

PARTNERS IN PREPAREDNESS



KCDEM

Kitsap County Department of Emergency Management



10 Ways YOU Can Be Disaster Prepared

1. **Identify Your Risk** - What are the hazards where you live or work? Find out what natural or man-made disasters pose a risk for you.
2. **Create a Family Disaster Plan** - A plan that tells everyone: where to meet; who you've identified as an out-of-state "family contact"; how to get emergency information; and how to take care of your family pets.
3. **Practice Your Disaster Plan** - Start by having family members meet at a designated spot outside of your home. Know when to stay put indoors, or when to evacuate.
4. **Build a Disaster Supply Kit for Your Home, Car, and Office** - If you are stranded in your car or have to be self-sufficient indoors until help arrives, you need to have a disaster kit on hand.
5. **Prepare Your Children** - Talk to your kids about what the risks are and what your family will do if disaster strikes. Practice your plans, discuss what to expect following a major disaster and ensure that they understand what is expected of them after a disaster.
6. **Don't Forget Those with Special Needs** - Infants, seniors, those with physical disabilities and those with any special need must not be forgotten. Make sure that you have items such as medications, oxygen tank, or other medical supplies, diapers, and "special foods".
7. **Learn CPR and First Aid** - Contact the American Red Cross or your local Fire Department to learn about basic first aid and CPR training. Visit "CLASSES" at: www.bifd.org to learn more and register.
8. **Eliminate Hazards in Your Home and the Workplace** - Secure the non-structural items in your home or office to reduce hazards, especially TVs, computers, and book cases.
9. **Know What Resources Are Available** – Learn about your city, county and state disaster response plans and what to expect from local emergency services following a disaster.
10. **Map Your Neighborhood** – Involve your neighbors with the Map Your Neighborhood program. To learn how visit: "EMERGENCY PREPAREDNESS" at: www.bifd.org.

To learn more about preparedness visit: www.bifd.org