

# EMERGENCIES HAPPEN WITHOUT NOTICE

## EARTHQUAKES



When the ground shakes: drop - cover - hold

Stay where you are inside or outside

Get *beneath* a desk or table

Sit *beside* an inside wall or stay low by furniture

Crouch low *between* rows of chairs in a theater

In an open area, sit down and cover your head with your arms

## WINTER STORMS



Make alternative travel plans and check road conditions as weather changes.

Have emergency food and supplies at home and a travel kit in your vehicle.

Use a battery or hand-crank radio to stay informed.

Radio stations 710 & 1000 AM, 97.3 & 97.7 FM all provide emergency information.

## POWER OUTAGES



Have safe heat and light sources like candles, flashlights, blankets and extra clothing.

Never use propane or charcoal grills inside.

Never touch downed electrical lines. Set up a barricade to prevent others from accident.

# SURVIVING A DISASTER STARTS WITH YOU!

## LEVELS OF PREPAREDNESS



When faced with a large emergency, households and neighborhoods will have to rely on their own level of preparedness. City services will be inundated and may not respond to most 911 calls.

**You and your family are the basis of how well you survive hours and days in a state of emergency. Preparedness starts with you and means planning before the worst ever happens.**

**Once your home is prepared, work with your immediate neighbors. Find out how you can help each other and share resources to safely get through a disaster.**

**Next, organize with your community to form communication hubs that will bring resources together and share information.**

**City of Seattle provides resources for individuals, neighborhoods and communities to prepare for the worst and survive.**

**Take the very first step: Have drinking water ready in your home.**

Use clean, empty soda bottles to store 1 gallon per person/per day for 3 days. For a family of four that means at least:

**4 people x 1 gallon x 3 days = 12 gallons**

**And don't forget your pets!**

**Store Emergency Water for Disasters**

Each person

Each day

=

For 3 Days

**Every 6 months**

Empty and Refill

**Do NOT use**

Milk  
Bleach  
Glass

for storing water

# ARE YOU PREPARED?

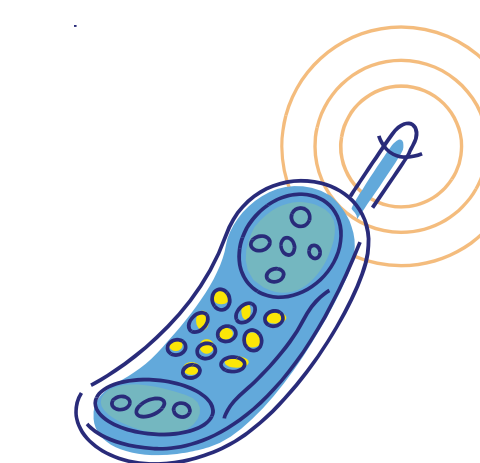
## Make an emergency kit

- store at least 3 days of water and food for each person and pet
- assemble first aid kits for your home and vehicle
- gather tools, supplies, clothing and bedding
- remember to pack away extra medications, important documents, and some games and books



## Make a family disaster plan

- create meeting, communication and evacuation plans with your family in case of a disaster
- establish an out-of-area contact that each person can check in with
- keep emergency phone numbers handy and teach children how and when to call for help
- practice your plan every 6 months



## Did you know?

Text messaging is the best way to communicate during a widespread emergency. Phone calls require a direct connection while text messages travel in "bursts" that can be transmitted as bandwidth is available.

## Meet with your neighbors

- know each others skills (medical, technical, etc)
- know who has special needs (elderly, disabled)
- plan for child care in case parents can't get home
- develop a block map with households, contact info and gas lines

Brought to you by the volunteers for Broadview Prepares.

Get more information about emergency preparedness:

[BroadviewBlockwatch.org](http://BroadviewBlockwatch.org)

[BroadviewSeattle.org](http://BroadviewSeattle.org)

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

[TakeWinterByStorm.org](http://TakeWinterByStorm.org)

[Seattle.gov/emergency/programs/snap](http://Seattle.gov/emergency/programs/snap)

