

Basic Vehicle Preparedness

Preparedness Planning Kit

At a minimum, your car kit should contain these 11 essential items:

- Bottled or stored water
- High-protein, high-energy food
- First-aid kit
- Blankets
- Flashlight/batteries
- Radio/batteries
- Basic sanitation supplies
- Warm clothing
- Sturdy shoes or boots
- Raingear, hat and gloves
- Paper and pencils or pens



Before traveling, especially in winter, make sure your vehicle is properly prepared.

Safety list:

- Vehicle up-to-date on regular maintenance schedule
- Windshield washer fluid full with winter fluid
- Oil and proper level
- Vehicle heating system works, including defroster
- Antifreeze in radiator test to -15 degrees F
- Full tank of gas
- Good windshield wiper blades
- Headlights/tail lights/turn signals/hazard signals in working order
- Seatbelts for all passengers in working order
- If transporting children, approved, size-appropriate child seat properly installed
- Check hub locks for four-wheel drive
- Good traction tires, properly inflated. Tire pressure drops along with temperature



Include 15 additional items for road emergencies and winter driving:

- Your brain – use your head to keep you out of trouble and get you where you need to go. Work smarter, not harder!
- Leather gloves
- Tire chains (blocks of wood may help with installation)
- Tarp (for use when putting on chains) and/or kneel pad

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Items for road emergencies and winter driving (continued from page 1)

- Burlap sacks, kitty litter or sand
- Stock vehicle jack and a lug wrench that fits your wheel lug nuts
- Spare tire
- Shovel – the bigger the better
- Ice scraper and snow brush
- Windshield de-icer and lock de-icer
- Jumper cables or self contained battery jumper
- Small, empty gas can (fill only if needed)
- Flares, road-emergency warning lights
- Fire extinguisher
- Extra weight, properly secured for improved traction

For winter or during inclement weather, include these items if you have room:

- Small tools you know how to use
- Cell phone car charger
- Foot traction (Yak-Trax, etc)
- High-lift jack
- Shackle(s)
- Receiver hitch with hook or hole for clevis (do not use tow ball)
- Tow strap – no hooks
- Saw (for cutting branches to use as traction)
- Rope
- Compass – and knowledge of how to use it
- GPS
- Maps of the area or bus route information
- “Little Hotties” type chemical warmers
- Emergency cash – in case you need a tow
- Portable air compressor
- Digital or disposable (one-time use) camera

More Car Kit Tips:

- Be sure to check your car kit supplies at least twice a year. Variations in heat and cold shorten the life of stored food and can deteriorate first-aid items and other materials like plastic and rubber.
- If you must leave your vehicle, leave a note on the dashboard stating when you left, where you went and any contact information.

Contact:

Family Emergency Plan

Preparedness Planning Kit



What do I do?

1. Stay calm.
2. Am I ok?
3. Is my family ok?
4. Is my home safe?
5. Are my neighbors safe?
6. Do I have my emergency kit?

Family Emergency Plan

Meeting place 1 _____

Meeting place 2 _____

Radio stations _____

Important phone numbers (example: caseworker, interpretation services, doctor's number, out-of-area contact, etc.)

1 911  →  

Say your name, your language and don't hang up.

2 _____

3 _____

4 _____

Make an emergency kit



**American
Red Cross**

Together, we can save a life

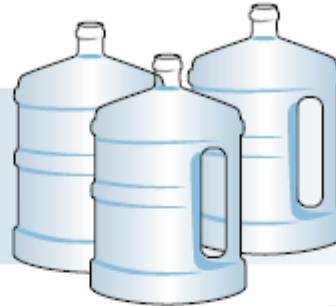
Contact:

Family Emergency Plan

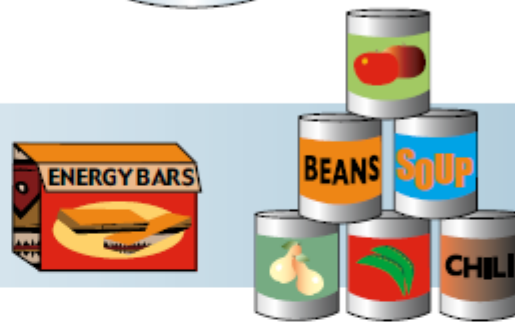
Preparedness Planning Kit

Emergency Kit 3-day supply

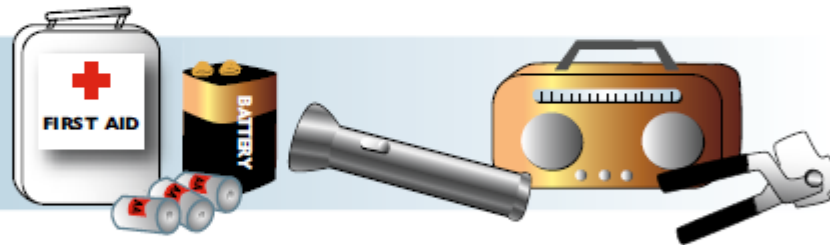
Water



Canned and Dry Food



Tools



If Needed



Family Emergency Plan





**American
Red Cross**

Together, we can save a life

Highlight your top five

- **Get informed:** Learn about the potential disasters in your area and safe actions to take during the disasters. Earthquake: Drop, Cover & Hold; Fire: crawl low to the ground, get out and call 911; Flood: get to higher ground and place your valuable on higher storage areas.
- After any emergency tune in to **KIRO 710 AM**. That is the emergency radio station i
- Meet at least one new neighbor. Set up a **system buddy** with someone you know.
- If you take a **daily medication**, ask your doctor for samples to put in your supply kit. Or you can refill your prescriptions a few days early and put the extra in your kit.
- Set up an **out-of area phone contact**.
- **Plan & practice** drop/cover/hold in each room, **plan & practice** your fire escape routes and your evacuation routes.
- **Learn a new skill** such as: how to turn off your utilities (show other adults in your home), how to use a fire extinguisher (instructions are on the extinguisher), First Aid or CPR.

Family Emergency Plan

Preparedness Planning Kit

- Conduct a “**Home Hazard Hunt**” –

If it could break or fall and hurt someone – bolt, anchor or strap it down. If it could break or fall and block an exit – bolt, anchor or move it to another part of the room.
- Remember every member of your family. **Include pets when you are planning!**
- Place a pair of sturdy shoes and a flashlight underneath your bed.
- Store **emergency drinking water**: you can clean empty 2 liter bottles and fill them to the top with tap water. Replace every 6 months.
- **Do a supply hunt around your house**. Find things you would need after a disaster, but don't use daily and put them in your kit.

(Example: flashlight and extra blanket)
- Buy **two whistles** (gumball machine whistles work just fine), and keep one in your kit and one in your nightstand.
- **Identify the resources & needs in your neighborhood**: who has a car, who does not, who are the single parents, who goes camping, where are the pay phones?
- **BREATHE!!!** Keep words of inspiration in your kit or taped under your desk at work.

Take a least one step today!!

Out of Area Phone Contact



When disaster strikes, have an out of state contact



Out of Area Phone Contact

The phone system will most likely become unavailable after a disaster, almost always caused by overuse of the system.

- ★ Stay off all phones, both cell and land line phones, for at least 3 to 5 hours after a disaster, **unless you need to call 911 for a life-threatening situation.**
- ★ Long distance lines are more reliable than local lines after a disaster. Ask a friend or relative who lives out of Washington State to be your "family contact." Your family contact becomes a relay point to share information with all household members. Your plan depends on everyone knowing your out-of-area contact phone number.
- ★ Complete the following tasks within the next three days or sooner!



Choose an out-of-area contact person and complete the following information:

Out-of-area family contact name _____

() _____ (day) () _____ (evening)

E-mail _____

Share this information with your family, your children's school, and your supervisors at work. The Seattle Office of Emergency Management has "Out-of-Area Contact Cards" printed for your use. Call 206-233-7123.



Shelter-in-Place

Preparedness Planning Kit

If a chemical agent attack were to occur, authorities would instruct people to either “*shelter in place*” (seek shelter where they are and seal the premises), or evacuate immediately. If the order is to “shelter-in-place” in your home, office or school, you will need to follow these directions:



- Stay inside.



- Close all windows and doors.



- Turn off ventilation systems (heating and air-conditioning, fireplace dampers, etc.)



- Go into a room with the fewest doors and windows and seal the



- Stay in the room until told by the authorities that it is safe to come out.

How to seal a room when sheltering in place:

- Dampen towels and place over the crack under the door.
- Cut plastic sheeting to fit over the windows and vents. Secure the plastic with duct tape.
- Tape around the door.
- Turn on the radio.
- Don't ventilate (air out) or leave your sealed shelter until you are told to do so.

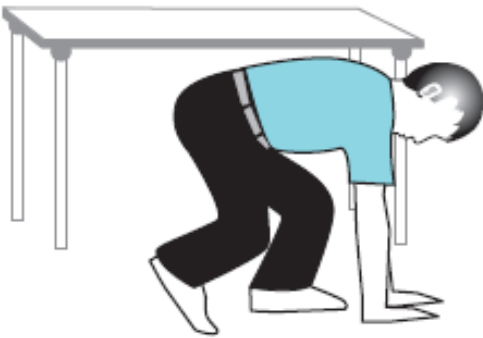
If ordered to evacuate:

- If ordered to evacuate, do so immediately and carefully follow directions. Do not wander about; know where you are going and how to get there.
- Avoiding chemical exposure should be your primary goal. Leaving your sheltered area to rescue or assist victims can be a deadly decision.
- In a chemical emergency, there is very little an untrained volunteer can do to help victims. Stay in your sheltered area until authorities determine it is safe to come out.
- If you were outside before taking shelter and think you may have been exposed to a chemical agent, there are several things you can do. If you are in a sealed shelter, take off at least your outer clothes, put them in a plastic bag and seal the bag.
- If water is available, wash or take a cool to warm (not hot) shower, using lots of soap and water. Do not put the soap in your eyes, just lots of water. If you leave the area, tell emergency responders or medical staff at your destination you may have been exposed. Tell the emergency responders about the sealed bag so that they can arrange for its safe removal after the emergency.
- If you have symptoms of exposure, call 9-1-1 immediately and follow their instructions.

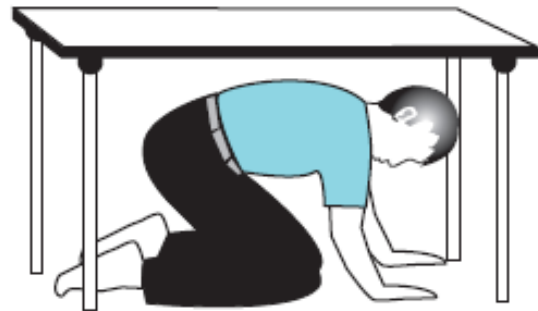
How to be Safe in an Earthquake

When the ground shakes....

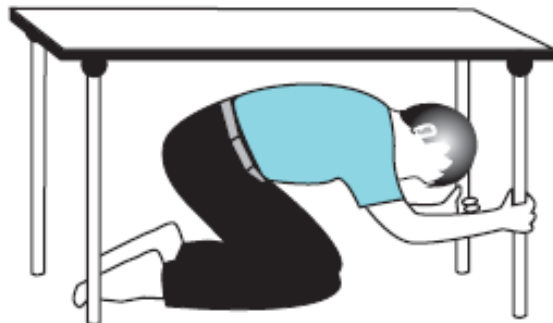
DROP....



COVER....

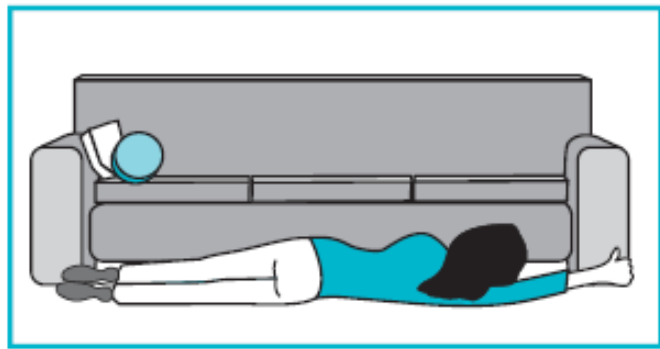


HOLD....



How to be safe in an Earthquake

- ★ **Don't run during the shaking.**
Most injuries are from falling objects, not collapsing buildings.
- ★ **Drop, cover and hold under a desk or table**
within the first 3-4 seconds of shaking. Stay there until the shaking stops.
- ★ **If you are in a place without a table, get low!**
Think *beneath, beside, between.*
Getting **beneath** any desk or table is the best option.
Sit **beside** an inside wall.
Get **low beside** heavy furniture.
Crouch **low between** rows of chairs in a movie theater, church or stadium.
Get **low beside and beneath** the level of a grocery cart in the supermarket.



- ★ **If you are outside in an open area...**
Sit down and cover your head with your arms.
- ★ **If you are outside close to a building...**
Move into the building and find a safe place. Immediately outside a building is called the "danger zone".
- ★ **NOTE: Doorways are NOT a recommended safe place**
in an earthquake. It's difficult to stay in the doorway during the shaking and the door often causes injury when it swings open and closed during the shaking.

DISASTER RESOURCE BOOK



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STEP 1

Are you OK?

Check yourself and those around you.



First Aid basics: Check - Call - Care

- Secure injured area above and below joints surrounding it.
- Control bleeding with direct pressure.
- Keep person calm and comfortable.
- Keep them warm to prevent shock.
- Only move injured people when the scene is unsafe.

Location of my first aid kit: _____

STEP 2

See fires?

Put out small fires using a portable fire extinguisher.



How to use a Fire Extinguisher:

- Pull the pin
- Aim at the base of the fire
- Squeeze handle
- Sweep from side to side



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STEP 3

Smell gas?

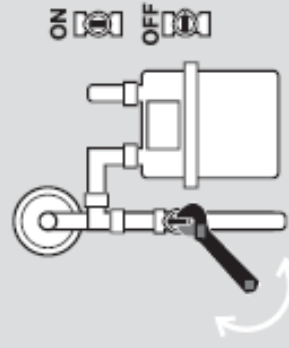
If you smell natural gas, or hear it hissing, turn it off at the valve outside the house.



ONLY TURN OFF IF LEAKING

How to turn off gas:

- **Locate the meter shut off valve.**
It is usually the first fitting on the gas supply pipe coming out of the ground near your meter.
- Use a long-handled wrench to **give the valve one-quarter turn in either direction** so the lever is crosswise to the pipe.
- **Once the gas is off, leave it off.**
Contact Puget Sound Energy (or your local company) to inspect the system, check and re-light appliances.



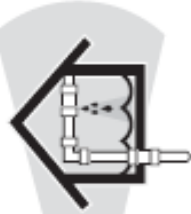
ONLY THE GAS COMPANY CAN TURN GAS BACK ON!

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STEP 4

Running water?

Check for sewage and water line damage. Turn off water to protect against contamination from broken pipes outside your house.



If you suspect sewage lines are damaged:

- Avoid using the toilets and repair your system as soon as possible.

If water pipes are damaged:

- Avoid using water from the tap and contact the water company.

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STEP 5

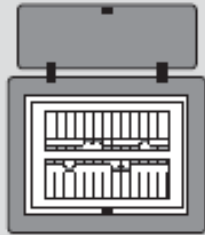
Electrical problems?

Look for electrical system damage.



If you see sparks or broken or frayed wires, and/or if you smell burning insulation, turn off the electricity at the main fuse box or electric panel.

Don't step in water to get to the fuse box or electric panel.



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STEP 6

Dress for safety and go to your meeting site

Turn on the radio for up to date information

- Wear comfortable clothing, hard hat, safety glasses, gloves, sturdy shoes.
- Bring a flashlight and your first aid kit.
- Put your fire extinguisher at the end of the driveway for others to use if necessary.

My meeting places are at: _____

Pay phones in my area: _____

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info page

Out of area Contact

Name: _____

Telephone: _____

e-mail: _____

Name: _____

Telephone: _____

e-mail: _____

Name: _____

Telephone: _____

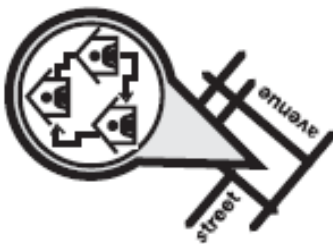
e-mail: _____

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Community contacts and resources

(community center, churches, libraries, etc.)



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Around the house stuff

that can be used after a disaster

- Pen, paper & markers for messaging
- Ties, tissues, tape for first aid supplies
- Garbage bags for insulation, rain gear, shelter and bathroom
- Sandwich bags for gloves
- Pillowcases to carry stuff
- Pound on the walls to signal for help
- Sturdy shoes
- Water
- What else???



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Medical information



Doctor: _____

Telephone: _____ Email: _____

Insurance: _____

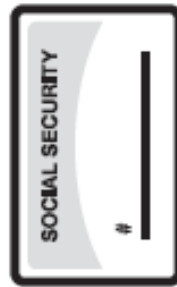
Allergies: _____

Medications: _____

Medical Needs: _____

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Place copies of documents and identification here



ENGLISH

info page

Place your favorite quotes and words of comfort or inspiration here

12 horizontal lines for writing.

ENGLISH

info page

Place your photos here

12 horizontal lines for photos.

ENGLISH

info page

Place extra note pages here

(insurance, banking information, etc.)

12 horizontal lines for notes.

ENGLISH

info page

Write your Emergency Number for your area. The worst time to prepare for an emergency is during one. Fill these in right away.

Emergency Phone Numbers



- Emergency Police/Fire/Medical.....911
- Non-emergency Police
- Electricity / City Light.....
- Natural gas / PSE
- Water/Sewer
- Animal Control
- Road Conditions

Emergency news radio stations:

Property Management: _____

Other important contacts: _____

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Preparedness Promise

Today's Date:

Today I will:

- Teach my family how to Drop, Cover and Hold

This week I will:

- Store emergency drinking water

In the next two weeks I will:

- Pick someone who lives out of the area to call after an emergency

In the next month I will:

- Practice
 Gather supplies from around the house

Three things I want to do in the next three months:

- 1) _____
2) _____
3) _____

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Search and Rescue Alert

HELP

Let your neighbors know if you need help or not. Place the appropriate side of this sign in your window.
This will save valuable time following an earthquake.

For Neighborhood Search and Rescue Teams only. *Displaying this sign does not imply Police or Fire Service will respond.*

After an earthquake:

- (1) Check yourself and your family for injuries.
- (2) Control any utility issues or fires in your home.
- (3) Place your HELP/OK sign in the window.
- (4) Take your safety equipment with you to your neighborhood meeting area.
- (5) Follow your neighborhood plan and help each other.

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