



Emergency Preparedness

SPRING 2016

Preparing for the unexpected makes sense.

Mukilteo Fire Department

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<http://mukilteowa.gov/departments/fire/>

Disasters Come in All Sizes

Earthquakes and severe weather are this area's highest risk and the most likely to cause widespread damage. Landslides and flooding are lesser risks that have a focused area of damage. House fires and unexpected deaths are personal disasters.

Preparing Makes Sense

Preparedness means taking the steps necessary to care for yourself and your family until help arrives. Depending on the scope of the emergency, help is minutes to hours away. Having the tools and plans in place is vital to surviving the disaster.

1. Make a Kit of Emergency Supplies

A kit of emergency supplies is vital. Consider two kits, one if you are able to stay where you are and one you can take with you if you have to leave your home. Think first about the basics for survival, food, water, and any life-sustaining items you require.

- Water, 1 gallon per person per day for at least 3 days.
- Food, at least a 3 day supply of non-perishable food (don't forget the can opener), plastic eating utensils, paper plates and cups, aluminum foil.
- First aid kit, medications and any medical supplies.
- Sanitary supplies, soap, detergent, shampoo, toothpaste/brush, toilet paper.
- Change of clothes, rain gear, sturdy shoes, sleeping bag.
- Extra keys and eyeglasses.
- Cash, change, credit cards.
- Moist towelettes, garbage bags and plastic ties for personal sanitation.
- Wrench or pliers for utilities, ax, shovel, broom, tools, rope, duct tape.
- Pet food, extra water and supplies for your pet or service animal.
- Baby food and supplies, quiet toys for children, special items for disabled family members, as needed.
- Power cords for cell phone and other rechargeable devices.
- Vital records such as insurance policies, bank information, wills, deeds, titles, birth and marriage records. Include names and phone numbers for everyone in your personal support network and your medical providers.

2. Make a Plan

- Develop a Family Communications Plan. Consider a plan where each family member calls, texts, or emails the same friend or relative in the event of an emergency.
- Show family members how to turn off the water, gas, and electricity.
- Create a Plan to Shelter in Place, in the event evacuation is not possible or is not advised.
- Create a second Plan to Evacuate. Pick two emergency meeting places, one local and one regional. Be familiar with alternate routes and other means of transportation. Take your Emergency Kit.
- Know the Emergency Plans for School and Work, including their contact information and evaluation location. Sign up for their communications system(s) to receive emergency alerts. If you commute, consider alternate routes and shelter options available.

3. Be Informed

Early warning is a key component of emergency plans. Sign up for warnings directly to your email or cell phone through the Snohomish County Department of Emergency Management at <http://public.alertsense.com/SignUp/?regionID=1129>.

Keep a battery powered or hand-crank radio and spare batteries with your emergency kit. Keep a NOAA Weather Radio with tone alert plugged in at home for early advisories.

Be sure each family member has a printed list of phone numbers in case the phone battery dies. Work and cell numbers for parents, sibling cell numbers, home and cell numbers for an out of state friend/relative should all be included.

Keep a list of all family members, dates of birth, social security numbers, and important medical information with the vital documents. Include names and phone numbers for doctor(s), pediatrician, dentist(s), pharmacist, and veterinarian.

Resources

Mukilteo Fire Department: <http://mukilteowa.gov/departments/fire/>

Snohomish County Department of Emergency Management:
<http://www.snohomishcountywa.gov/180/Emergency-Management>

Washington Emergency Management Department: <http://mil.wa.gov/preparedness>

Ready.gov: www.ready.gov

Ready.gov (resources for kids, parents, educators): <https://www.ready.gov/kids>

National Fire Protection Association: www.nfpa.org

United States Fire Administration: www.usfa.dhs.gov

Federal Emergency Management Administration: <http://www.fema.gov/>