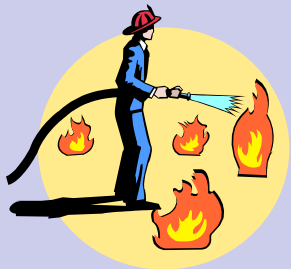


## Did you know?

- *You must assume that in most situations, Red Cross or other disaster relief will not be available for 72 hours.*
- *In an emergency situation, the local government will have to maintain and repair water supplies, inspect roads and buildings and conduct their own emergency procedures.*
- *Emergency crews (Police & Fire) will be responding to highest priority reports first.*
- *All of this means that you will need to be prepared to take care of you and your family for at least 72 hours. You will also want to know where your main shut offs are for gas, power and water.*



**Our crews and emergency workers will be putting out lots of “little fires” all over town.**

## Neighbors Helping Neighbors

**W**orking with neighbors can save lives and property. Meet with your neighbors to plan how the neighborhood could work together after a disaster until help arrives.



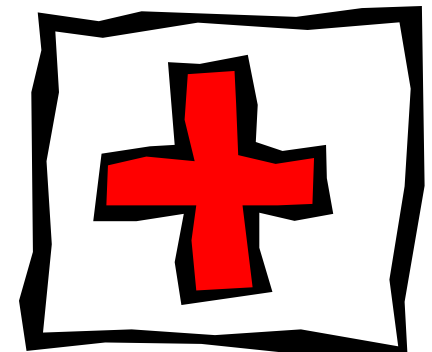
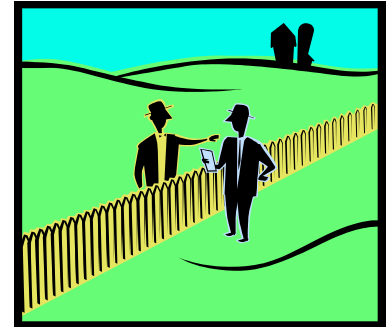
**Get together, make a plan and make sure all your neighbors know about it.**

If you're a member of a neighborhood organization, such as a homeowner's association or crime watch group, introduce disaster preparedness as a new activity. Know your neighbors' special skills (e.g., medical, technical) and consider how you could help neighbors who have special needs, such as disabled and elderly persons. Make plans for child care in case parents can't get home.

Make a list of tasks that need to be addressed during a disaster. Some examples are: have a phone tree to notify your working neighbors of the situation at home; make sure everyone's utilities are off; have a central meeting place to take a head count and someone to act as a liaison with the city. Create a plan, make lists and make sure everyone in your neighborhood knows about it. Make sure to notify all new neighbors of the plan when they move in and get their contact information. Also, review and update everyone's contact information once a year.

## Neighbors Helping Neighbors in an Emergency

### QUICK TIPS ON ORGANIZING YOUR FAMILY AND YOUR NEIGHBORHOOD TO PREPARE FOR AN EMERGENCY.



**Some tips and information provided by Red Cross.**

## Step by Step Emergency Preparedness



Assuming you will be out of contact with the “outside world” for 72 hours, you should have emergency kits that will last at least that long. To be completely covered, you should have a kit for each person in your family and one general kit. You’ve probably seen checklists with the essentials. The lists can be long and detailed. For some, it may seem too expensive or overwhelming to buy everything at once.

Included in this publication is a checklist provided by Red Cross. You can also find this checklist on our website at [www.cityofduvall.com](http://www.cityofduvall.com) under “Emergency Preparedness.”

Also on our website is a 32-week shopping list. This more detailed list allows you to add small items to your emergency kits every week, which may make the job of creating a complete kit a little less daunting. The list is provided by Public Health - Seattle & King County.

When creating your kits, don’t forget about those with special needs in your family. Elderly, infants or those with special medical needs may need different items in their kit.

## Disaster Planning -- Your Check List

Check off the items you have. Then bring this page with you while shopping to remind you of what you still need.

Three days supply of [water](#). That is one gallon of water per person per day.

Three days supply of [food](#). Non-perishable food that requires no refrigeration, preparation or cooking and little or no water

Ready to eat canned meats, fruits and vegetables

Canned juices, milk, soup

Staples - sugar, salt, pepper

High energy food - peanut butter, jelly, crackers, granola bars, trail mix

Vitamins

Food for infants, elderly persons or persons on special diets (**These foods might not be provided by emergency workers**)

Comfort/stress food - cookies, hard candy, sweetened cereals, lollipops, instant coffee, tea bags

### [First Aid Kits](#) (for home and car)

Sterile adhesive bandages in assorted sizes

4-inch sterile gauze pads (4-6)

2-inch sterile roller bandages (3) rolls

3-inch sterile roller bandages (3) rolls

Tweezers

Antiseptic

Tube of petroleum jelly or other lubricant

Assorted sizes of safety pins

Latex gloves (2 pair)

2-inch sterile gauze pads (4-6)

Hypoallergenic adhesive tape

Triangular bandages (3)

Scissors

Moistened towlettes

Thermometer

Tongue Blades (2)

Cleansing agent/soap

Sunscreen

### [Non-Prescription Drugs](#)

Aspirin or nonaspirin pain reliever

Antacid

Laxative

Anti-diarrhea medication

Syrup of Ipecac

Activated charcoal

### [Tools and Supplies](#)

Mess kit, or paper cups, plates and plastic utensils

Emergency preparedness manual

Battery operated radio and extra batteries

Flashlight and extra batteries

Cash or traveler’s checks, change

Non-Electric can opener, utility knife

Fire extinguisher: Small canister, ABC type

Tube tent

Pliers

Compass

Shut-off wrench, to turn off household gas and water. (**Only the gas company should turn your gas back on**)

Map of area (for locating shelters)

Matches in a waterproof container

Aluminum foil

Plastic storage containers

Signal flare

Paper, pencil

Needles, thread

Medicine dropper

Whistle

Plastic sheeting

Tape

### [Sanitation](#)

Toilet paper, towelettes

Soap, liquid detergent

Feminine supplies

Plastic garbage bags, ties (for personal sanitation uses)

Household chlorine bleach

Disinfectant

Plastic bucket with tight lid

Personal hygiene items

### [Clothing and Bedding](#)

Sturdy shoes or work boots

Rain gear

Blankets or sleeping bags

Hat and gloves

Thermal underwear

Sunglasses