Small steps to better preparedness

Highlight your top five

- **Get informed**: Learn about the potential disasters in your area and safe actions to take during the disasters. Earthquake: Drop, Cover & Hold; Fire: crawl low to the ground, get out and call 911; Flood: get to higher ground and place your valuable on higher storage areas.
- After any emergency tune in to **KIRO 710 AM**. That is the emergency radio station in our area.
- Meet at least one new neighbor. Set up a **system buddy** with someone you know.
- If you take a **daily medication**, ask your doctor for samples to put in your supply kit. Or you can refill your prescriptions a few days early and put the extra in your kit.
- Set up an **out-of area phone contact.**
- **Plan & practice** drop/cover/hold in each room, **plan & practice** your fire escape routes and your evacuation routes.
- **Learn a new skill** such as: how to turn off your utilities (show other adults in your home), how to use a fire extinguisher (instructions are on the extinguisher), First Aid or CPR.

- Conduct a **"Home Hazard Hunt"** –

  *****If it could break or fall and hurt someone – bolt, anchor or strap it down. If it could break or fall and block an exit – bolt, anchor or move it to another part of the room.*****

- Remember every member of your family. **Include pets when you are planning!**
- Place a pair of sturdy shoes and a flashlight underneath your bed.
- **Store emergency drinking water**: you can clean empty 2 liter bottles and fill them to the top with tap water. Replace every 6 months.
- **Do a supply hunt around your house**. Find things you would need after a disaster, but don't use daily and put them in your kit. (Example: flashlight and extra blanket)
- Buy **two whistles** (gumball machine whistles work just fine), and keep one in your kit and one in your nightstand.
- **Identify the resources & needs in your neighborhood**: who has a car, who does not, who are the single parents, who goes camping, where are the pay phones?
- **BREATHE!!!** Keep words of inspiration in your kit or taped under your desk at work.

Take a least one step today!!

For more information:
www.seattle.gov/emergency
206-233-5076