



HOW TO PREPARE

FOR BEFORE, DURING & AFTER A HAZARD EVENT

PREPARE BEFORE

Preparing before a disaster is the best way to increase your safety and reduce your risk. Understanding the danger in your area is the first step, then you can begin to take precautions to ensure you and your loved ones are equipped to handle any disaster event that may occur. Creating a plan and having your own disaster supply kit are great ways to prepare.

Recommended Disaster Supply Kit Items:

- ☐ At least one gallon of water per person per day for at least three days
- ☐ Three days worth of non-perishable food
- ☐ Battery powered or hand-crank radio
- ☐ Flashlight and extra batteries
- ☐ First aid kit
- ☐ Cash (ATMs & credit cards may not work)
- ☐ Garbage bags, moist towelettes and plastic ties for personal sanitation
- ☐ Whistle to signal for help
- ☐ Wrench or pliers to turn off utilities
- ☐ Filter mask or a cotton t-shirt to help filter air
- ☐ Special needs items such as medications

PREPARE FOR DURING

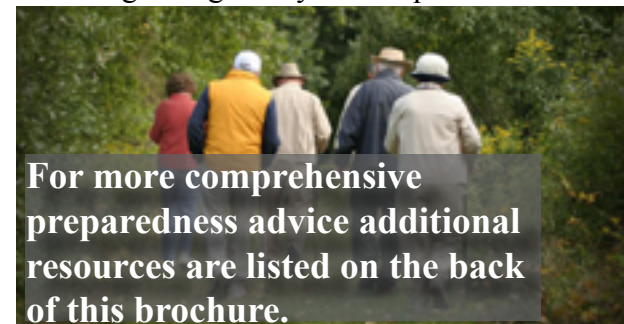
Basic guidelines to prepare for a disaster event include:

- Create a communications plan with your family that includes a meeting place, an out of area contact person, and potential shelter locations.
- Have a battery powered or hand crank radio to listen to local updates during hazard events.
- **Earthquake:** Find a safe place in each room of your home, workplace and/or school to prepare for an earthquake.
- Safe spaces include under a piece of furniture or against an interior wall. Practice drop, cover and hold for an earthquake event - do not run from the shaking.
- **Flood:** Know safe routes on high ground to and from home and work that can be chosen during flood evacuation.
- Do not drive through water covered roadways.
- **Winter Storm:** Allow faucets to drip during severe weather to avoid freezing pipes and learn how to shut off water valves in case a pipe bursts.
- **Power Outage:** Use alternative heat methods safely. Never use gasoline-powered equipment, charcoal grill, or portable propane heater indoors or in a partially enclosed space as this puts you at risk for carbon monoxide poisoning.



PREPARE FOR AFTER

- Know which associated risks such as tsunamis, power outages, and landslides may occur after hazards events.
- Check yourself, your family, and your home for damage or injury.
- If you smell gas or hear a hissing sound, open a window and leave the building. This may be indicative of a gas leak or electrical problem. Everyone in your family should know where the gas meter is and how to turn off the gas.
- After an earthquake or flood event, check buildings for damage and use caution when re-entering. After a flood, stay out of any building that has water around it; the building strength may be compromised.



For more comprehensive preparedness advice additional resources are listed on the back of this brochure.

WHY SHOULD YOU PREPARE

ADDITIONAL RESOURCES

As a senior citizen, you represent an important demographic in Skagit County. Your safety is important to the community. Younger generations look to senior citizens for advice and guidance. Families and loved ones may not be able to reach you in an emergency situation so it is crucial that you are aware of your risk and proactive in creating and practicing emergency plans. By preparing yourself, you can support those who depend on you in the event of an emergency and give your loved ones peace of mind in knowing you are prepared to handle an emergency independently. Preparing will also reduce the likelihood of injury, damage to property, and recovery time.

It is difficult to predict how you will react in a disaster situation. Knowing that you are prepared will help to alleviate stress and increase your safety. This brochure provides a few general tips to begin your disaster preparedness efforts.

**“Being prepared
is the best defense
against disaster”**

- Scott C. Somers, PhD, American Red Cross Scientific Advisory Council



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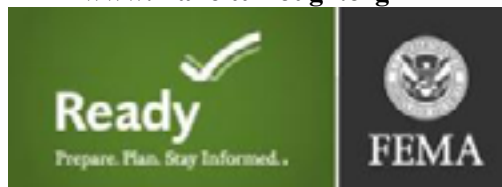
Information on local hazards and hazard mitigation plans. Online resources available at
<http://www.skagitcounty.net/Departments/EmergencyManagement/main.htm>



An online resource with tips on how to prepare for before, during, and after all Pacific Northwest hazards.

Check them out at

www.makeitthrough.org



An online resource through FEMA dedicated to preparing, planning, and staying informed. Visit their website at
www.ready.gov

Visit the following website for more information:
<http://skagitcountyhazardpreparedness.weebly.com/>



SKAGIT COUNTY HAZARD PREPAREDNESS A SENIORS GUIDE

