



Emergency Preparedness

There is a 10% chance that within your lifetime, an earthquake between 8.0 and 9.0 in magnitude will rupture the Cascadia subduction in our state.

According to Jeff Brauns, our city of Newcastle public works and emergency management manager, each of us needs to have enough food and water and to prepare to be able to spend 10 to 15 days ...ALONE!

We each need to make a plan... where to meet loved ones, how to communicate if telephone service is gone, (text messaging may be able to go through, but that is all.) Who among us is a doctor? Who is an engineer?

Think about your daily activities; your family, your pets, or anyone else who rely on you. How would a disaster change your life and the way you get things done? Get the knowledge and skills you will need to prepare for, respond during, and recover from a disaster.

Are you ready in case of any emergency? Is your family, your loved ones, your neighbors?

Emergency Preparedness is the foundation for building resilient communities. While King County Emergency Management focuses on preparing our whole community for disasters, you also have a role to play in emergency preparedness. By planning ahead, you can increase your ability to survive and thrive in the face of disaster, everything from an earthquake to a major winter storm.

The Bellevue Office of Emergency Management has assembled information packets to help you assemble the items you will need in the event of an earthquake, fire, flood or other natural disaster. Please check out their website.

We all must: Make a Plan, Build a Kit, Prepare for Disasters and Teach our Youth about Preparedness. Talk to your friends and family about how you will communicate before, during, and after a disaster. Make sure to update your plan based on the Centers for Disease Control.

Make a plan today. Your family may not be together if a disaster strikes. Know how you'll contact one another and reconnect if separated. Establish a family meeting place that's familiar and easy to find.

Build a Kit and Prepare: After an emergency, you may need to survive on your own for several days. A disaster supplies kit is a collection of basic items your household may need .

Water (one gallon per person per day for at least 5 days, for drinking and sanitation)

- Food (at least a three-day supply of non-perishable)

Battery-powered or hand crank radio and a NOAA

Weather Radio with tone alert

- Flashlight and extra batteries

- First aid kit - Fire extinguisher

-canned foods - Paper and pencil

- Whistle (to signal for help)

- Dust mask (to help filter contaminated air)

- Plastic sheeting and duct tape (to shelter in place)

- Moist towelettes, garbage bags and plastic ties (for personal sanitation)

- Wrench or pliers (to turn off utilities)

- Manual can opener (for food); - Local maps

- Cell phone with chargers and a backup battery --

have enough supply on hand of any prescription medications that must be taken on a daily basis.....at least 10 days' worth. Remember also that these medications do expire so you should periodically update them as well.



- Non-prescription medications such as pain relievers, anti-diarrhea medication, antacids or laxatives

- Prescription eyeglasses and contact lens solution

- Infant formula, bottles, diapers, wipes and diaper rash cream

- Pet food and extra water for your pet

- as well as cash or traveler's checks

And have documents such as copies of insurance policies, identification and bank account records saved electronically or in a waterproof, portable container

- Sleeping bag or warm blanket for each person

- Complete change of clothing appropriate for your climate and sturdy shoes

- Matches in a waterproof container

- Feminine supplies and personal hygiene items

Mess kits, paper cups, plates, paper towels and plastic utensils

Maintaining Your Kit

- Keep canned food in a cool, dry place.

- Store boxed food in tightly closed plastic or metal containers. Replace expired items