



OF PIERCE COUNTY

The Aging and Disability of Pierce County is urging you to prepare for an emergency before it happens. No matter what the disaster you should begin by building an emergency kit and make a family communications plan.

When preparing for a possible emergency situation, it's best to think first about the basics of survival: fresh water, food, clean air and warmth.

## Emergency Supply Kit List

### Recommended Items to Include in a Basic Emergency Supply Kit:

- **Water**, one gallon of water per person per day for at least three days, for drinking and sanitation. Store water tightly in clean plastic containers such as soft drink bottles.
- **Food**, at least a three-day supply of non-perishable food. Select foods that require no refrigeration, preparation or cooking and little or no water.
  - Pack a manual can opener and eating utensils.
  - Avoid salty foods, as they will make you thirsty.
  - Choose foods your family will eat.
    - Ready-to-eat canned meats, fruits and vegetables
    - Protein or fruit bars
    - Dry cereal or granola
    - Peanut butter
    - Dried fruit
    - Nuts
    - Crackers
    - Canned juices
    - Non-perishable pasteurized milk
    - High energy foods
    - Vitamins
    - Food for infants
    - Comfort/stress foods

- **Prescription medications** you take every day such as insulin, heart medicine and asthma inhalers. You should periodically rotate medicines to account for expiration dates.
- **Prescribed medical supplies** such as glucose and blood pressure monitoring equipment and supplies.
- **Glasses**
- **Battery**-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both
- **Flashlight** and extra batteries
- **Dust mask**, to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place
- **Moist towelettes**, garbage bags and plastic ties for personal sanitation

## First Aid Kit

### Things you should have:

- Two pairs of Latex, or other **sterile gloves** (if you are allergic to Latex).
- **Sterile dressings** to stop bleeding.
- **Cleansing agent**/soap and antibiotic towelettes to disinfect.
- **Antibiotic ointment** to prevent infection.
- **Burn ointment** to prevent infection.
- **Adhesive bandages** in a variety of sizes.
- **Eye wash solution** to flush the eyes or as general decontaminant.

### Additional Items to Consider Adding to an Emergency Supply Kit:

- Pet food and extra water for your pet
- Sleeping bag or warm blanket for each person. Consider additional bedding if you live in a cold-weather climate.
- Complete change of clothing. Consider additional clothing if you live in a cold-weather climate.
- Household chlorine bleach and medicine dropper – When diluted nine parts water to one part bleach, bleach can be used as a disinfectant. Or in an emergency, you can use it to treat water by using 16 drops of regular household liquid bleach per gallon of water. Do not use scented, color safe or bleaches with added cleaners.
- Fire Extinguisher
- Matches in a waterproof container
- Mess kits, paper cups, plates and plastic utensils, paper towels
- Paper and pencil
- Books, games, puzzles

## ***Before a Tornado***



To begin preparing, you should build an emergency kit and make a family communications plan.

Listen to NOAA Weather Radio or to commercial radio or television newscasts for the latest information. In any emergency, always listen to the instructions given by local emergency management officials.

- Be alert to changing weather conditions. Look for approaching storms. Look for the following danger signs:
  - Dark, often greenish sky
  - Large hail
  - A large, dark, low-lying cloud (particularly if rotating)
  - Loud roar, similar to a freight train.
  - If you see approaching storms or any of the danger signs, be prepared to take shelter immediately.

## ***Before Thunderstorm and Lightning***



- To begin preparing, you should build an emergency kit and make a family communications plan.
- Remove dead or rotting trees and branches that could fall and cause injury or damage during a severe thunderstorm.
- Postpone outdoor activities.
- Remember the 30/30 Lightning Safety Rule: Go indoors if, after seeing lightning, you cannot count to 30 before

hearing thunder. Stay indoors for 30 minutes after hearing the last clap of thunder.

- Secure outdoor objects that could blow away or cause damage.
- Get inside a home, building, or hard top automobile (not a convertible). Although you may be injured if lightning strikes your car, you are much safer inside a vehicle than outside.
- Remember, rubber-soled shoes and rubber tires provide NO protection from lightning. However, the steel frame of a hard-topped vehicle provides increased protection if you are not touching metal.
- Shutter windows and secure outside doors. If shutters are not available, close window blinds, shades or curtains.
- Unplug any electronic equipment well before the storm arrives.



### ***Before Winter Storms and Extreme Cold***

**Before winter approaches, add the following supplies to your emergency kit:**

- **Rock salt or more environmentally safe products to melt ice on walkways. Visit the Environmental Protection Agency for a complete list of recommended products.**
- **Sand to improve traction.**
- **Snow shovels and other snow removal equipment.**
- **Sufficient heating fuel. You may become isolated in your home and regular fuel sources may be cut off. Store a good supply of dry, seasoned wood for your fireplace or wood-burning stove.**
- **Adequate clothing and blankets to keep you warm.**

## Make a **Family Communications Plan**.

- Your family may not be together when disaster strikes, so it is important to know how you will contact one another, how you will get back together and what you will do in case of an emergency.
- Listen to a NOAA Weather Radio or other local news channels for critical information from the National Weather Service (NWS). Be alert to changing weather conditions.
- Minimize travel. If travel is necessary, keep a disaster supplies kit in your vehicle.
- Bring pets/companion animals inside during winter weather. Move other animals or livestock to sheltered areas with non-frozen drinking water.



## *Before a Fire*

### **Create and Practice a Fire Escape Plan**

In the event of a fire, remember that every second counts, so you and your family must always be prepared. Escape plans help you get out of your home quickly. Install smoke alarms in every room and change batteries often.

Twice each year, practice your home fire escape plan. Some tips to consider when preparing this plan include:

- Find two ways to get out of each room.
- If the primary way is blocked by fire or smoke, you will need a second way out. A secondary route might be a window onto a neighboring roof or a collapsible ladder for escape from upper story windows.

- Only purchase collapsible ladders evaluated by a nationally recognized laboratory, such as Underwriters Laboratory (UL).
- Make sure that windows are not stuck, screens can be taken out quickly, and that security bars can be properly opened.
- Practice feeling your way out of the house in the dark or with your eyes closed.
- Windows and doors with security bars must have quick release devices to allow them to be opened immediately in an emergency. Make sure everyone in the family understands and practices how to properly operate and open locked or barred doors and windows.
- Teach children not to hide from firefighters.
- Have a preplanned meeting place outside so all members of the family can be accounted for after their escape.



### *Before a Flood*

**To prepare for a flood, you should build an emergency kit and make a family communications plan.**

- Avoid building in a floodplain unless you elevate and reinforce your home.
- Elevate the furnace, water heater and electric panel in your home if you live in an area that has a high flood risk.
- Consider installing "check valves" to prevent flood water from backing up into the drains of your home.
- If feasible, construct barriers to stop floodwater from entering the building and seal walls in basements with waterproofing compounds.
- Evacuate safely when necessary

