



City of Seattle
Office of Emergency Management
105 5th Avenue South
Seattle, WA 98104
206-233-5076

How to develop a family communications plan:

The phone system will most likely become unavailable after a disaster. This is almost always caused by overuse of the system. Please stay off all phones, both cell phones and land line phones, for at least 3 to 5 hours after the disaster, unless you need to call 911 for a life-threatening situation. After a disaster, the long distance lines are more reliable than local lines. Ask a friend or relative who lives out of Washington State to be your "family contact." After a disaster, 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) (_____) _____(eve)

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 to have copies mailed to you or click here to download your own copy:

[Out-of-Area Contact Card—multiple card version \(PDF\)](#)

[Out-of-Area Contact Card—single card version \(PDF\)](#)