

# Earthquake Preparedness

## Washington is Earthquake Country

### **Disaster Supply Kit**

**Your kit should have a 3-day minimum supply of the following per person:**

- Battery powered radio
- Flashlight & extra batteries
- First aid kit & first aid manual
- Supply of prescription meds
- Credit card and cash
- A copy of each family member's identification
- Extra set of car keys
- Matches in a waterproof container
- Signal flare
- Phone numbers of places you could go
- Phone numbers of out-of-state family members
- Special needs items (diapers, hearing aids, etc.)
- 3 gallons of water per person
- 3 day supply of non-perishable food per person
- 3 day supply of food and water for pets
- Leashes/carrier for pets
- Kitchen tools (can opener, utensils)
- Complete change of clothes per person
- Sleeping bag and/or blanket per person
- Sanitation and other personal hygiene products
- Entertainment for kids to keep them busy: coloring books, games, etc.

### ***Are You Ready?***

#### ***Assemble a Disaster Supplies Kit***

You may need to survive on your own after a disaster. This means having your own food, water, and other supplies in sufficient quantity to last for at least three days. Local officials and relief workers will be on the scene after a disaster, but they cannot reach everyone immediately. You could get help in hours, or it might take days. Expect basic services such as electricity, gas, water and sewage treatment to be out for days, or even a week or more!



A disaster supplies kit is a collection of basic items that members of a household may need in the event of a disaster.

#### ***Maintaining Your Disaster Supplies Kit***

Just as important as putting your supplies together is maintaining them so they are safe to use when needed. Here are some tips to keep your supplies ready and in good condition:

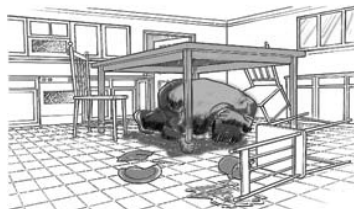
- Keep canned foods in a dry place where the temperature is cool.
- Store boxed food in tightly closed plastic or metal containers to protect from pests and to extend its shelf life.
- Throw out any canned good that becomes swollen, dented, or corroded.
- Use foods before they go bad, and replace them with fresh supplies. Change water supply every 6 months.
- Avoid foods that will make you thirsty. Choose salt-free crackers, whole grain cereals and foods with high liquid content.
- Stock staple foods that do not require refrigeration, cooking, water or other special preparation.
- Keep items in airtight plastic bags and put your entire disaster supplies kit in one or two easy-to-carry containers such as an unused trashcan, camping backpack, or duffel bag.
- Re-think your needs every year and update your kit as your family needs change.

***Kit Locations:*** Store kits in places you are likely to be in the event of an emergency (home, work, car). Car kits will be smaller and include items such as flares, jumper cables and seasonal supplies.

# Earthquake Preparedness

## When the Ground Starts to Shake, “Drop, Cover & Hold”

When you feel an earthquake, **DROP** and **COVER** under a desk or a sturdy table. Stay away from windows and objects like bookcases that can fall. **HOLD** on to the desk or table. If it moves, move with it. Do not run — stay where you are.



## During An Earthquake

### If you are indoors:

- Stay inside. Move under a desk or sturdy table and hold onto it. Stay away from heavy objects that can fall on you, such as book cases, heavy mirrors, etc. Do not go outside until the shaking stops.

- If you are in a crowded store or public place, do not rush for an exit. Move away from display shelves and “drop, cover & hold.” If there is no furniture nearby, drop and cover next to an interior wall (exterior walls are more likely to collapse and have windows that can break).



### If you are outdoors:

- Move to a clear area away from trees, signs, buildings or downed electrical wires and poles.

### If you are in a downtown area:

- If you are on a sidewalk near a tall building, get into a building’s doorway or lobby to protect yourself from falling bricks, glass and other debris.

### If you are driving:

- Slowly pull over to the side of the road and stop. Avoid overpasses, power lines and other hazards. Stay in your vehicle.

### If you are in a wheelchair:

- Stay in your chair and move to a safe cover if possible. Lock your wheels and protect your head with your arms.

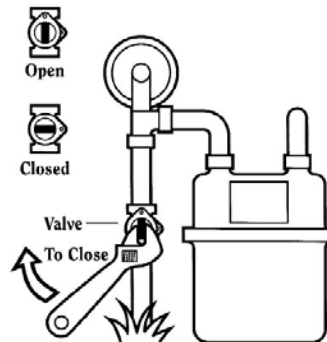
## After An Earthquake

### Be Aware.

Aftershocks may occur and some places may need to plan for tsunami evacuation. Listen to your radio for important updates to your geographic location.

### Check for gas leaks.

If you smell gas or hear blowing or hissing noises, open a window and quickly leave the building. Turn off the gas at the outside main valve if you can and call the gas company from a neighbor’s home. If you turn off the gas for any reason, it must be turned back on by a professional.



### Look for electrical system damage.

If you see sparks or broken or frayed wires, or if you smell hot insulation, turn off the electricity at the main fuse box or circuit breaker. If you have to step in water to get to the fuse box or circuit breaker, call an electrician first for advice.

### Check for sewage and water lines damage.

If you suspect sewage lines are damaged, avoid using the toilets and call a plumber. If water pipes are damaged, contact the water company and avoid using water from the tap. You can obtain safe water by melting ice cubes.

## Want to learn more about disaster preparedness?

Look into Local CERT Training  
(Community Emergency Response Team)

-or-

Visit [www.fema.gov/areyouready](http://www.fema.gov/areyouready)

## LAKE STEVENS FIRE

1825 S. Lake Stevens Road  
Lake Stevens, WA 98258

Phone: 425.334.3034  
[www.lsfire.org](http://www.lsfire.org)

