

## MAKE A PLAN

Source: <http://www.seattleredcross.org/show.aspx?mi=4170>

Get your entire family/household (and/or neighborhood) involved in the emergency planning process. Discuss why you need to prepare for a disaster and the types of disasters most likely to occur to your home and in our geographic region. Plan to share responsibilities and work together **as a team**. Disaster preparedness planning can be educational, **fun** and lifesaving.

## COMMUNICATE

Discuss the types of disasters that are most likely to happen and what to do in each type of situation. Also determine how you will communicate with one another in the event of a disaster.

## LEARN

- Know your designated Emergency Alert System stations (In King and Kitsap Counties listen to 710-AM KIRO or watch KIRO 7 TV) and follow emergency management official's instructions.
- Learn about your community's disaster warning signals, what they sound like and what you should do when you hear them.
- Familiarize yourself with your city or county's emergency action plan.
- Make sure you know your children's school disaster plan.

## DESIGNATE A MEETING PLACE

Pick two places to meet and make sure everyone knows the addresses and phone numbers:

- Immediately outside your home in case of a sudden emergency like a fire.
- Outside your *neighborhood* in case you can't return home.

## DETERMINE YOUR EVACUATION ROUTES

Discuss what to do in an evacuation. Determine the best two escape routes out of your home, neighborhood, from your children's school, day care center, your workplace or anywhere family members spend time.

## KNOW EMERGENCY PHONE NUMBERS - INCLUDING YOUR OUT-OF-STATE CONTACT

- Ask an out-of-state friend to be your family contact. After a disaster, it's often easier to call long distance. Other family members should call this person and tell them where they are. Everyone must know your contact's phone number.
- Post emergency telephone numbers by the phone and make copies for each member of the family to carry with them.
- Teach your children how and when to call 9-1-1.

## BUILD OR PURCHASE A DISASTER KIT

Put together your own disaster kit or purchase a disaster kit. Either way, your disaster kit should contain essential supplies to see you through a minimum of three days. It should be checked and updated every six months.

## **GET TRAINED**

Learn basic First Aid, CPR and other safety training. Someone's life may depend on it.

## **SENIOR AND SPECIAL NEED PLANNING**

Older adults, senior parents or people with disabilities may have special needs that need to be considered in your disaster plan.

- Set up a buddy system to check on one another in the event of an emergency or arrange for someone to check on you.
- If you have home health care service, plan ahead with your agency for emergency procedures.
- Teach those who may need to assist you in an emergency how to operate necessary equipment.

## **REMEMBER PETS**

Because of health regulations, many shelters do not allow pets. ***Prepare now*** for the day when you and your pets may have to leave your home.

## **OTHER DISASTER RECOVERY PLAN CONSIDERATIONS**

- Make sure you or someone in your family knows how to turn off your utilities such as electricity, water and gas.
- Confirm that you have adequate disaster insurance coverage.
- Ensure the frame of your house is bolted to the foundation.
- Conduct a home hazard hunt to minimize damage to your home and to people who may be inside your home during a disaster.

## **PRACTICE AND REVIEW**

Practice your evacuation plan twice a year. Drive your planned evacuation route and plot alternate routes on a map in case main roads are impassible or gridlocked. You should review your disaster plan periodically to make sure information is updated.