

## **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](http://www.doh.wa.gov)

American Red Cross  
[www.redcross.org](http://www.redcross.org)

Ready America  
*Information for Elders, People with Disabilities / Special Needs, and Pet Owners*  
[www.ready.gov](http://www.ready.gov)

### **KNOW THE WHISTLE CODE!**

**1 blast** = *Stop!*

**2 blasts** = *Come to me*

**3 blasts** = *Come to me quickly!*



**Be Prepared! Emergencies & Disasters**

Professional Nursing & Health Care Council / Disaster & Emergency Preparedness Committee

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**WSNA** WASHINGTON STATE NURSES ASSOCIATION

575 Andover Park West, Suite 101  
Seattle, WA 98188

[wsna.org](http://wsna.org)

*Disasters and emergency situations can arise as the result of these or other events:*

**NATURAL EVENTS** Hurricanes, Tornadoes, Earthquakes, Floods, Winter Storms

**HUMAN RELATED** Bomb Threats, Civil Disturbances, Violence in the Workplace, Hostage / Barricade Situations

**HAZARDOUS MATERIALS** Industrial Explosions, Train Derailments, Industrial Accidents, Radiation Exposures

**BIOLOGICAL EVENTS** Pandemic Flu

## **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 a small amount of cash available. If the power is out, ATM machines won't work.
- ✓ 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. Store the originals safely. Keep photos and videotapes of your home and valuables in your safe deposit box.
- ✓ 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.

## EMERGENCY SUPPLIES

Government agencies will respond to community disasters, but citizens may be on their own for hours, or even days, after disaster strikes. You should be prepared to take care of yourself and your family for at least three days. In some emergencies, such as an influenza pandemic, you may need to prepare for a week or more.

### 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 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, visit:

[www.doh.wa.gov/phepr](http://www.doh.wa.gov/phepr)

[www.doh.wa.gov/phepr/handbook/hbk\\_pdf/EmerRes08.pdf](http://www.doh.wa.gov/phepr/handbook/hbk_pdf/EmerRes08.pdf)

[www.doh.wa.gov/phepr/handbook/purify.htm](http://www.doh.wa.gov/phepr/handbook/purify.htm)

*Additional items to store at home for use during an emergency:*

### COOKING SUPPLIES

- Barbecue, camp stove (for outdoor use only!)
- Fuel for cooking, such as charcoal or camp stove fuel
- Plastic knives, forks, spoons
- Paper plates and cups
- Paper towels
- Heavy-duty aluminum foil

### SANITATION SUPPLIES

- 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

### TOOLS

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