

Preparing your family for a disaster



Being prepared for emergency situations can go a long way toward lessening the impact to you and your family. Following are suggestions courtesy of the American Red Cross and the Federal Emergency Management Agency (FEMA) on how to prepare for disasters.

Be prepared...

Create a disaster plan...and practice it.

- Discuss the types of disaster that are most likely to happen and what to do in each case.
- Pick two places to meet: one immediately outside your home for sudden emergencies like fire and one outside your neighborhood in case you can't return home.
- Designate an out-of-state contact. After a disaster it is often easier to call long distance. In a disaster, family members should call this contact to tell them where they are.
- Discuss what to do in an evacuation. Plan how to take care of your pets.

Complete this checklist:

- Post emergency phone numbers by phones.
- Teach children how and when to call 911.
- Teach each family member how and when to turn off utilities.
- Teach each family member how to use the fire extinguisher and where it is kept.
- Install smoke detectors on each level of your home, especially near bedrooms.
- Conduct a home hazard hunt and fix potential hazards. Home hazards are anything that can fall, break or cause a fire.
- Stock emergency supplies and assemble a Disaster Supplies Kit.
- Take a Red Cross first aid and CPR class.
- Determine the best escape routes from your home. Find two ways out of each room.
- Find the safe spots in your home for each type of disaster.

Disaster Supply Kit

Keep enough supplies in your home to meet your needs for at least three days. Store these supplies in sturdy, easy-to-carry containers such as backpacks, duffel bags or covered trash containers.

Include:

- A three-day supply of water (one gallon per person per day) and food that won't spoil.
- One change of clothing and footwear and one blanket or sleeping bag per person.
- A first aid kit that includes family prescription medications.
- Emergency tools including a battery-powered radio, flashlight and extra batteries.
- A set of car keys and a credit card, cash or traveler's checks.
- Sanitation supplies.
- Items for infant, elderly or disabled family members.
- An extra pair of glasses.
- Keep important family documents in a waterproof container.
- Keep a smaller kit in the trunk of your car.

City of Shoreline

17544 Midvale Avenue N. • Shoreline, WA 98133
(206) 546-1700 • www.cityofshoreline.com

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If disaster strikes...

Remain calm and patient. Put your disaster plan into action.

Check for injuries. Give first aid and get help for seriously injured people.

Listen to your battery powered radio for news and instructions. Evacuate, if advised to do so. Wear protective clothing and sturdy shoes. Take your Disaster Supplies Kit.

Check for damage in your home

- Use flashlights. Do not light matches or turn on electrical switches if you suspect damage.
- Check for fires, fire hazards and other household hazards.
- Sniff for gas leaks, starting at the water heater. If you smell gas or suspect a leak, turn off the main gas valve, open windows and get everyone outside quickly. Shut off any other damage utilities. (Turn off the utilities only if you suspect damage or if you are instructed to do so. If you turn the gas off, you will need a professional to turn it back on.)
- Clean up spilled medicines, bleaches, gasoline and other flammable liquids immediately.

Remember to...

- Confine or secure your pets.
- Call your family contact — do not use the phone again unless it is a life-threatening emergency.
- Check on your neighbors, especially elderly or disabled persons.
- Make sure you have an adequate water supply in case water service is cut off.
- Stay away from power lines.

To find out more about preparing your home, family and business for emergencies, call FEMA at (800) 480-2520 or write: FEMA, P.O. Box 2012, Jessup, MD 20794-2012. Emergency preparedness publications are also available on FEMA's Web site, <http://www.fema.gov> and the American Red Cross Web site, <http://www.redcross.org>.

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Who to call

911

**Emergency
Fire, Medical &
Police Assistance**

And to report
dangerous situations or
contact a police officer

**Shoreline Police Dept.
Non-Emergency
(206) 296-3311
(206) 546-6730**

**Shoreline Fire Dept.
Non-Emergency
(206) 533-6500**

**City of Shoreline
(206) 546-1700**

Call Shoreline's 24-hour
Customer Response Team
to report roadway, drain-
age system or other City
infrastructure damage.

**Seattle City Light
(206) 684-3000
(206) 706-0051**

Call either number to
report power outages and
hear recorded outage
information.

**Puget Sound Energy
(888) 225-5773**

Call to report gas leaks.