

# We're Preparing. Are You?


Health emergencies can happen with little or no warning. At Public Health - Seattle & King County, planning for emergencies, including pandemic flu, is a priority. Being prepared can reduce fear and anxiety for everyone. There are things you can do to prepare:

1 Download your "Preparing for Pandemic Influenza: A Personal and Family Guide":  
[www.doh.wa.gov/panflu/family\\_brochure.htm](http://www.doh.wa.gov/panflu/family_brochure.htm)

2 For the latest information on pandemic flu, visit:  
[www.metrokc.gov/health/pandemicflu](http://www.metrokc.gov/health/pandemicflu)

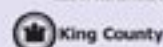
3 Start preparing now




 Post at home or work

## Stop Germs, Stay Healthy

- Wash hands frequently
- Cover coughs and sneezes
- Stay home when sick



[www.metrokc.gov/health](http://www.metrokc.gov/health)

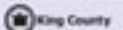
 Shopping list

## Pandemic Flu Preparedness Essentials

The following items should be part of your disaster supplies, enough to last at least a week:

- Nonperishable food and water
- Medicines you take regularly
- Medicines for flu symptoms, including acetaminophen, ibuprofen, cough syrup
- Thermometer
- Personal hygiene items, including soap, tissues, toilet paper
- Alcohol-based hand cleaner
- Extra cash
- Large trash bags

For complete resources and information, visit: [www.metrokc.gov/health/pandemicflu](http://www.metrokc.gov/health/pandemicflu)



## What was the impact of reducing the King County Council from 13 members to 9?

The new 7th District more than doubled in size to 124 square miles. Councilmember Pete von Reichbauer now represents 60,000 more constituents including the City of Auburn as well as a 50 square mile region of unincorporated King County that stretches to the borders of Enumclaw, Black Diamond, Covington, and Maple Valley.

28% of the new 7th District is unincorporated and Pete is their only locally elected representative. His office may be in Seattle, but his roots are in South King County. He spends much of his time traveling I-5, Hwy 167, Hwy 18 and all the roads in between. Last year Pete logged more miles than any other Councilmember!



Pete oversees new transportation construction in South King County.

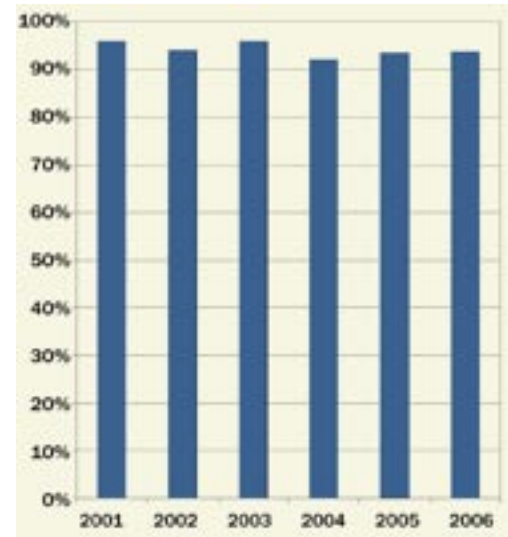
In addition to his work as an elected official, Pete has served on civic groups throughout South King County including positions on the Board of Directors of the Auburn and Federal Way Boys and Girls Club and served on the St. Francis Hospital founding Board of Trustees. Pete serves on numerous committees and boards, both inside and outside the Council. During his time in office he has attended over 93% of the full Council meetings.



King County Councilmember  
**Pete von Reichbauer**  
Metropolitan King County Council  
516 Third Avenue, Room 1200  
Seattle, WA 98104-3272  
[www.metrokc.gov/vonreichbauer](http://www.metrokc.gov/vonreichbauer)



Pete von Reichbauer joins students in releasing salmon smolts for their journey to the Pacific.



During his time in office Pete has attended over 93% of the full Council meetings.

*Government works  
if we work at it!*