttons now and then, and changing batteries every six months.

**DISLIKES** - People who respond to frequent false alarms by ignoring or disabling instead of adjusting.

Smoke detectors need to be replaced after ten years.



## Lid

**CLAIM TO FAME** - Can put out a grease fire in ten seconds or less.

**HANGOUTS** - With you when you are cooking-if you take out a pan, take out the lid.

**LIKES** - When people practice the steps of sliding the lid over a pan and turning down the heat. When they have a grease fire, they won't even need to think about what to do.

**DISLIKES** - People who get distracted while cooking, and who forget to keep the stove area clean and clear of clutter.



## Ashtray

**CLAIM TO FAME** - Smoking related activities are the second highest cause of fires, and the top cause of fire related fatalities. A good trusty ashtray, meaning one that is deep and stable, reduces the likelihood of having a fire start from butts. Add water to butts before throwing out.

**HANGOUTS** - Anywhere smoking may take place, and never on chair arms or beds.

**LIKES** - People who realize that having more things burning in the house means the risk of fire is higher. They take care with lighters, and are careful to put out cigarettes fully.

**DISLIKES** - People who leave their lighters and matches where kids can reach them.

## Your Fire Extinguisher

**CLAIM TO FAME** - Can keep a small fire small.

**HANGOUTS** - Near exits, out of kids' reach.

**LIKES** - People who check up and periodically flip him upside down.

**DISLIKES** - That many people over-estimate what a fire extinguisher can do. It is only good for the smallest fires.

## Use the PASS System

### Pull, Aim, Squeeze, Sweep

**PULL** the pin out to unlock the operating lever.

**AIM** low; point the extinguisher nozzle (or hose) at the base of the fire.

**SQUEEZE** the lever below the handle to release the chemical.

**SWEEP** from side to side, moving carefully toward the fire. Keep the extinguisher aimed at the base of the fire and sweep back and forth until the flames appear to be out. Watch the fire area. If the fire re-ignites, repeat the process.



## FAQs about fire extinguishers

### Where should I keep my fire extinguisher?

You want a fire extinguisher in a place where you can get out easily if you see the fire is too dangerous, so install it near an exit, above children's reach.

### What type of fire extinguisher should I have?

Choose a multi-purpose fire extinguisher that is designed for solids like wood and trash, liquids like gas, and fires related to electricity. These are usually labeled ABC.

### When Should I use a fire extinguisher?

Call 9-1-1 before attempting to use an extinguisher.

If you try to use a fire extinguisher on a fire and the fire does not immediately die down, drop the extinguisher and get out. Most portable extinguishers empty in as little as eight to ten seconds. A fire extinguisher is only useful if the fire is small and contained to a single object, such as a wastebasket.

Do not use on a large fire.

**Do not use if retrieving or using the extinguisher means putting the fire between you and the exit.**



# SAFETY CHECK LIST

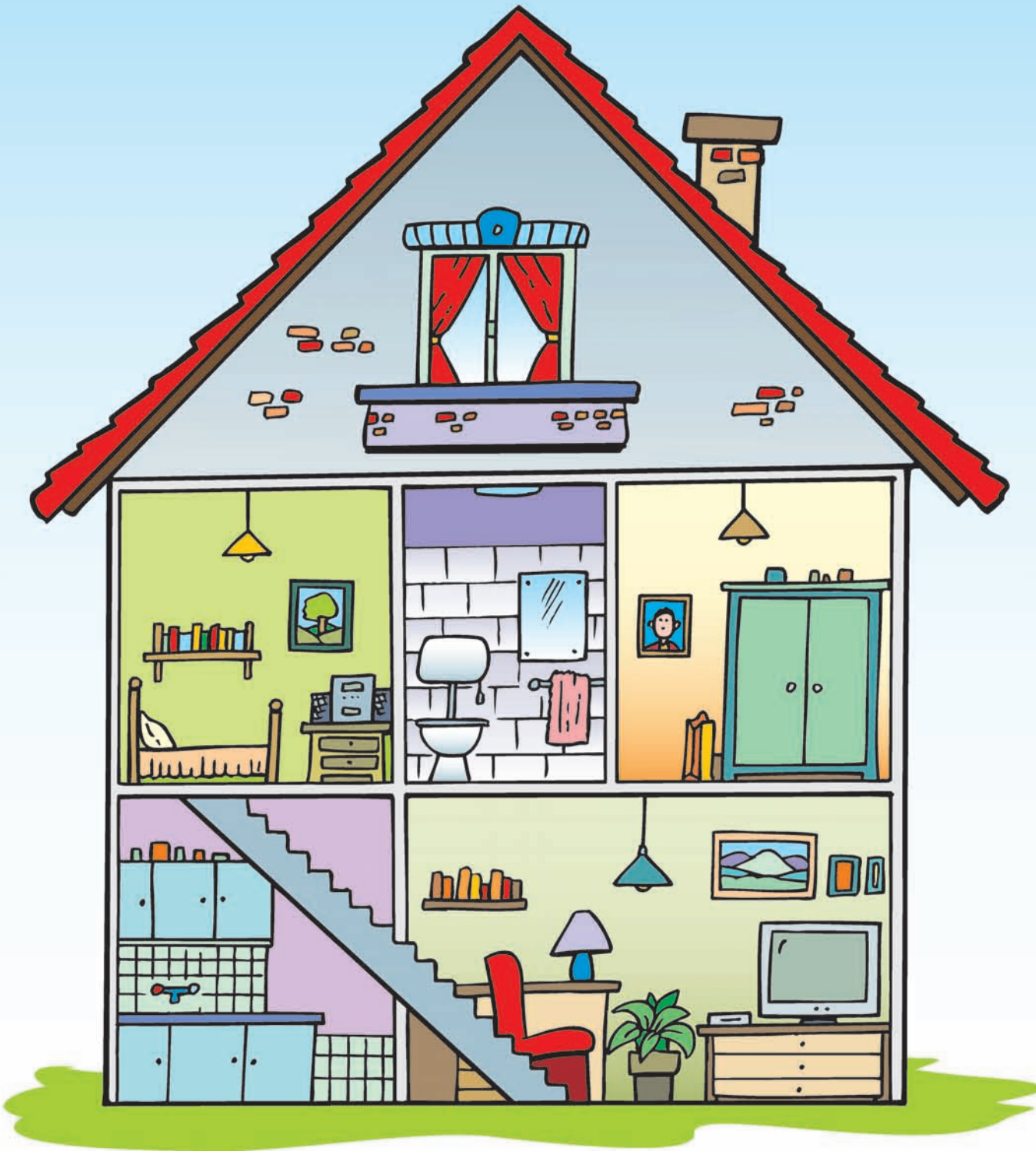
Use this list to periodically walk through your residence twice a year.  
It makes no difference if it is an apartment, condo, mobile home or house.

## Sleeping Areas

- ☐ Are heaters away from bedding?
- ☐ Is your exit easy, with a clear path? Can you find two ways out?
- ☐ Will your loved ones hear the alarm and understand what to do? Do you need to make sure you have a clear path to and from their location?
- ☐ Is a phone nearby so you can call 9-1-1?
- ☐ Is the smoke alarm high, near the door and away from corners?
- ☐ Change of routine: Keep doors closed, especially when sleeping. Fire can't travel when the route is blocked. Closed doors can contain the fire and give you more time.
- ☐ Keep sturdy shoes and a flashlight under your bed so that you can easily get through debris if there is an earthquake at night.
- ☐ Total Preparedness: Make sure furniture won't block an exit, or no heavy paintings with glass frames are above the bed that could fall and hurt sleepers in an earthquake.

## Cooking Area

- ☐ Is the stove area clear? Pot holders and paper towels should be kept far away from the stove. Don't keep your fire extinguisher above or behind the stove, as you won't be able to reach it through the flames.
- ☐ Does normal cooking trigger your smoke alarm? If it goes off frequently while cooking, improve ventilation, or move it further from the stove; don't disable or start ignoring the alarm!
- ☐ Change of routine: Take out a lid when you take out a pan. Have a lid or a cookie tray ready to put over a pan fire. Always stay with your cooking.
- ☐ Total Preparedness: Adding latches to your cupboard doors, or consider using anti-slip mats, (like the type used in RVs) they can reduce the chances of your dishes crashing out of your cupboards in an earthquake.



## Living Areas

- ☐ Are heaters placed far from furniture, throws, or curtains?
- ☐ Are electrical cords away from rugs, rocking chairs, curtains, and not through doorways?
- ☐ Do you use flameless candles? If not, place candles in safe, free-standing spots away from pets, children, or wind.
- ☐ Change of routine: Never leave candles unattended. Use only deep ashtrays and don't allow ashtrays to be placed on soft furniture.

## Garage/Laundry/Storage

- ☐ Are flammable items kept away from dryer tops, or from around the base of any appliances with a pilot light, such as a water heater?
- ☐ Is the area around electrical panels clear?
- ☐ Are household chemicals stored out of the reach of children, and in a way that won't allow them to fall and mix if there is an earthquake?
- ☐ Total Preparedness: Is the water heater raised above likely flooding, and braced against the wall?
- ☐ Do you have enough water, food, and supplies in one place to provide members of your household sustenance for three days?

## Household Readiness

- ☐ Anyone who might be alone when a disaster strikes knows the family's back-up communication plans, when and how to turn off utilities, and when and how to get help.
- ☐ Everyone sleeps with bedroom doors closed.
- ☐ Everyone periodically rehearses escape routes and plans.
- ☐ Everyone in my home knows where to meet directly outside our home, and out of our neighborhood.
- ☐ Everyone in my home knows the first steps they should take in different emergency situations.



# STREET SMART

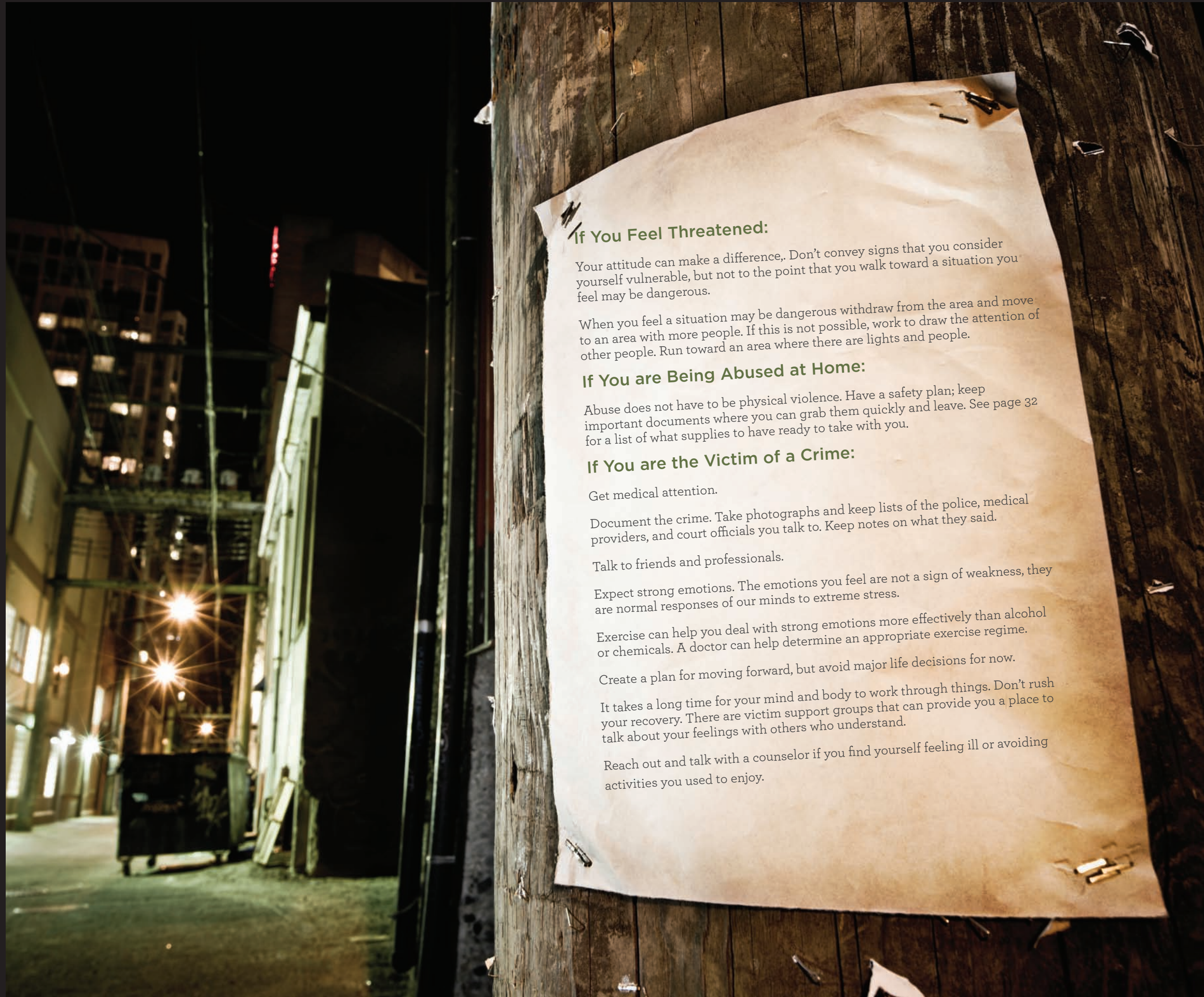
## Develop a Street-Savvy Attitude

Looking into a dark alley, you can feel the tension in your gut.

Terri Vickers, of Renton Police, tells us to trust that feeling and stay alert. “The simple act of paying attention to your surroundings would prevent so many crimes.” Before navigating through an urban environment, remember to always trust your instincts.

Here are some ways to increase your confidence so you won’t be affected by the actions of other people:

- Take time to think honestly about your risks so you can find ways to reduce them.
- You can look up information on crime in your area, but also use common sense.
- Many police departments offer free Home Security Surveys, call and ask.
- Situational Awareness: Teach yourself to actively look for signs of potential problems and dangers. Crime is more likely in quiet areas. This can be parking garages or lots, bathrooms, alleys, and so on. Get used to looking for things that look out of place before entering.
- If someone makes you nervous, trust your gut, and stay at least five feet away from them. If they come toward you, tell them to stop.
- Follow the advice you give your kids: be wary of strangers. Don’t trust offers that seem too good. Don’t go off with people you don’t know.
- Create a safe zone around your residence by installing good lighting and reducing foliage.
- Reach out, get to know your neighbors and talk to them about how you can work together to look after each other before and during a disaster.
- Increase your ability to get attention: carry a whistle or personal alarm and a small flashlight. These can also prove invaluable.





# WHAT'S WITH THE WEATHER?

## And what do pineapples have to do with it?



### Our weather has been wild lately, but what else is new?

Here is the scoop on what is going on with our weather, and no one should assume it will be calming down any time soon.

Earlier we learned about how our location on the globe means that large earthquakes are simply part of life here. Fortunately, we also learned that there are ways to radically decrease the chances of being hurt in an earthquake.

We also learned that earthquakes are caused by the convection process—things that are hot go up until they cool, then they come down. (Kind of like the housing market.) Guess what? Location and convection also explain why we have wild weather, and why it is important to keep track of it.

Washington State's location makes it very easy for us to travel to the cold arctic regions of Alaska or the hot tropical islands of Hawaii. These are quite different experiences. Imagine a couple planning a vacation. Their relationship is probably rocky if one spouse

is determined to climb icebergs and chase grizzly bears, while the other only wants a hot, sandy beach and a drink with a little umbrella. It is safe to assume that the greater the contrast in desires, the greater the conflict.

**Our location between the two points—hot tropical Hawaii and cold arctic Alaska—is the reason why our weather seems to be conflicted as well.** We are at a point on the globe where warm tropical weather starts cooling down, and meets the cold arctic weather that is starting to 'heat' up. When a warm wet air mass mixes with a colder air mass, it generates weather systems that swing onshore bringing a variety of weather, such as rain, wind, snow and thunderstorms. A lot of this cloudy wet weather would follow normal wind patterns and move past our area to the east—except when they are caught by the mountains and stay. Eastern Washington is arid and dry; that's because the rain that would fall on them falls on us instead.

**Like a fighting couple, the greater the contrast between hot and cold, the less peaceful life is.** The source of a lot of our moisture can come from near Hawaii. The collision of the warm moist airflow and a colder air mass can create an atmospheric river of rainfall comes barreling down on our area. So much rain, in fact, that it causes major flooding, made worse by the warm rain melting the mountain snow pack and adding still more torrents of water. This phenomenon is called a **Pineapple Express** to reflect it's Hawaiian origins.

**So, severe storms just come with the territory.** Take another look at our disaster time-line on page 9 to see just how many storms we've had that are large enough to cause severe disruption to the region. There's no reason to expect that this will change, and not reason to expect that the number and size of storms will decrease. But fortunately for us, there are lots of ways to reduce their impact on our lives.

**The regions that face the biggest weather-related problems have been mapped.** You need to know if you live or work in one of these locations. Page 12 shows how to find out if the areas you spend most time in often experience flooding or landslides. Common sense can determine that too.

**Has there been flooding or a landslide near that location in the past?** Talk to the neighbors. Do you have to walk uphill or downhill to get anywhere? If so, you should consider the possibility that your location will be affected.

**Find ways to build flexibility into your life.** Talk to your employer about increasing your ability to work from home or from an alternative location. Think about alternative ways to get to work.

**Think honestly about the risks of your location.** Remember, we are inclined to feel that bad things aren't going to happen. Even when we are given clear information saying that there is a good chance it will. Ask these questions:

- + Do trees need to be thinned?
- + Are you in an area that may flood?
- + Are you at risk of landslides?
- + Do you have limited access roads to and from your location?

If you answer yes to any of those questions, taking extra steps will help avoid stress, or worse.

**Have back up supplies close at hand.** Put an emergency blanket, whistle, cell phone, nutrition bars and a supply of critical prescriptions in your backpack or purse. It won't matter if you are stuck at work, stuck on the road, or lost hiking; you will have a way to keep you warm, healthy, and draw attention. See page 34 to learn more about what supplies to keep nearby.

**Stay abreast of the weather:**

**Radio:**

- NOAA Weather Station KHB60 - 162.550 MHz
- AM 1000 or FM 97.3

### Help, my home floods!

Get Flood Insurance: Most private insurance companies do not cover flood, learn about the National Flood Insurance Program at [www.floodsmart.gov](http://www.floodsmart.gov)

If you can't keep out water, find ways to reduce its impact.

Depending on where you live and the type of house you live in, trying to keep water out can cause greater damage. Sometimes it's better to allow water into below-grade basements, crawl spaces, or attached garages so as not to cause structural damage through hydrostatic pressure. For more information go to: [www.emd.wa.gov/preparedness/documents/WetFloodproofing.pdf](http://www.emd.wa.gov/preparedness/documents/WetFloodproofing.pdf)

Raise Appliances – Raise washer, dryer, furnace, water heater and boiler above level of likely flooding. Work with an electrician to move outlets above likely flooding area.

You may be eligible to get assistance relocating your residence through FEMA: [www.fema.gov/government/grant/fma](http://www.fema.gov/government/grant/fma)

### Online Warnings & Notification:

- Regional Public Information Network: [www.RPIN.org](http://www.RPIN.org)
- Flood levels (click on Washington State): [www.weather.gov/water](http://www.weather.gov/water)
- Road Alerts (conditions and closures) [www.metrokc.gov/kcdot/roads/roadalert/default.aspx](http://www.metrokc.gov/kcdot/roads/roadalert/default.aspx)
- Cross state travel: [www.wsdot.wa.gov/traffic/travelroutes](http://www.wsdot.wa.gov/traffic/travelroutes)
- Metro Online (revised/cancelled services) [www.transit.metrokc.gov/tops/bus/snow.html](http://www.transit.metrokc.gov/tops/bus/snow.html)

### Telephone:

- WSDOT Telephone 1-800-695-7623 or 511

### Road and Weather Warnings via Text message:

- Register at: [www.RPIN.org](http://www.RPIN.org)





# DRESS FOR THE WEATHER

**To be prepared for a wide variety of environmental conditions it's best to dress in layers that can be added or removed quickly.**

*Greg Friese, Cold Weather Paramedic and author.*

For extended outdoor operations, avoid cotton layers, especially close to your body. Cotton retains moisture and because we still sweat when it's cold, this can exacerbate heat loss. Instead, choose synthetic layers, such as polypropylene, that “wick” moisture away from the skin and toward outer layers, where it will evaporate the moisture away without significant heat loss.

Several light or mid-weight layers give you more flexibility for a variety of conditions than a single heavy-weight layer. In a 24-hour shift in central Wisconsin, I might experience a 30–40°F temperature change from early morning to midnight. Multiple layers allow

me to change and be ready for a variety of conditions.

For your outer layer, choose a wind-resistant and water-resistant or waterproof shell. This reduces heat loss from convection.

I carry a pair of mid-weight fleece gloves with me in the winter. They have a rough-grip surface on the palm that helps me secure equipment or the cot. I can even wear these gloves with a liner.

Finally, just like your mom always said, wear a hat. It reduces heat loss from convection and radiation. It's especially effective for emergency responders and people like me, who have very little insulation on top.



# FIRE INSIDE

All over the world, charcoal and wood are used inside for heat and cooking — a simple action that is lethal in our weather-sealed houses.

In the Northwest, cooking or heating with unventilated wood or charcoal fires, or generators placed inside a building, can kill. This is dangerous everywhere, but particularly here, because the buildings have been weather-sealed and the level of carbon monoxide given off by the flames easily replaces the oxygen.

People use fire to cook inside all over the world. So, when the power is out, it feels natural to use fire inside.

When thinking about hazards that cause harm, most people don't think of a simple power outage. When we have to find alternative ways to stay warm and to light our way, the decisions we make can be very dangerous. Many people are hurt by making the wrong decision on how to stay warm or light the room.

## **Blow out the candle.**

Every power outage leads to a spike in fires, and candles are one of the main causes. The open flame of the candle is easily forgotten, which means that it often spreads unnoticed.

There are better alternatives to flame-based heating, lighting, and cooking. Build a Kit to ensure you have access to them. Page 34 will show you how.



# DANGER! COOK OUTSIDE



# USEFUL SUPPLIES

There are multiple situations that can lead to empty shelves and closed stores. This can be incredibly stressful if you don't have access to things that are critical to your health. You can make sure that never happens. Start by pulling together supplies you have, then add more over time. Gather supplies in three categories: Supplies that will keep you healthy, give you freedom and independence, and help you cope. Below are examples of supplies you should store and information you should know. Purchasing a premade disaster supplies kits can give you a head start, but need to be supplemented with personal information and health supplies.

## LIFE

### Stay hydrated

**Store water:**  
Store at least one gallon of water, per person, to last at least 3 days. Store in food-grade container: such as cleaned, 2-liter soda bottles.  
**How to purify:**  
Boil water for one minute (only if you can heat it safely). Add 16 drops of bleach (from a new bottle) per 1 gallon of water.

**Emergency water sources:**  
Ice trays, canned fruit, water heater

### Nutrition

**Non-perishable, ready-to-eat foods:**  
Soups, peanut butter, pouch or canned tuna fish  
Nutrition bars / drinks  
Emergency rations, heater meals

### Body temperature

**Stay warm:**  
Layered clothing, hat and mittens  
Blankets, Emergency blanket  
Glove-warmers

**Cool down:**  
Wear lightweight light-colored clothing.  
Avoid extreme temperature changes.  
Place chemical cold pack, or frozen peas or the equivalent in bed.  
Sleep with lightly wet towel over you, or with lightly wet socks.

### Medicine and health

**Back-up prescriptions:**  
Get in the habit of requesting your next month's prescription the first day allowed, not when you run out. Request a vacation supply of your prescription.

**Keep a list of prescription numbers, and pharmacy name with you.** During or after disasters, you can request help obtaining an emergency prescription replacement from the Red Cross or a local Public Health clinic.  
See *Troubleshooting* on **page 45** for more health tips and information.  
Back-up glasses and prescription information.

### Sanitation

Hand sanitizer, wipes  
First Aid kit  
Plastic Bags

## LIBERTY

### Get information

Radio : AM 1000 often has local disaster coverage  
Call 211 (direct number: 1-800-621-4636) for information on emergency resources  
Mobile phone  
Internet - laptop  
Handheld device

### How to communicate Information

Phone (land-line better than wireless)  
Mobile Phone - texting or voice  
Phone/SMS numbers  
Phone card  
Paper, pencil  
Permanent marker  
Whistle  
Light  
Internet - email, social networking site like Facebook or Twitter

### Navigate

Light  
Map  
Mobility or white cane, if needed

### Get through debris

Gloves  
Sturdy shoes  
Tools

### Ability to fill out forms

Insurance/medicaid information  
Proof of residency status  
Identification  
Policy numbers  
Account numbers  
Household inventory

### Debris disposal

Large garbage bags

## PURSUIT OF HAPPINESS

### Be able to check the status on loved ones

A communication plan shared with everyone important to you and/or their caregivers.  
If you are a caregiver: have a back up care plan as well, see **page 44**.

### Boost your morale

Favorite healthy treat  
Favorite decadent treat  
Photographs of loved ones or good times  
Journal

### Waiting it out after a disaster

Games  
Book  
Paper and pens so you can write a memoir about your experiences leading to a book deal that ultimately earns you millions.

# STORING SUPPLIES

## Where to Store Supplies

### In your pockets

Important phone numbers, health information, including prescriptions. Carry a whistle, mobile phone, an emergency blanket, and other items that are important for your health and happiness.

### Backpack or big purse

You can use a gallon resealable plastic bag to keep everything together: nutrient bars, emergency water, an emergency blanket, compass, sharpie pen, emergency information, mini first-aid kit, work gloves, hand sanitizer, and sanitation items — a little bag of everything means you are ready for almost anything.

### Near the door - your 'Grab & Go' Kit

A Grab & Go Kit is a collection of basic items that members of a household, including pets, would probably need in the event of a disaster. The items are stored in a portable container(s) near, or as close as possible to, the exit door. Every household should assemble a disaster supplies kit and keep it up to date. The number of people in a household, and their ages and abilities will determine how many containers will be required to carry the kit items.

### Kitchen cupboard

It's important to have a disaster supplies kit located in a place that is easy to 'grab and go' so that you will have more choices if you lose access your home. This includes the medicine you need to stay healthy, phone numbers, and information that will make it easier to recover quickly from the emergency. Not every situation will require you to leave home quickly, so the pantry or cupboard can be a way to store a larger and more diverse supply of non-perishable food, with more room to store water.

### Work/school kit

Disasters happen anytime, anywhere. If you are cut off from home, it is smart to have disaster supplies at hand in other places, such as at work or with relatives, or wherever you and those you care about spend considerable periods of time.

### By the gas meter

Know where your gas meter is located. Use a strip of Velcro to hang a wrench or gas shut-off tool by the gas meter. Only shut off the gas if there are signs of a gas leak - such as a rotten egg smell. Once turned off, gas may only be restored by a professional.

### Bedside kit

Keep a phone, flashlight, or light stick near your bed. Store sturdy shoes and work gloves under your bed. Disasters can happen in the day or night. If an earthquake strikes at night, it is possible that you will wake up with the power out and broken glass on the floor. Five minutes of preparation to create a bedside kit improves your ability to see and get through debris.

A helmet reduces the chance of injury from heavy objects falling on your head. After a disaster, search and rescue personnel would wear head protection before entering a damaged home. In the immediate time frame during or after an emergency, you are the search and rescue personnel in your own neighborhood. Having a phone near your bed will give you a way to call 9-1-1 if you are trapped by fire or hear sounds of a break-in.

### Car kit

If you have a motor vehicle, the trunk can be a useful place to store supplies. Depending on your transportation habits, it could mean that you have more diverse supplies with you through a greater portion of the day than if you just have a kit at home. It will give you more choices if an emergency happens while you are in your car. However, you increase your risks if it is your only source of disaster supplies, since any number of situations in a disaster might not allow you to be able to get into your trunk or use your car.



# THINGS WE LIKE



## Flameless Candles

We are very fond of flameless candles. It's pretty much impossible to forget about them and burn the house down - unlike the old-fashioned type. Remember, every power outage leads to a spike in fires.



## Pig Flashlight

Disaster supplies can be fun, hip and exciting, or just plain silly. We like this pig flashlight because it doesn't need batteries.



## Hook & Loop Tape

Use hook and loop fabric to fasten your stuff to keep it from shaking off your shelves - costing you money and stress! Hardware stores sell adhesive-backed tape by the roll.



## Solar Recharger

Solar powered universal chargers, like this one from Solio, for handheld electronics; other solar panels are large enough to recharge the batteries of powered wheelchairs.



## Your Junk Drawer

The best part about the things in your junk drawer is that you already have them. Don't buy new supplies if you have something that already works.

# WAIT! WHAT ABOUT MY PETS?

Our pets enrich our lives in more ways than we can count. In turn, they depend on us for their safety and well-being. Including a plan for pets is an important part of disaster planning! Here's how:

1. Have a safe place to take your pets.
2. Contact local hotels and motels to check pet policy and keep a list of "pet friendly" places.
3. Have a list of boarding facilities and veterinarians who could shelter animals in an emergency.
4. Ask friends or relatives outside your area to shelter your pets in case of a disaster.
5. Ask local animal shelters if they provide emergency shelter or foster care in a disaster.
6. Assemble a disaster supplies kit for your pet.

In the event of a disaster, if you must evacuate, the most important thing you can do to protect your pets is to evacuate them as well. Leaving pets behind, even if you try to create a safe place for them, is likely to result in their being injured, lost, or worse. So prepare now for the day when you and your pets may have to leave your home.



## What can you do as a disaster approaches (assuming there is warning)?

If a warning of a disaster is issued in advance, call ahead to confirm emergency shelter arrangements for you and your pets.

Check your pet disaster supplies kit.

Know where all your pets are located.

Check to make sure that all dogs and cats are wearing collars with updated information. Put on temporary ID tags to add information, if needed.

Many shelters can not accept pets due to health and safety regulations (with the exception of service animals).

## These are some things you should include in your pet's disaster supplies kit:

- ☐ Medications and medical records
- ☐ First aid kit
- ☐ Sturdy leashes or carriers for transport
- ☐ Current photos of your pet
- ☐ Food
- ☐ Water
- ☐ Bowls
- ☐ Cat litter/pan
- ☐ Can opener
- ☐ Beds and toys
- ☐ Information on feeding schedules, medical conditions, behavior problems, and veterinarian information



# RECIPE FOR DISASTER

## SNACKS

Make Your Own Trail Mix

- Pretzels
- Granola
- Flaked coconut
- Chocolate candies
- White chocolate chips
- Pumpkin or sesame seeds
- Cranberries, cherries, raisins, apricots
- Almonds, walnuts, peanuts, cashews, or soy nuts

Mix ingredients. Store in a covered container.



## BREAKFAST

Jazzed-Up Instant Oatmeal  
(Requires bowl or cup, and ability to heat liquids.)

Follow directions on product.

Consider adding dried cranberries, almonds, and a dash of brown sugar.

Great breakfast sides:

- Applesauce
- Canned peaches or pears



## LUNCH

Spiced Tuna Sandwich  
(Required bowl or cup)

- 1 can (6 ounces) white Albacore tuna
- 1/2 cup chopped pecans
- 1/2 cup chopped canned peaches
- 1/2 teaspoon cinnamon
- 1/4 cup mayonnaise

Combine ingredients thoroughly. Can be eaten with bread, tortilla, or from the bowl. Makes 4 sandwiches.



Just because the power goes out, there’s no reason you can’t get creative in the kitchen! Preparation is the key when it comes to making balanced meals after a disaster. It is best to have your pantry stocked in advance and have a list of recipes on hand. Having a camping stove or a dutch oven that you use outside will allow you to prepare a greater variety of menus while the power is out.



## DINNER

Black Bean and Chili Burger  
(Requires safe heat source, pan, and can opener)

- 1 can (15 ounces) black beans, rinsed and drained
- 1 can (11 ounces) corn, drained
- 1 can (4 ounces) chopped green chilies
- 1 cup cooked rice
- 1/2 cup cornmeal
- 1 teaspoon onion powder
- 1/4 teaspoon garlic powder
- 2 tablespoons oil

In a large bowl, mash the black beans. Add corn, chilies, rice, cornmeal, onion powder and garlic powder. Form mixture into 4 large or 6 medium burgers. Salt burgers and cook in hot oil over medium heat until a brown crust forms; turn and cook on the other side. Serve plain, on a bun, with toppings or with salsa-watch the spice! Better to keep things tame in times of stress!

## DESSERT

Pandemonium Peanut Butter Balls  
(Requires bowl or cup)

- Peanut butter
- Powdered sugar
- Mini chocolate chips or sprinkles

Put some peanut butter into a bowl. Mix powdered sugar until the peanut butter appears firm. Pour chocolate chips or sprinkles onto a plate. With a spoon, make balls from the peanut butter. Roll in chocolate chips, sprinkles or sugar until covered.

Enjoy. Most successful in cool weather. Only make as much as you need.





## KNOWING YOUR NEIGHBORS

Everyone talks about the benefits of good neighbors, yet a by-product of modern living is that we have grown more isolated. With improved communication, and the advent of the internet, people are increasingly interacting via computer with others all over the globe with whom they identify, instead of the people who live closest to them.

### Happiness is contagious

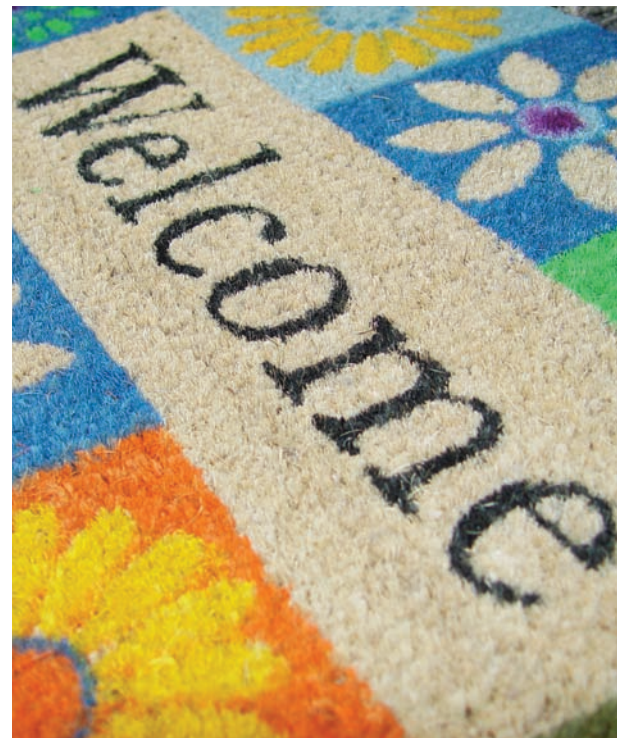
The benefits of living in a neighborhood that has agreed to look out for one another include teen guidance as well as crime and childhood obesity reduction. A well-watched neighborhood makes crime and other potentially negative behaviors feel more risky.

### The best back-up care givers are the ones closest at hand

When a situation arises that affects your entire neighborhood or region, your handle on it will depend on the agreements made in advance with your neighbors. Having a plan for how your neighborhood will respond ensures that the people, animals, and things you care most for will have someone checking in on them.

### Don't simply learn names, specifically agree to look out for each other

To reap the benefits of a good neighborhood, you need to meet and agree that you are going to look out for each other. Having a neighborhood plan that agrees to check each other's property for gas leaks after an earthquake is a good example of how your home could be saved in your absence.



**Thriving neighborhoods are often the result of a single individual willing to reach out and get others talking. Call the American Red Cross to brainstorm ideas on how to get your neighborhood working together:**

**American Red Cross  
Community Disaster Education:  
206-709-4528.**

## HOLD A DISASTER PREPAREDNESS BLOCK PARTY



**Inviting neighbors to meet and greet is a great way to break the ice and get people talking**

### Agree to help each other

#### American Red Cross

A disaster education specialist can come and talk to your neighborhood about the hazards in your area and what steps you can take to reduce them.

Email [info@seattleredcross.org](mailto:info@seattleredcross.org) or call 206-323-2345

**City of Seattle** - Seattle Neighbors Actively Prepare (SNAP) [www.seattle.gov/emergency/programs/snap/](http://www.seattle.gov/emergency/programs/snap/)

**King County** - Map Your Neighborhood (MYN) [www.emd.wa.gov/myn/](http://www.emd.wa.gov/myn/)

#### Community Emergency Response Team (CERT)

Train together to form a disaster response team  
[www.citizenrcps.gov/cert/](http://www.citizenrcps.gov/cert/)

### Beautify Your Neighborhood

Many jurisdictions within King County have **Neighborhood Matching Grant Funds** that can help finance neighborhood improvement projects. Contact your local government office.

#### Planning your own block party:

A block doesn't have to mean a street block. You can have a block party with your apartment or condominium community as well.

Personally invite neighbors: don't just put up flyers - actually reach out and talk to your neighbors.

Think 'interactive' by getting everyone to introduce themselves. Get people talking from the start.

Overcome language barriers by requesting an American Red Cross volunteer interpreter:  
206-726-3564

If your party plans involve blocking traffic, be sure to investigate which permits you need.



# COMMUNICATION IN TIMES OF CHAOS

## Why phones don't work after disasters

Every so often something really unusual happens in our community, and when it does, everyone has the same idea: "I'm going to call so-and-so and tell them about it." And with good reason...one of the best ways to endure a stressful event is to get in contact with the people who give you the most support. The local phone system can't handle this influx of calls, so after any large, interesting occurrence, it becomes almost impossible to make a local call.

## Here's a tip: Long-distance calls will often work when local ones don't!

Use this information to your advantage. You will be able to function better and make better decisions if you have the ability to at least check in with those you care most about. Ask a friend or relative who lives in another area to be your **out-of-area contact**. Share their phone number with each local person (or their caregiver) you want to be able to check in with.

## Benefits of being a HAM

Amateur Radio (or HAM Radio) is the ultimate resource for emergency communication. Conduct a neighborhood preparedness meeting to find out if you may know a HAM radio operator, or consider becoming one yourself!



## Sometimes nothing works, so it is important to plan what you will do.

Make arrangements with the people most important in your life and their caregivers for different strategies to contact each other if nothing else works. For example agree on a location where you can meet or leave notes.

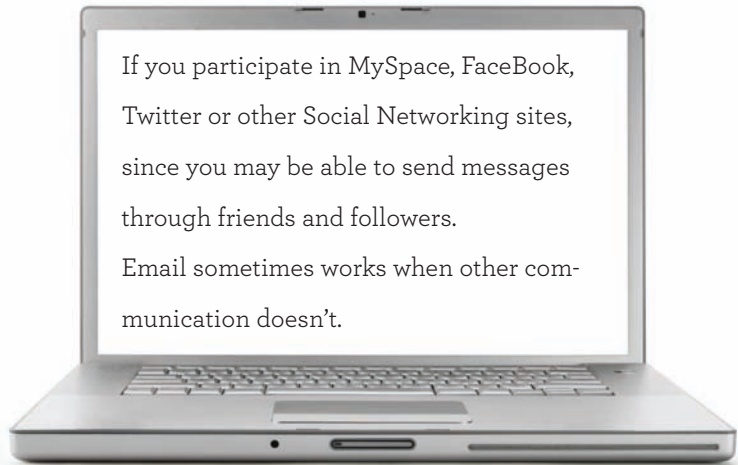
If you can't call for fire, police, or medical help, do you know the nearest locations where you can go to get help? What is the fastest way to get there? What would be the second fastest?



## Does your phone need a downgrade?

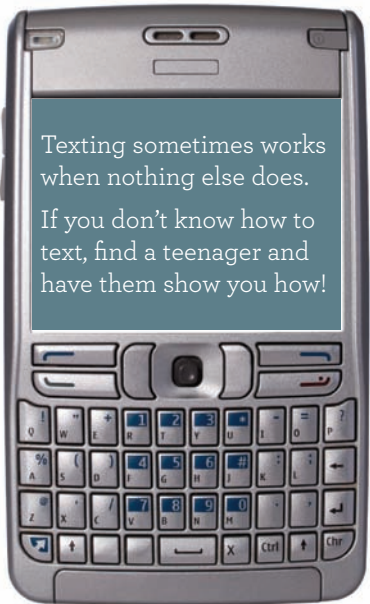
If your phone needs to be plugged into an electrical outlet to charge there is a good chance it won't work if the power is out. Be sure to have at least one older style landline phone available that plugs directly into the wall jack.

## Social media tips



If you participate in MySpace, FaceBook, Twitter or other Social Networking sites, since you may be able to send messages through friends and followers. Email sometimes works when other communication doesn't.

## Texting



Texting sometimes works when nothing else does. If you don't know how to text, find a teenager and have them show you how!

If you only have mobile phones or Voice Over IP, be aware that you need to take special steps to ensure that you can contact the 9-1-1 dispatch center closest to your home.

Some areas have emergency notification systems that will attempt to call with emergency information. If you aren't using traditional phone service, you need to register your number.

Eastside: 425-452-4157.

## Pay phones are still useful

It is possible for authorities to shut down non-priority phone numbers to keep lines open for emergency response. Pay phones still work in that situation. They are hard to find, but it is worth locating the pay phones nearest you and having a calling card or coins ready!





# PERSON, PLACE OR THING

## A back-up care plan is necessary

The most important thing you can do to ensure that you are not hurt by a disaster is to make back up plans for ensuring that the people, animals, and things in your life that matter most to you are cared for, and that you have a way to confirm this.



We can become so busy just getting through day-to-day challenges. Therefore, it is not surprising that a lot of people conveniently put off thinking about the “what ifs”. If you’re not at home when an emergency strikes, who will meet the bus at the right time or let the dog out, or refill your cat’s water bowl?

### BRAINSTORM - Who can you ask for help?

**PART-TIME CAREGIVERS** – if the person or animal already spends time in someone else’s care, talk to them about what their emergency plans are, in case you can’t make it back by pick-up time. Agree on how you will communicate if telephone service is disrupted by sharing your out-of-area contact, and discussing text messaging and other options.

**NEIGHBORS** – The people in closest proximity to you could be your best choice for a back-up. Holding a neighborhood disaster preparedness meeting is a great way to find out if any of your neighbors are right for the job.

**PERSONAL NETWORKS** – Think about the wide variety of people you know—friends, co-workers, group or club members—who could help in an emergency.

### Proximity Matters

Whoever your back-up is, they need to be able to reach the spot where the object of care is located.

### Access Matters

It isn’t enough for the individual to be near the object of care. The person needs to be able to get to and access the location of needed care. This could mean sharing a key or having their name on a list of people authorized for pick up.

### Trust Matters

You don’t hand the key to your heart to just anyone. Similarly, don’t just hand over the keys to all that is most important to you without taking the time to find the right person.

### Next Steps

Prepare a page of information that describes your emergency plan, contact numbers (including the name and number of your out-of-area contact), a meeting place that is outside of the neighborhood, where you can find each other (or leave a note), and any special instructions you’d like them to remember.

Ask your back-ups to let you know if they will be out of town, and agree to touch base every three months to confirm that circumstances haven’t changed.

# TROUBLE SHOOTING

## Overcoming situations that can create added challenges during times of disaster.

Problem	Solution
A health problem that requires access to a clinic.	It is absolutely vital to have a plan of action for times when your normal access fails. Ask your facility about how to find out about alternative arrangements for treatment, and what steps you should take if treatment is delayed.
I need access to power to stay healthy or mobile.	<p>Read equipment instructions and talk to equipment suppliers about your backup power options.</p> <p>Regularly check back-up or alternative power equipment to ensure it will function during an emergency.</p> <p>Teach many people to use your back-up systems and operate your equipment.</p> <p>Keep a list of alternate power providers as back-up, like emergency shelters and community buildings.</p> <p>Keep copies of lists of serial and model numbers of devices, as well as important instructions in a waterproof container in your emergency supplies kits.</p> <p>Adapted from “<i>Earthquake Tips for People Who Use Life Support Systems</i>” by the Independent Living Resource Center, San Francisco.</p>
So many emergency warning systems depend on sound, but I can’t hear.	<p>Be sure your work and residence has flashing or vibrating smoke and Carbon Monoxide alarms. Contact the Hearing, Speech &amp; Deafness Center to learn more at <a href="http://www.hsdcstore.com">www.hsdcstore.com</a>.</p> <p>RPIN.org will text or email mobile devices with disaster information. <b>2-1-1</b> service will have emergency information during the week, and can be accessed by dialing 2-1-1 or calling <b>206-461-3610</b> or you can use the <b>7-1-1</b> relay service. It is good to keep a crank radio on hand for a hearing contact to be able to listen and communicate information.</p>
I care for someone who has a hard time understanding or remembering instructions.	Provide information throughout the house that will give guidance on ways to stay safe. Include information with the person that can provide information to potential helpers if you are separated. This information should include instructions on who to contact and what actions you would like the person to take. This can include tips on how best to communicate, and ways to help the person relax. Look for neighbors and friends who are able help you, share contact information, and give them a copy of your plans.



# DISASTERS DON'T END WHEN THE TV CAMERAS LEAVE



**Disasters are hard on families and communities, not simply because of the physical impact of the disaster, but the emotional impact as well.**

In large disasters, 43% or more of individuals can show signs of emotional trauma, which increases and prolongs the negative effects of the initial disaster. This is recognized by the American Red Cross, which mobilizes hundreds of Disaster Mental Health workers to a disaster-affected region from the first moments that the disaster has taken place.

**Long-term hurting can happen** if a person and/or a loved one has experienced a feeling of being in mortal danger, if they needed help and felt that no-one reached out to assist, they lost their income, endured forced relocation, or if the person has already been traumatized.

**Our bodies and minds respond to traumatic experiences in consistent ways.** People who have undergone extreme stress often experience mood swings; in some cases, this can lead to increases in risky behavior, breaking off important relationships, and problems related to the misuse of drugs or alcohol.

**Intense experiences lead to intense emotions.** If you have endured an unusually stressful event, whether from a natural disaster or just a sudden unexpected change in your life, be prepared for the intense experiences that will follow. It is very important to recognize that the difficult emotions you are feeling are part of your body's response to the experience.

**Build your resilience.** Remember the 10 Ways to Increase Your Ability to Roll with the Punches: Create a multi-step plan with the future in mind.

**Reach out for help.** Recovering from extreme stress can make you feel that you need to isolate yourself and avoid others. No-one fully understands how the hard experiences affect your life, but there are people and organizations who really want to bear the load with you, and it can help to share your feelings with them.

**Don't burn bridges.** It is normal to feel surges of emotion that could be directed at yourself, or your source of income, loved ones, or friends. Large life changes increase adrenaline and stress to your system and prolong your recovery. Expect to have impulses to walk away from your current life. Don't make such major decisions until enough time has passed to be sure of the source of your feelings.

**Don't act on anger.** Take steps to de-escalate the situation: leave the scene, take a walk, take deep breaths, count to ten.

**Avoid 'self medicating'.** The use of alcohol or mood-changing substances can increase and extend the negative effects of the disaster's impact on your life. Exercise is a better option: talk to a doctor to determine what level is best for you.

**The best way to avoid the effects of extreme stress is to reduce the likelihood of experiencing it by working the three simple steps:**

- + **Make a Plan** Learning what risks you face and reducing them can lower the likelihood of your feeling in mortal danger.
- + **Build a Kit** Maintaining access to critical supplies will mean that you are your own best resource. You will want enough supplies to be able to make it on your own for at least three days.
- + **Get Involved** Reaching out and helping others increases the sense of community so we can make sure that no matter what happens, we are ready and can work together to solve all challenges that we will face together.

# MARK YOUR CALENDARS

### Spring

Unclutter your kitchen and update your supplies!

### Summer

Pour your stored water on the plants, refill and refresh your disaster supplies kit.

### Fall

Before you turn the heat on the first time, do a fire safety walk through your home.

### Winter

Keep an emergency blanket, hand warmers & energy bars in your bag and car.

## Take the strain out of remembering dates. Add these activities to your calendar:

- Check disaster supplies every 6 months.
- Check batteries in smoke/carbon monoxide alarms every 6 months.
- Replace smoke alarms every 10 years.
- Safety Check List (page 24-25) walk-through at least once per season.
- Pour out water and refill every 6 months.



CALM.



AND COLLECTED.



Building an emergency preparedness kit could help save your life.

Are You Red Cross Ready?



For more information,  
visit us at [seattleredcross.org](http://seattleredcross.org)  
or call (206) 323-2345