

A Survivor's Guide to DISASTER



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1. Think About It

The Pacific Northwest is prone to many kinds of disasters. When disaster strikes, emergency responders are unable to immediately help everyone. You are in charge of your own survival while they are working on the most critical problems.

Following a disaster, you may find that there is no electricity or running water, local phone lines are all busy, roads are impassable, and stores, pharmacies, gas stations, offices, and banks are all closed. How will you get what you need to survive? How will you take care of your loved ones and pets?

You *can* take charge of your own survival. But you need to start planning and talking with others so that you all know what to do.

DISASTER TRIVIA QUIZ:

1. True or False: Our area is considered at high risk for a devastating earthquake.
2. What is the most frequently occurring natural disaster in Renton?
3. True or False: The famous Columbus Day windstorm of 1962 had winds that were as powerful as those in a hurricane.
4. True or False: The safest response to an earthquake is to “drop-cover-hold”.
5. How do most drowning deaths occur in floods?

2. Talk About It

Talk with your family, friends, and neighbors about how you can band together and weather the emergency together.

With your family members or other loved ones, decide who will be your “**out-of-area telephone contact**”. Long distance phone circuits are often still working when local phones are not. Use this person as a message board to leave messages for others. Make sure everyone in your group carries this number.

Within your household and neighborhood, talk about your “**evacuation plan**”. Decide how best to safely exit your home and quickly leave your neighborhood. Keep a map in your kit, and prearrange a meeting place where you can find others later.

Talk about what kinds of supplies you might need in a “**disaster kit**”. (See the activity on the reverse of this page.) In addition to the recommended supplies for people (listed on the reverse), you need to consider your pets’ needs. Pack a leash or carrier for pets, and familiar toys or books for children.

SPECIAL PLANS FOR SPECIAL NEEDS

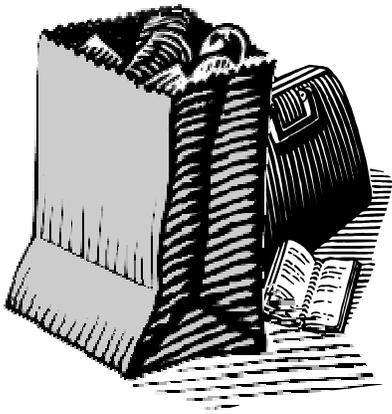
If you have special needs, you will need to do some extra planning. You should have at least three friends/neighbors who know your needs and can help you in an emergency.

Life-critical medications or medical equipment: Stock up more than three days of extra medication or oxygen. Have a backup battery or generator to get through a power outage.

Mobility: If you are in a wheelchair or have other physical mobility challenges, pre-arrange to have someone who will transport you if you are asked to leave a dangerous area. Keep batteries charged up on electric wheelchairs.

Dietary restrictions: Store an extra quantity of your special foods in case you can’t get them for a while.

Hearing/vision: Keep extra hearing aid batteries on hand, and save an old pair of eyeglasses as a spare. Arrange with a neighbor or friend to relay any warning information you might otherwise miss.



3. Do Something About It!

Write down what you talked about so that you have your disaster plan in writing. Now you can start assembling some supplies for your disaster kit.

A good disaster kit doesn't have to cost a lot of money. You probably have most of what you need around your house. What you don't have yet doesn't have to be bought all at once. The radio and flashlight can even be purchased secondhand to keep costs down. By tackling it a little bit at a time, you can stock up what you need to get you through a rainy day. Gather your supplies and store them in a portable container so you can take them with you.

ACTIVITY: A Starter Preparedness Kit

Here's a good way to figure out what you really need to have in a disaster. Write down everything you use in normal daily activities for the next three days - food, water, clothing, hygiene items, medications, toilet paper, cash, gas in your car, — everything.

Were you surprised at how much you actually used? Add in what you would need to have in a disaster when the power and heat are off (no refrigeration, either), pipes are frozen (no running water, no toilets), and you can't get to the store. Cross off non-essential or luxury items, like television or hand lotion. What changed? You might have ended up with something that looks like this recommended basic emergency preparedness kit checklist:

Essentials:

- Water—1 gallon/person/day
- Food—3 days of ready-to-eat canned or dried foods
- Battery operated radio and extra batteries to listen for emergency instructions
- Flashlight and extra batteries
- Extra medications (3 days +)
- A change of clothing
- Blanket or sleeping bag
- Basic first aid kit supplies
- Emergency contact numbers

Recommendations:

- Map to find evacuation routes or shelters
- Sturdy shoes for walking
- Fire extinguisher
- Garbage sacks and toilet paper for sanitation
- Personal hygiene items
- Waterproof matches or lighter
- Plastic and duct tape to seal off a room from a chemical accident
- Paper and pencil or pen
- Copies of important papers

Shopping/To-Do List

MONTH 1

- Store 3 days worth of water (use clean, rinsed soda pop liter bottles or another clear plastic container)
- Buy an extra 3 non-perishable meals for each person and pet
- Get a battery operated radio and buy extra batteries for it

MONTH 2

- Buy an extra 3 non-perishable meals for each person and pet
- Add a manual can opener and matches
- Get a flashlight and extra batteries
- Add your out-of-area contact number
- Assemble first aid kit and medications
- Place sturdy shoes under each bed

MONTH 3

- Buy an extra 3 non-perishable meals for each person and pet
- Buy extra toilet paper and personal hygiene items to include in kit
- Add garbage sacks, plastic, duct tape, paper, pencil and some old clothing
- Include a map and a little bit of cash

KEEP IT FRESH! Tap water keeps for 6 months if stored in clean, sealed plastic containers, but it does need to be replaced after that. Even canned food can go bad, so use and refresh your food supplies every 6 months also. Remind yourself by doing this twice a year when you change your smoke alarm batteries. If you dip into your supplies for any reason, replace them right away so they are there when you need them.