**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:

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**STEP 2**

See fires?

*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.

*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!
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.

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.

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:

info page

Out of area Contact

Name: ____________________________
Telephone: ________________________  e-mail: ________________________

Name: ____________________________
Telephone: ________________________  e-mail: ________________________

Name: ____________________________
Telephone: ________________________  e-mail: ________________________
Community contacts and resources
(community center, churches, libraries, etc.)

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???

Medical information
Doctor:
Telephone:    Email:
Insurance:

Allergies:
Medications:

Medical Needs:

Place copies of documents and identification here
Seattle Emergency Phone Numbers

Emergency Police/Fire/Medical ........... 911
Non-emergency Police ..................... (206) 625-5011
Electricity / City Light ..................... (206) 684-7400
Natural gas / PSE ........................... (888) 225-5773
Water/Sewer ................................. (206) 386-1800
Seattle Animal Control ..................... (206) 386-7387
Seattle Road Conditions ................... (206) 684-7623

Emergency news radio stations:
AM 710 (97.3 FM) or AM 1000 (97.7 FM)

Property Management:
Other important contacts: