

After the emergency or disaster is over

- > Use caution in entering damaged buildings and homes.
- > Stay away from damaged electrical wires and wet appliances.
- > Check food and water supplies for contamination.
- > Notify your relatives that you are safe. But don't tie up phone lines, they may be needed for emergency calls.
- > If government disaster assistance is available, the news media will announce where to go to apply.

Additional resources

Department of Health

www.doh.wa.gov

American Red Cross

www.redcross.org

Ready America

Information for elders, people with disabilities / special needs, and pet Owners

www.ready.gov

Know the whistle code!

1 blast = Stop!

2 blasts = Come to me

3 blasts = Come to me quickly!

Be prepared! Emergencies and disasters
Professional Nursing & Health Care Council / Disaster & Emergency Preparedness Committee
Feb. 2018

WSNA Washington State Nurses Association
575 Andover Park West, Suite 101
Seattle, WA 98188
wsna.org

Before disaster strikes

- > Choose a place for your family to meet after a disaster.
- > Choose a person outside the immediate area for family members to contact in case you get separated. This person should live far enough away so he or she won't be involved in the same emergency.
- > Know how to contact your children at their school or daycare, and how to pick them up after a disaster.
- > Know where the nearest fire and police stations are located.
- > Put together an emergency supply kit for your home and workplace
- > Learn your community's warning signals, what they sound like and what you should do when you hear them.
- > Learn first aid and CPR. Have a first aid kit, a first aid manual and extra medicine for family members.
- > Learn how to shut off your water, gas and electricity. Know where to find shut-off valves and switches.
- > Keep enough cash on hand (in small bills) to last three weeks.
- > If you have family members who don't speak English, prepare emergency cards in English with their names, addresses and information about medications or allergies. Make sure they can find their cards at all times.
- > Conduct earthquake and fire drills every six months.
- > Make copies of your vital records and store them in a safe deposit box in another city or state and/or back them up online. Store the originals safely. Keep photos and video of your home and valuables in your safe deposit box and/or online.
- > Make sure family members know all the possible ways to get out of your home. Keep all exits clear.
- > Make sure all family members agree on an emergency plan. Give emergency information to babysitters or other caregivers.

Disasters and emergency situations can result from these or other events

Natural.....	Hurricane, tornado, earthquake, flood, storm, fire, tsunami
Human-related	Bomb threat, civil disturbance, violence in the workplace, hostage / barricade situation, active shooter
Hazardous material	Industrial explosion, train derailment, industrial accident, radiation exposure
Biological.....	Pandemic infectious disease

Emergency supplies

Government agencies will respond to community disasters, but citizens may be on their own for days or weeks after disaster strikes. You should be prepared to take care of yourself, your family and pets for at least two weeks.

Basic emergency survival kit

Store one at home, work, and each child's school or daycare facility

- Dry or canned food for each person
- 1 gallon of drinking water per person, per day
- Can opener
- First aid supplies and first aid book
- Copies of important documents, such as birth certificates, licenses and insurance policies
- "Special Needs" items for family members, such as infant formula / breast milk, eyewear, and medications
- A change of clothing (preferably non-cotton)
- Sleeping bag or blanket
- Battery, hand crank or solar powered radio or television
- Flashlight and extra batteries
- Whistle
- Waterproof matches
- Toys, books, puzzles, games
- Extra house keys and car keys
- List of contact names and phone numbers
- Food, water, medications and other supplies for pets
- Waterless hand cleaner

For more information

<https://www.doh.wa.gov/Emergencies/BePreparedBeSafe>

Additional items to store at home

for use during an emergency

Cooking

- Barbecue or camp stove (for outdoor use only!)
- Fuel for cooking, such as charcoal or propane
- Plastic utensils
- Paper plates and cups
- Paper towels
- Heavy-duty aluminum foil
- Sealable baggies
- Hot pads

Sanitation

- Large plastic trash bags for trash, water protection
- Large trash cans
- Bar soap and liquid detergent
- Shampoo
- Toothpaste and toothbrushes
- Feminine and infant supplies
- Toilet paper
- Household bleach with no additives and eyedropper (for purifying drinking water — 3 to 5 drops per quart)
- Newspaper (to wrap garbage and waste)

Comfort

- Sturdy shoes
- Gloves for clearing debris
- Tent / tarp

Tools

- Ax, shovel and broom
- Adjustable wrench for turning off gas
- Screwdriver, pliers and hammer
- Coil of one-half inch rope
- Plastic tape and sheeting
- Knife or razor blades
- Garden hose for siphoning and fire fighting
- Tree saw or hack saw
- Pry bar
- Mirror