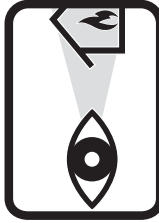
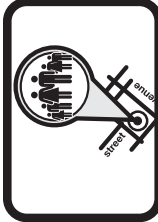


## STEP 1

### DISASTER RESOURCE BOOK



## 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: \_\_\_\_\_

ENGLISH

## STEP 2

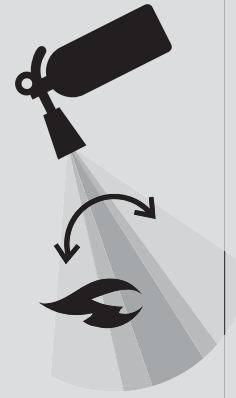
## See fires?

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?

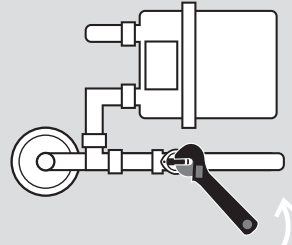
If you smell natural gas, or hear it hissing,  
turn it off at the valve outside the house.



ONLY TURN OFF IF LEAKING

### 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!**

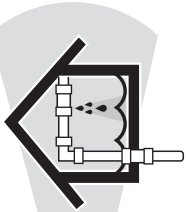
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## STEP 4

### 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.

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## STEP 5

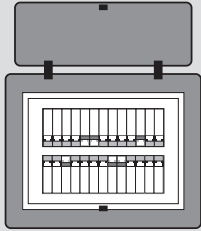
### Electrical problems?

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.**



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## 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:

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## info page

### Out of area Contact

Name: \_\_\_\_\_

Telephone: \_\_\_\_\_

e-mail: \_\_\_\_\_

Name: \_\_\_\_\_

Telephone: \_\_\_\_\_

e-mail: \_\_\_\_\_

Name: \_\_\_\_\_

Telephone: \_\_\_\_\_

e-mail: \_\_\_\_\_

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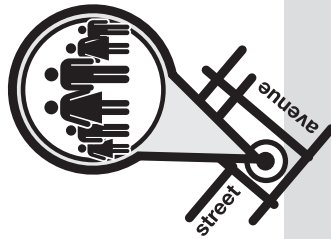
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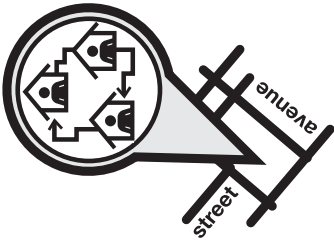
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# Community contacts and resources

(community center, churches, libraries, etc.)



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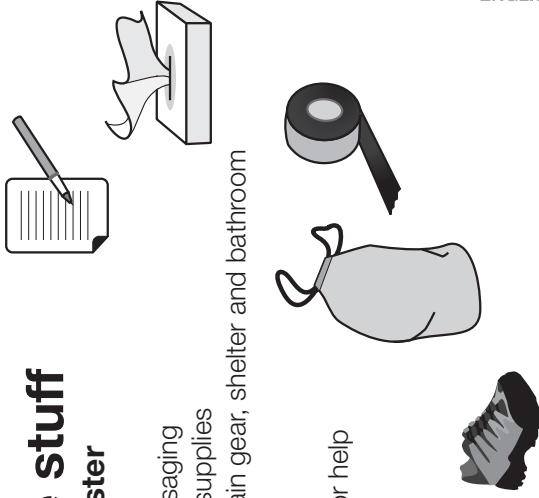
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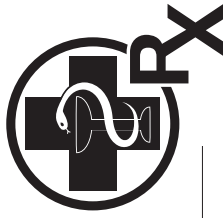
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# Around the house stuff that can be used after a disaster

- 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

