

## Preparedness Activities/Checklist

### Create an Emergency Plan:

- Have emergency contact information near the phone.
- Show family members how to turn off water, gas and electricity.
- Pick two emergency meeting places.
- Keep family records in a water and fire-proof container.

### Prepare a Disaster Supplies Kit:

(See inside of brochure)

### Do a home hazard hunt:

- Repair defective wiring and gas connections.
- Fasten shelves securely.
- Place large objects on lower shelves, not overhead.
- Strap water heater to wall studs.
- Hang mirrors and pictures away from beds.
- Repair ceiling or foundation cracks.
- Store chemicals (including weed killers, pesticides and flammable products) away from heat sources.
- Properly dispose of chemicals you don't need.
- Clean and repair chimneys, flue pipes, vent connectors and gas vents.

### Have a fire safety plan and practice it.

### Get training:

- Community Emergency Response Team
- First Aid
- CPR

Like every area in the world, the Puget Sound region is vulnerable to multiple hazards. They are both natural and man-made, and we need to be prepared to deal with these hazards and their aftermaths.

Take time to assess your neighborhood for these risks, and develop an all-hazards plan.

Learn how to protect yourself and cope with disaster by planning ahead. This checklist will help you get started.

Discuss these ideas with your family and prepare an emergency plan. Post the plan where everyone will see it, and practice the plan.

For more information, visit the following websites:

- [www.ready.gov](http://www.ready.gov)
- [www.redcross.org](http://www.redcross.org)
- [www.emd.wa.gov](http://www.emd.wa.gov)
- [www.esca1.com](http://www.esca1.com)

### **EMERGENCY SERVICES COORDINATING AGENCY (ESCA)**

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## Who depends on you?



### **ALL-HAZARDS EMERGENCY PREPAREDNESS CHECKLIST**

**When disaster  
strikes, you may not  
have much time to  
act.**

**Prepare now for an  
emergency.**

# All-Hazards Emergency Preparedness:

## Building Your Kit

People often become overwhelmed at the thought of trying to put together a disaster kit. It may seem like it is too much work or will cost too much money.

These "rules" will minimize the stress and increase your preparedness.

1. Don't try to do it all at once. Add one or two new items to your kit each pay period.
2. Use items you have on hand. Older clothing, eyeglasses or blankets can be used in the disaster kit.
3. Look for items on sale. Check thrift stores for "gently used" tools and gear.
4. Review your kit at least once per year. Make sure food and medications are still good.



**EMERGENCY  
Disaster Kit**

## Recommended Disaster Supplies

- Water supply: 1gallon of water, per person, per day. Store in sealed, unbreakable containers. Mark with the storage date and replace every six months.
- Supply of non-perishable packaged or canned food and a manual can opener. Don't forget "comfort foods."
- Change of clothing, rain gear and sturdy shoes.
- Blankets or sleeping bags.
- First aid kit and book.
- Prescription drugs.
- Extra pair of glasses.
- Battery powered radio and flashlight. Plenty of extra batteries.
- Credit cards and cash (small bills and change).
- List of family doctors.
- List of important family information such as style and serial number of medical devices such as pacemakers.
- Baby supplies: formula, bottles, pacifiers, diapers, wipes, foods and juices.
- Special items for elderly or disabled family members.
- Quiet toys for children.
- Supplies for pets: food, water, litter/box, medications, shot records, recent photo, blankets, and a restraint (leash or carrier).

## Sanitary Supplies:

- Large plastic trash bags for wastes and protection.
- Bar soap.
- Detergent.
- Shampoo.
- Toothpaste and toothbrushes.
- Feminine hygiene supplies.
- Toilet paper.
- Household bleach (unscented).
- Newspaper to wrap garbage and waste.

## Fire extinguisher.

## Cooking:

- Plastic knives, forks and spoons.
- Paper plates, napkins and cups.
- Paper towels.
- Aluminum foil.
- Camp stove for outdoor cooking and appropriate fuel.

## Tools and supplies:

- Ax, shovel and broom.
- Coil of 1/2" rope.
- Wrench for turning off gas.
- Screwdriver, pliers and hammer.
- Duct tape.
- Plastic tape and sheeting for window sealing and replacement.

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