

January Tip of the Month

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 human caused disasters pose a risk for you.
2. **Create a Family Disaster Plan** - A plan that tells everyone:
 - a. where to meet;
 - b. who you've identified as an out-of-state "family contact";
 - c. 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 your home after the shaking stops. Know when to stay put indoors, or 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 at home until help arrives, you need to have a disaster kit with you.
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, "special foods" for those you care for.
7. **Learn CPR and First Aid** - Contact your local chapter of the American Red Cross or Fire Department today and get trained on basic first aid and CPR. .
8. **Eliminate Hazards in Your Home and the Workplace** - You must secure the non-structural items in your home or office to reduce hazards, especially TVs, computers, and book cases. <http://www.kitsapdem.org/streaming-videos.aspx>
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. **Get Involved, Volunteer** - Donate blood, join a local Community Emergency Response Team (CERT), involve your neighbors with the Map Your Neighborhood program, or volunteer with your local American Red Cross.



And don't forget to check out all of the resources available in our online library! You can find it at <http://www.kitsapdem.org/>