

## MEDICAL INFORMATION

Having important medical information for household members and pets is critical in case you need to leave your house after a disaster.

### PHYSICIAN

Name: \_\_\_\_\_

Phone number: \_\_\_\_\_

### PHARMACY

Name: \_\_\_\_\_

Phone number: \_\_\_\_\_

### HEALTH INSURANCE

Provider: \_\_\_\_\_

Group Number: \_\_\_\_\_

ID number: \_\_\_\_\_

### CLOSEST FACILITY WITH GENERATORS IF POWER FOR MEDICAL EQUIPMENT IS REQUIRED:

\_\_\_\_\_

### MEDICATIONS

1	_____	_____	_____
	(PERSON NAME)	(NAME OF MEDICATION)	(DOSAGE)
2	_____	_____	_____
	(PERSON NAME)	(NAME OF MEDICATION)	(DOSAGE)
3	_____	_____	_____
	(PERSON NAME)	(NAME OF MEDICATION)	(DOSAGE)
4	_____	_____	_____
	(PERSON NAME)	(NAME OF MEDICATION)	(DOSAGE)

### PET INFORMATION

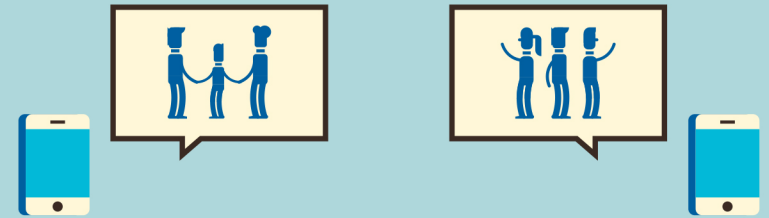
1	_____	_____	_____
	(PET NAME)	(BREED)	
	_____	_____	_____
	(APPROX. AGE)	(NAME OF MEDICATION)	(DOSAGE)
2	_____	_____	_____
	(PET NAME)	(BREED)	
	_____	_____	_____
	(APPROX. AGE)	(NAME OF MEDICATION)	(DOSAGE)

# 2 WEEKS READY

## Gather Your Emergency Information

### IMPORTANT PHONE NUMBERS

This might seem unnecessary — but how many phone numbers do you actually have memorized?



### FRIENDS, IMMEDIATE FAMILY MEMBERS, AND OUT-OF-AREA CONTACTS:

1	_____	_____
	(NAME)	(PHONE)
2	_____	_____
	(NAME)	(PHONE)
3	_____	_____
	(NAME)	(PHONE)
4	_____	_____
	(NAME)	(PHONE)



## PUBLIC SAFETY LOCATIONS

Whether you need help during a disaster or not, knowing who provides your home with safety services is important

Public safety locations can be a centralized location for information and support for your community



### FIRE STATION

Address: \_\_\_\_\_

Phone number: \_\_\_\_\_

Total miles to station: \_\_\_\_\_

Potential route hazards: \_\_\_\_\_



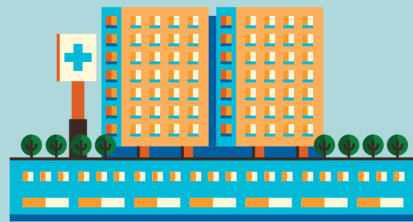
### POLICE STATION

Address: \_\_\_\_\_

Phone number: \_\_\_\_\_

Total miles to station: \_\_\_\_\_

Potential route hazards: \_\_\_\_\_



### MEDICAL FACILITY

Address: \_\_\_\_\_

Phone number: \_\_\_\_\_

Total miles to station: \_\_\_\_\_

Potential route hazards: \_\_\_\_\_



### COMMUNITY GATHERING POINT

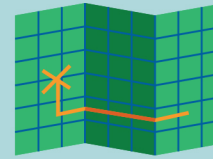
Address: \_\_\_\_\_

Phone number: \_\_\_\_\_

Total miles to station: \_\_\_\_\_

Potential route hazards: \_\_\_\_\_

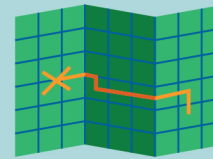
## ALTERNATIVE ROUTES TO WORK



CURRENT ROUTE HOME: \_\_\_\_\_

Total miles: \_\_\_\_\_

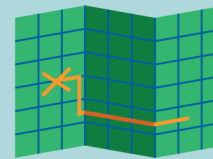
Potential hazards for route: \_\_\_\_\_



ALTERNATIVE ROUTE #1: \_\_\_\_\_

Total miles: \_\_\_\_\_

Potential hazards for route: \_\_\_\_\_



ALTERNATIVE ROUTE #2: \_\_\_\_\_

Total miles: \_\_\_\_\_

Potential hazards for route: \_\_\_\_\_

To help find routes and methods home, the following resources may help:

[wsdot.wa.gov](http://wsdot.wa.gov)  
[www.metro.kingcounty.gov](http://www.metro.kingcounty.gov)  
[www.soundtransit.org/Trip-planner](http://www.soundtransit.org/Trip-planner)  
[www.piercetransit.org/mobile/](http://www.piercetransit.org/mobile/)  
[dnr.wa.gov](http://dnr.wa.gov)  
 Phone: 5-1-1 for state highway/  
 weather information  
 Your local emergency management office



### CARPPOOL OPTIONS

1. \_\_\_\_\_

2. \_\_\_\_\_



### VIAIBLE PUBLIC TRANSPORTATION OPTIONS

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_



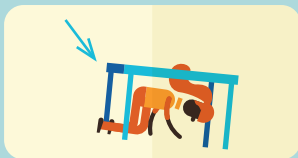
# ACTIONS TO TAKE DURING A QUAKE



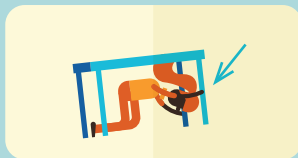
## DURING THE SHAKING



**DROP**



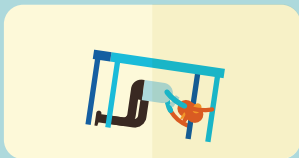
**COVER**



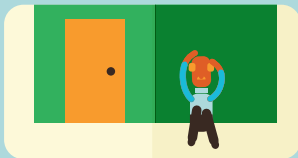
**AND HOLD ON**

If there is no table around, get lower than the other furniture.

## THINK



**BENEATH**



**BESIDE**



**BETWEEN**

# AFTER THE SHAKING

## CHECK YOUR BUILDING:

For structural damage

Shut off the water at the main valve

Shut off gas only if you:

→ Smell natural gas

→ Hear hissing

→ See the dial spinning rapidly

- Check for injuries and apply basic first aid
- Leave building if unsafe
- Help your neighbors



## FOR MORE INFORMATION

Local television

Your local Emergency Management office

Emergency radio stations  
NOAA weather radio channels

Twitter @waEMD

Facebook facebook.com/WashEMD

# 2 WEEKS READY

## BUILD KITS

Plan to be on your own for at least 2 weeks



Water (1 gallon per person, per day)



Food (non-perishable)



Comfort/entertainment



Medical equipment



Glasses/eye care



First aid kit



Can opener



Sturdy shoes



NOAA alert radio



Extra batteries



Flashlight



Warm clothes



Personal hygiene items



Fire extinguisher



Tools



Pet supplies



Cash



Toilet paper



Medications



Identification & important documents



Keep at least 2 weeks of supplies in your home. Have smaller kits for work, for every family member, and pets. Have a vehicle safety kit too.

# BE PREPARED

## MAKE A PLAN

Determine an accessible meeting place in case you have to leave your home or work, so you can reunite your family.



## LEARN ABOUT DISASTER PLANS FOR

Your work

Your children's school

Your medical and/or transportation provider

Other places where your family spends time



Check with your local emergency management office to:

- find out what hazards could affect your home and place of work
- sign up for emergency alerts and notifications
- identify your local emergency alert system (EAS) radio stations
- know your evacuation and alternate transportation routes

## DEVELOP A COMMUNICATIONS PLAN



Write down emergency contact information



Texts are more likely to go through



Have an extra cell phone charger and batteries



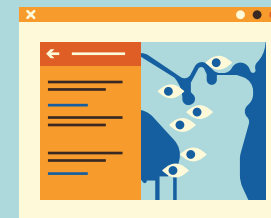
An out-of-area contact can serve as a relay point for family communication

## HELP EACH OTHER

Know how you'll help people and pets who normally rely on you



Form a neighborhood group: for examples and suggestions, see Map your Neighborhood at: [emd.wa.gov/myn](http://emd.wa.gov/myn)



Help organizations in your neighborhood that may need support during a disaster



Attend free disaster skills workshops offered by your local emergency management office and learn basic survival skills