

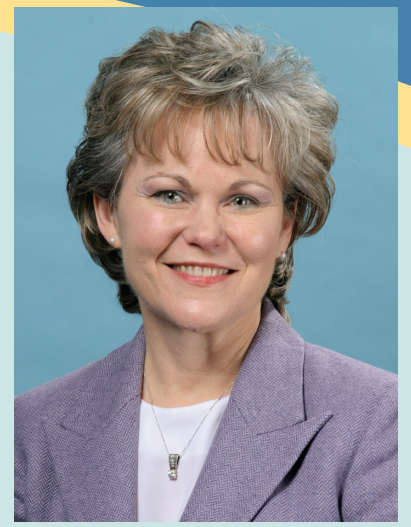


King County Councilmember

Kathy Lambert

District 3

Spring 2007



Disasters happen. Are you ready?

Since April is Earthquake Preparedness Month, and we all have experienced a number of emergency situations recently, now is the time to focus again on emergency preparedness. Getting ready helps prepare everyone to know what to do and how to cope in an emergency.

During a disaster or emergency, first-responder resources such as 911, fire, and police may be unable to reach you for several days while they make assessments and request supplies. It may be difficult to buy groceries or gasoline. This is why you need to be prepared to keep your family as safe and comfortable as possible during a disaster for a minimum of three days! Creating an action plan for emergencies will equip your family with the resources they need to be safe, to be able to communicate with each other and to help others in the community.

3 Days, 3 Ways

Three days is the minimum number of days that people should be prepared to be self-sufficient. There are three ways you can begin preparing today:

- Make a plan
- Build a kit
- Get involved

Make a plan

Develop an emergency plan for you and your family. You may not all be together when an emergency happens. That's why it is important to have a plan in place. The entire family should know, understand, and practice the plan.

There are many hazards that threaten our area. Here are a few examples. Identify which of these hazards exist in your neighborhood and make plans to respond.

- Winter storms
- Floods
- Earthquakes
- Volcanic eruption
- Terrorism
- Fires
- Tsunamis
- Pandemic flu
- Chemical or biological attack
- Landslides

Plan two meeting sites in case you are told to shelter-in-place or evacuate—one just outside your home and the other outside of your neighborhood.

Talk to your family about how you reach each other in different situations. You may need a couple of different plans.

Establish an out-of-area contact. Identify a friend or family member that lives outside of Washington State. During an emergency, long distance phone lines may work better than local phone lines. Each member of your family should know the name and phone number of the person to call during an emergency.

Duplicate important documents. Make copies of birth certificates, passports, driver's licenses, insurance documents, social security cards, wills, deeds, financial statements, and prescriptions. Store these items either in a safe deposit box or with someone you trust.

Build a kit

What do you need for yourself and your family if emergency responders can't help you during a disaster?

A minimum three-day survival kit is a basic tool for providing peace of mind, comfort, and survival needs during a disaster.

Store at least one kit each at home, in the car, at work, and at each child's school or daycare facility.

You can buy a starter kit or put one together yourself. If you buy a kit, remember to customize it to fit your needs. You may need extra items for young children or pets.

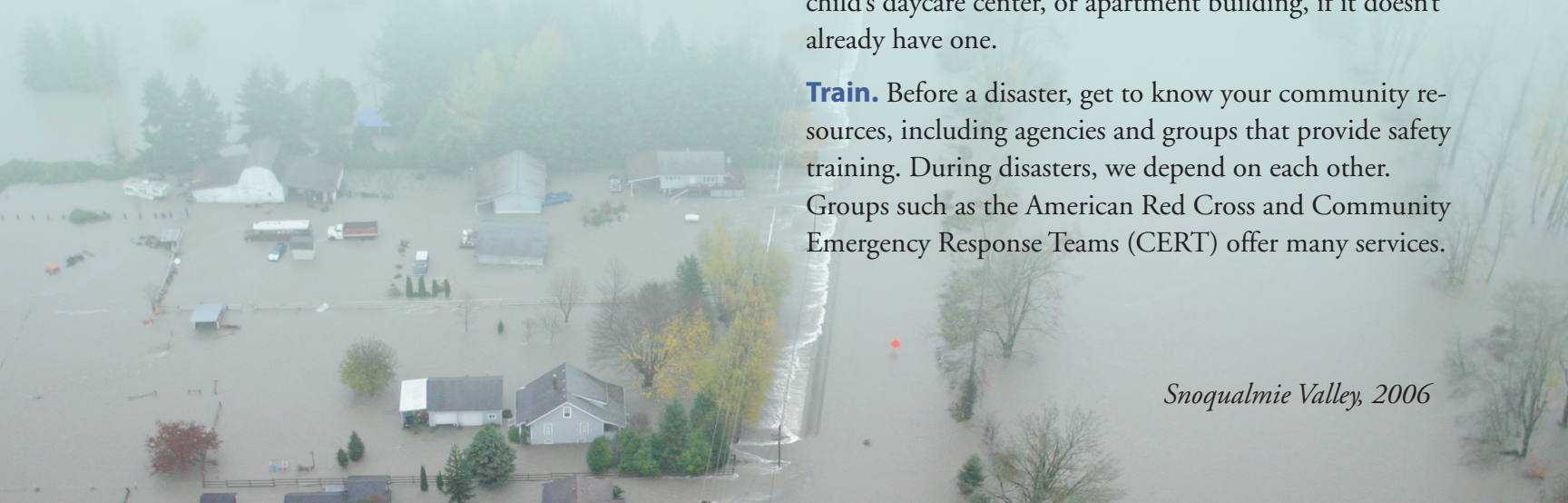
Here is a checklist of items that you may want to include in your disaster kit:

- Water – store at least 1 gallon of water per person per day
- Food for each family member for at least 3 days
- Flashlight and batteries
- Whistle
- Radio – NOAA Weather Radio is preferred
- Plastic bags for sanitation and waste disposal
- Tools – utility knife, crescent wrench
- Warm clothing, sturdy shoes, and rain gear
- First aid kit
- Blanket
- Duct tape
- Waterproof matches
- Paper and pen
- Emergency out-of-area contact phone numbers
- Special needs items – medications, eye glasses, walking cane, infant supplies, pet supplies, etc.
- Entertainment items – deck of cards, books, children's items, etc.
- Cash

Get involved

Communicate. Talk with your family and neighbors about preparing for, and responding to, emergencies in your neighborhood. Find out if anyone has specialized equipment or skills, like a power generator or medical knowledge, which might help in a crisis. Make plans to check on each other's homes, children, or pets if one of you is away when a disaster strikes. Volunteer to help develop site-specific disaster plans for your workplace, child's daycare center, or apartment building, if it doesn't already have one.

Train. Before a disaster, get to know your community resources, including agencies and groups that provide safety training. During disasters, we depend on each other. Groups such as the American Red Cross and Community Emergency Response Teams (CERT) offer many services.



Snoqualmie Valley, 2006

April is Earthquake Preparedness Month

Special document on emergency preparedness

We have assembled important information on emergency preparedness, including how to prepare and agencies to contact. Please read and keep this informative guide for future reference.



Raging River, 2006



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American Red Cross: Provides training on first aid, CPR, emergency preparedness, and many other topics.

CERT Program: Educates people about disaster preparedness and trains them in basic disaster response skills, such as fire safety, light search and rescue, team organization, and disaster medical operations. Using the training learned in the classroom and during exercises, CERT members can assist others following an event when professional responders are not immediately available to help.

Community Emergency Response Team

Neighbors as First Responders

The Community Emergency Response Team (CERT) is a Federal Emergency Management Agency (FEMA) program provided throughout the United States. The classes, offered by many local cities and organizations, provide an excellent base for citizens to engage in aiding their own neighborhoods and workplaces with skills to help with local emergencies and hazardous situations.

Following a major storm, earthquake or other disaster, the first people on the scene will not be local police or the National Guard. It will most likely be you and your neighbors. That is why a host of cities in the region are participating in the CERT program. CERT members are neighborhood volunteers who agree to donate 20 hours of their time to be trained in local disaster response, including the following areas:

- Disaster preparedness
- Light search & rescue
- Disaster psychology
- Disaster medical – triage & treatment
- Small fire suppression
- Terrorism awareness
- CERT organization & incident command

It is impossible for law enforcement personnel and professional emergency rescue crews to be everywhere at once during a disaster—especially during the first minutes and hours of a crisis. If you are interested, please contact one of the organizations below to see about the next CERT classes being offered.

Bothell Fire Department

425-489-3364

Carnation-Duvall Citizen Corps

www.carnationduvallcitizencorps.org

Fall City Citizen Corps

425-222-4798

City of Issaquah

425-837-3470

Kirkland Fire Department

425-587-3659

Northshore Fire Department

425-486-2784

Redmond Fire Department

425-556-2200

Sammamish Citizen Corps

www.sammamishcitizencorps.org

City of Snoqualmie

425-888-1551

Woodinville Fire Department

425-483-2131

For more information

3 Days, 3 Ways

www.3days3ways.org

FEMA

www.ready.gov

Telephone: 800-621-FEMA (3362)

TDD: TTY users can dial 800-462-7585

to use the Federal Relay Service.

American Red Cross – Serving King and Kitsap Counties

www.seattleredcross.org

206-323-2345

Purchase disaster preparedness kits online at Seattle Red Cross.

Washington State Emergency Management

www.emd.wa.gov

800-562-6108

King County Office of Emergency Management

www.metrokc.gov/prepare

206-296-3830

Seattle – King County Public Health

www.metrokc.gov/health

206-296-4600

Regional Public Information Network

www.rpin.org

“Your one-stop resource for news alerts”



Make a plan



Build a kit



Get involved