Prepare in a Year

READY.ALASKA.GOV

1 HOUR of planning and action each MONTH leads to successful PREPAREDNESS

STATE OF ALASKA
DIVISION OF HOMELAND SECURITY AND EMERGENCY MANAGEMENT

Prepare in a Year

Our Prepare in a Year Guide

Being prepared for disasters may seem daunting or intimidating, but it's actually simple and easy! This Prepare in a Year book will help walk you through 12 important steps for disaster preparedness. It's as simple as completing one activity a month. By the end of 12 months, you'll be much better prepared! Remember that everything you do to be prepared will help you in small emergencies, like a flat tire on your car, as well as large disasters, like a volcano eruption. Think of disaster preparedness not as a checkbox, something to do once and never again, but rather a continual process of learning, restocking supplies, and encouraging others to be prepared. This book is your first step—congratulations! You are now on your personal preparedness journey.

ONE HOUR of disaster preparedness activity EACH MONTH helps you be 2 WEEKS READY for disasters.

1. Communications Plan
2. Action Plan
3. Water
4. Grab & Go Kit
5. Important Documents
6. 2 Weeks Ready
7. Fire Safety
8. Utility Safety
9. Under the Bed
10. Drop, Cover, and Hold On
11. Shelter in Place
12. Home Hazard Hunt

▶ Download this book at www.Ready.Alaska.Gov

For more information, contact your local emergency management office.

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Prepare in a Year

Prepare to be

If you are separated from your loved ones when disasters strike, your first thoughts will be about your family, their location and condition.

The stress of the event may make it difficult to remember even routine information, like phone numbers. We recommend that every household member have an out-of-area contact card in a wallet, purse or backpack at all times.

Out-of-area contacts

Ask an out-of-area friend or relative to be your contact person. This person should live at least 100 miles away from you. They can send messages to your family in the affected area and then reply back to you. An out-of-area contact is the key piece of a great communications plan to let family know about each other being safe — especially if the internet and cell phone signals are sparse following a major event, such as a big earthquake. It may be difficult to think during the stress of a disaster. Because normal routines have been disrupted, write down numbers and information ahead of time on an out-of-area contact card (See Action Plan for reference).

QUICK TIP: You may be able to send text messages to your loved ones on your cell

Use the Web

Make sure to let your family know that these websites are available so they know to check for each other there.

The American Red Cross has a website that lets you search for loved ones and register yourself as "safe and well."
https://safeandwell.communityos.org/

Facebook has a "safety check" that can be implemented after a disaster.
https://www.facebook.com/about/safetycheck/

Official Sources

Know how officials will communicate with you. Counties and cities often have their local alert systems, the state of Alaska will use the Emergency Alert System and Wireless Emergency Alerts. This will come across all forms of media, TV, radio and smart phones. Discover more about local and state emergency alerts at **ready.alaska.gov/SEOC/EAS**

Prepare in a Year

2. Action Plan

What disasters can affect you?

Communities throughout Alaska are subject to many types of disasters. While we hope that such occurrences never happen, it has been shown time and time again that being prepared for disasters is wise. Now is the time to do some research either online or by attending a preparedness fair or presentation hosted by your local jurisdiction or community group to learn about your local hazards.

Create a Disaster Plan

Meet with your family and discuss why you need to be prepared for disasters. Plan to share the responsibilities and work together as a team.

Develop a family/household communication and reunification plan so that you can maintain contact and take the best actions for each of you to re-unite if you are separated.

Discuss the types of disasters that are likely to happen. Explain what to do in each case. Discuss what to do in an evacuation. Pick two places to meet:

- Right outside your home in case of fire.
- Outside your neighborhood in case you can't return home.

Everyone must know the address and phone number.

Put your Plan into Action

Teach children how and when to call 911. Show them how your cell phone works. Some areas in Alaska allow Text to 911. Call if you can, text if you can't!

Post emergency telephone numbers in a visible location.

Show each family member how and when to turn off the water, gas and electricity at the main switches.

Other tips:

- Check for adequate insurance coverage.
- Install an ABC fire extinguisher in your home. Teach each family member to use it and where it is kept. (See Step Seven)
- Install smoke and carbon monoxide detectors on each level of your home, in appropriate areas.
- Stock emergency supplies and assemble disaster supply kits.
- Take a First Aid and CPR class.
- Determine the best escape routes from your home. Find two ways out of each room.
- Find a safe spot in your home for each type of disaster.

DISASTER meeting place (if you cannot return home):

EXACT LOCATION

HOUSE FIRE meeting place (near home, everyone is safely outside):

EXACT LOCATION

***LOCAL* emergency contact (if you are hurt):**

PRINT NAME PHONE

OUT OF AREA CONTACT PERSON

WHY? Local phone systems may be shut down in a disaster. However, you frequently can place a long-distance call.

Name (print):

Phone number (with area code):

Cell phone number (with area code):

TIP: You may be able to text message all your loved ones on your cell phone. Keep these messages short.

DISASTER meeting place (if you cannot return home):

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Prepare in a Year

2. Action Plan

What to do NOW

Learn what types of disasters are likely to happen in your area.

Learn about your community's warning signals — what do they sound like and what should you do when you hear them? Also, learn which radio stations will provide emergency information for your area.

Learn about animal care in your area.

If you are disabled and unable to care for yourself, your planning needs to include your support network who will help you and your household.

Find out about the disaster plans at your workplace, your children's school or child-care center and other places your family frequently visits.

Practice and Maintain Your Plan

- Review your plans every six months so everyone remembers what to do.
- Conduct fire and emergency evacuation drills.
- Test and recharge your fire extinguishers, according to manufacturer's instructions.
- Test your smoke and carbon monoxide detectors every month; replace batteries every six months.
- Replace stored water and food every six months to a year, depending on expiration dates.
- Update plan as necessary.

Evacuation Planning

A wide variety of emergencies may cause an evacuation. In some instances, you may have a day or two to prepare, while other situations might call for an immediate evacuation. Planning is vital to ensuring that you can evacuate quickly and safely, regardless of the circumstances.

Before an Evacuation

- Plan how you will leave and where you will go if you are advised to evacuate.
- Identify several places you could go in an emergency, such as a friend's home in another town or a motel. Choose destinations in different directions so that you have options during an emergency.
- If needed, identify a place to stay that will accept pets. Shelters may or may not be able to accommodate your pet. Have supplies ready to take.
- Be familiar with alternate routes and other means of transportation out of your area.
- Always follow the instructions of local officials and remember that your evacuation route may be on foot depending on the type of disaster.
- Assemble supplies that are ready for evacuation, both a "go-bag" you can carry when you evacuate on foot/bicycle or public transportation and larger supplies for traveling in a personal vehicle.

If you evacuate by car

Always keep a half tank of gas in case of an unexpected need to evacuate. Keep a full tank of gas if an evacuation seems likely. Gas stations may be closed during emergencies and unable to pump gas during power outages.

- Plan to take one car per family to reduce delay.
- Make sure you have a portable emergency kit in the car.
- If you do not have a car, plan how you will leave via other forms of transportation or on foot.

If evacuation is urgent, you will not have time to prepare, which is why it is important to plan ahead. Certain evacuations, like a tsunami, may require an evacuation by foot.

During an Evacuation

During an evacuation you will want to consider the following items:

- A list of open shelters is typically announced on social

media or traditional media. But don't wait for a shelter to open; pre-arrange places to stay ahead of time.

- Listen to a battery-powered radio and follow local evacuation instructions.
- Take your emergency supply kit.
- Leave early enough to avoid being trapped by impending hazards — volcanic, flooding, tsunami or fire.

Follow your local official's messages in regards to bringing animals to shelters. If there is time:

- Call, text or email the out-of-area contact in your family communications plan. Tell them where you are going.
- Secure your home by closing and locking doors and windows.
- Unplug electrical equipment such as radios, televisions and small appliances. Leave freezers and refrigerators plugged in unless there is a risk of flooding. If there is damage to your home and you are instructed to do so, shut off water, gas and electricity before leaving.
- Leave a note telling others when you left and where you are going.
- Wear sturdy shoes and clothing that provides some protection such as long pants, long-sleeved shirts and a hat.
- Check with neighbors who may need a ride.
- Follow recommended evacuation routes. Do not take shortcuts; they may be blocked.
- Be alert for road hazards such as washed-out roads or bridges and downed power lines. Do not drive into flooded areas.

After an Evacuation

- Check with local officials before you travel back to areas impacted by the disaster.
- If an area is closed, stay out! It is closed for your safety.
- Depending on the disaster, many residents may be in public shelters for an undetermined time frame.
- Residents returning to disaster-affected areas after significant events should expect and prepare for disruptions to daily activities, and remember that returning home before debris is cleared is dangerous.
- Some events may mean that there is not a home to return to, such as lahars, wildfires or tsunamis.
- Fill up your gas tank and consider downloading a fuel app to check for outages along your route.
- Bring supplies such as water and non-perishable food for the car/bus ride.
- Avoid downed power or utility lines; they may be live with deadly voltage.

Potential Threats

Avalanches - Avalanches have killed more than 190 people in the past century.

Earthquake - Between 2014 and 2020 Alaska experienced six 7.0 or greater earthquakes. Alaska experiences more earthquakes per year than the entire lower 48 combined. The 1964 Good Friday Earthquake was the second largest earthquake ever recorded.

Flood - Damage from flooding exceeds damage by all other natural hazards in Alaska.

Landslide - Landslide is the movement of rock, soil and debris down a hillside or slope. Landslides take lives, destroy homes, businesses and public buildings, interrupt transportation, undermine bridges, derail train cars and damage utilities.

Severe Storm - All areas of Alaska are vulnerable to severe weather.

Tsunami - Tsunamis are a series of powerful waves that threaten people and property along shorelines.

Volcano - Alaska is home to more than 40 active volcanoes (volcanoes that have had at least one eruption since 1760) and many more potentially active volcanoes.

Wildfire - Short-term loss caused by wildland fire can include the destruction of timber, wildlife habitat, scenic vistas and watersheds, and increase vulnerability to flooding. Long-term effects include smaller timber harvests, reduced access to affected recreational areas and destruction of cultural and economic resources and community infrastructure.

Hazardous Material - Hazardous material incidents are intentional and/or unintentional releases of a material, that because of their chemical, physical or biological nature pose a potential risk to life, health, environment or property.

Radiological - A radiological hazard is the uncontrolled release of radioactive material that can harm people or damage the environment.

Prepare in a Year

3. Water

Water quickly becomes a precious resource following many disasters. It is vital that all household members learn how to shut off the water at the main house valve so that you don't lose clean water which you could use. The effects of gravity may drain the water in your hot water and toilet tanks unless you trap it in your house by shutting off the main house valve (not the street valve in the cement box at the curb – this valve is extremely difficult to turn and requires a special tool).

Label this valve with a tag for easy identification, and make sure all household members know where it is located.

In addition to storing water, be aware of your surroundings and where you can find other sources of water. Available water sources include hot water heaters, toilet tanks, streams, lakes, rivers, etc. **Consider adding a water filter to your kits so that you can safely use water you find.**

How much water should I store?

For your household, we recommend at least two weeks' worth of water. That's one gallon per person per day to take care of drinking, cooking and hygiene needs. You might need less depending on your cooking methods and if you're using wet wipes for hygiene. Plan to drink at minimum one quart of water per person per day. Remember to have water for your pets, too!

Which containers should I use?

Plastic containers with a screw-cap lid, such as two-liter soda pop bottles or food-grade plastic jugs, work great.

Don't use glass bottles or old bleach bottles (or any container that has held a toxic substance).

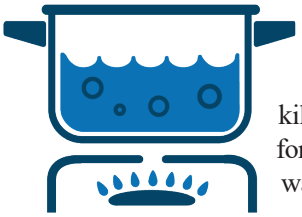
Avoid the use of plastic milk jugs. (They are difficult to seal tightly, and their plastic becomes very fragile and brittle over time).

Storing Water

We know storing 14 gallons per person is difficult, especially for large families. Having food that will not use water is one way to minimize water storage.

Consider multiple locations to store water, especially if in an apartment or small house. Thoroughly rinse out the container and the lid with water and fill it to the very top of the container. For extra safety, thoroughly rinse the container with a weak solution of liquid chlorine bleach (8-10 drops in two cups water). Empty this solution out and fill the container right to the top with fresh water.

- Seal the container tightly.
- Label it "Drinking Water" and date it.
- Store it in a cool, dark place.



Distillation – *One method of purification in addition to filters and purification tablets*

1. Fill a pot halfway with water.

2. Tie a cup to the handle on the pot's lid so that the cup will hang right-side up when the lid is placed upside-down on the pot (make sure the cup is not dangling in the water).

3. Boil the water for 20 minutes. The water that drips from the lid into the cup is distilled.

This method allows the vapor resulting from boiling water to collect in the cup. This condensed vapor will not include salts or other impurities.

Is adding liquid bleach recommended?

The Food and Drug Administration and the Environmental Protection Agency says that tap water does not need anything added to it before it is stored because it has already been chemically treated. Commercially purchased water does not need anything added to it. Keep it in its original, sealed container. It is recommended that stored tap water be rotated every 6 months. Commercially sealed water is safe for up to two years; some are labeled for longer storage. The only thing that should be used to purify water is liquid household bleach containing 6 percent sodium hypochlorite and no thickeners, soaps or scents.

Boiling water kills bacteria, viruses, and parasites that can cause illness. Treating water with chlorine bleach kills most viruses, but will probably not kill bacteria. Therefore, boiling and then adding chlorine bleach is an effective water purification method.

Prepare in a Year

4. Grab and Go Kit

Everyone should have their own kit (some supplies are for the group). Encourage kids to make their own kits, too, because what's important to them, may not be as important to you. In the event of fire or rapid evacuation, you'll appreciate having more than just the clothes on your back.

How to Store an Evacuation Kit

1. You should take proactive steps to create a kit that you can take with you in times of an emergency that will last you for two to three days as long as it's light weight and easy to carry or tow along.
2. Store these items in something that is portable and easily carried, like a backpack or tub/suitcase with wheels. Place items in plastic bags to protect against water. Plastic bags used for produce (like apples and oranges in a grocery store) could be a good choice. These can later be used for disposing of waste.

Locate these supplies as close to your primary house exit as possible. You may have to find it in the dark or after the upheaval of an emergency. A coat closet may be a good place or as part of a car kit may work as well. Consider keeping this kit in your vehicle. Then, you will always have supplies with you.

Water

For this grab and go kit, keep a supply of water that will last you 2-3 days for each person in your household. This is different than the two-weeks-ready kit for your house. Only pack drinking water, ~ 1 quart per person per day. (See Water, Step Three). You could also purchase portable water filters or water sterilizers. Remember, a gallon of water per day includes cooking. If you do not cook with grab and go supplies, carrying less water is an option.

Food

Store a supply of food that will last you two to three days. Select foods that require no refrigeration or cooking, and little or no water. Purchase foods you like so it will be easy to rotate items near expiration and consider specific dietary needs as well as chemical/food sensitivity:

- High energy foods — peanut butter, granola bars, trail mix;
- Comfort foods — cookies, hard candy, etc.;
- Dry meats like beef sticks and jerky.

Pet Grab and Go

Pets need a grab and go kit, too! Have two to three days of food, water, any of their medications, leashes and cages if reasonable.

Kit supplies

- Food
- Water
- Flashlight
- Extra batteries
- Light sticks
- Radio (battery/crank)
- Whistle
- Toiletries & wet wipes (save water for drinking)
- Access to important documents
- First aid kit
- Multi-purpose tool and knife
- Garbage/plastic bag
- Cell Phone charging cord/extra battery
- Medications
- Pet items
- Duct tape
- A set of extra clothes
- Hat and gloves
- Items you need for children and other household members

If this kit is used for your car, add:

- Small shovel
- Jumper cables
- Tow chain
- Road flare
- Waterproof blanket
- Matches in a waterproof container
- Seasonal equipment
- Extra keys

QUICK TIP: Rotate items annually. This includes making sure the clothes you have stored still fit!

Prepare in a Year

5. Important Documents

After a major disaster, you may need financial assistance and will want to document any property loss for insurance and income tax purposes. Having ready access to the documents necessary for completing application forms, as well as those which could be difficult to replace, will help reduce delay and frustration. Use a scanner or your cell phone's camera to take pictures of these important items and then put them on an encrypted flash drive. Password protection is important because you don't want private information to fall into someone's hands by accident.

QUICK TIP: Strengthen your financial preparedness for disasters and emergencies by downloading FEMA's Emergency Financial First Aid Kid at http://bit.ly/EFFAK1

1. Gather property insurance papers (home, renter's, auto, boat, etc.) and make copies.
2. Gather health insurance papers (medical provider, dental provider, life, extended disability, etc.) and make copies.
3. Gather financial papers (bank, investment, retirement, etc.) and make copies.
4. Gather wills, powers of attorney, and estate papers and make copies.
5. Take photos or videos of all valuables as documentation for insurance claims.

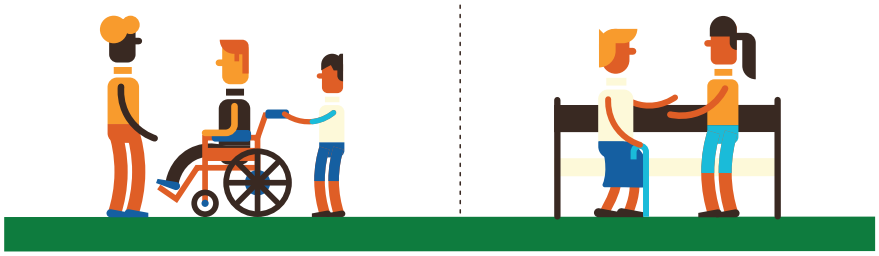
If you have physical copies, store these copies and photos in a safe deposit box, fire proof box or in a zipper storage bag in your freezer.

Checklist of important documents:

- Household (anything to help identify people in your household, children, pets): marriage/birth/death certificates, passport, social security cards, driver's licenses, green card, pet microchip information.
- Financial (anything to help you request insurance and disaster assistance after a disaster): lease/home ownership, vehicle registration, title, loan, utility bills, proof of address, banking accounts, retirement/investment accounts, insurance policies — home, auto, renter's, life, flood, sources of income-paystubs, proof of employer.
- Medical: health/dental insurance, medicare, medicaid, Veteran's benefits, lists of medications, doctor office phone numbers, medical power of attorney, disabilities documentation.
- Emergency contact info: doctor office, dental office, pediatricians, pet vets, employer, supervisor, schools.
- Valuables: photos of valuables, copies of family photos, photos of home.

Prepare in a Year

6. Get 2 Weeks Ready



Prepare to be be on your own for two weeks

When a large disaster happens, it may take two weeks for resources to help us. You may be on your own! Coping with the impacts of a disaster is never fun. However, by planning alternative ways to take care of your needs, you can reduce much of the inconvenience and discomfort. Take things one step at a time. You can buy items at discount or dollar stores over multiple trips. Watch for sales over holidays.

QUICK TIP: Being 2 Weeks Ready is as simple as adding one can of food to your cart every time you go grocery shopping to add to your disaster supplies. Don't forget about your pet, too!

Lighting

- Flashlight and extra batteries.
- Camping lanterns: (battery-operated only for inside use. Candles are not recommended and may cause fires).
- Light sticks: These can provide light for 1-12 hours and can be purchased at many department stores.
- Solar lights: Lights that can be recharged using the sun (still works to a degree when cloudy, too).

Shelter

It is common for people to not want to sleep in their homes for a few days following a major earthquake. Having an alternate means of shelter will help you and your family be as comfortable as possible.

- Tent or waterproof tarp.
- Sleeping bags or blankets and pillows.
- Rain gear.
- Emergency/space blankets (compact and easy to store).
- Newspapers or magazines provide insulation from the cold or heat.
- If you have a van, camper or RV, it can be used as your alternate shelter.

Cooking

Never burn charcoal or use camp stoves indoors. This could cause carbon monoxide poisoning.

- Camp stoves, sterno or butane stoves, barbecues – gas or charcoal.
- Fireplaces – After an earthquake, do not use until the chimney and flue have been inspected for cracks. Sparks may escape in to your attic through an undetected crack and start a fire.
- Since a lot of emergency food options are "Just add water/hot water," use clean or filtered water or boil for appropriate time when cooking.
- Washing dishes won't be easy, but it's still doable. Warm water over a stove. Otherwise, use disposable utensils, cups and plates.

Protecting food when the power goes out

- Keep refrigerator and freezer doors closed as much as possible. A full refrigerator will maintain safe temperatures for up to 6 hours.
- A full freezer will maintain safe temperatures for one or two days; a half-full freezer one day.
- Discard at-risk refrigerated foods that are warmer than 40 degrees Fahrenheit. If in doubt, THROW IT OUT.
- If you think the power will be out for several days, try to find some ice to pack inside the refrigerator and freezer.
- Remember to keep your raw foods separate from your ready-to-eat foods.

Prepare in a Year

6. Get 2 Weeks Ready

REMEMBER!
When in doubt, throw it out.

When do I save and when do I throw out food?

Refrigerated foods should be safe as long as the power is out no more than a few hours and the doors have been kept closed.

Frozen foods which are still frozen are not a problem.

If potentially hazardous foods are thawed but still have ice crystals you should use them as soon as possible.

How do I know if the food is unsafe to eat?

You cannot rely upon appearance or odor. Never taste food to determine its safety.

Some foods may look and smell fine, but if they've been warm too long, food poisoning bacteria may have grown enough to make you sick.

What happens when the power comes back on?

Allow time for refrigerators to reach the proper temperature of lower than 40°F before restocking with all fresh foods.

Foods are categorized into groups:

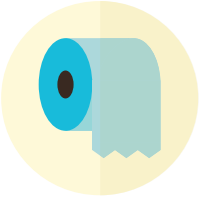
A. Potentially hazardous foods are the most important to know. These include: meats, fish, poultry, dairy products, eggs and egg products, soft cheeses, cooked beans, cooked potatoes, cooked pasta, custards, puddings, etc.

B. Some food may not be hazardous but the quality may be affected. These include: salad dressings, mayonnaise, butter, margarine, produce, hard cheeses, etc.

C. Some foods are safe. These include: carbonated beverages, unopened bottled juices, ketchup, mustard, relishes, jams, peanut butter, barbecue sauces, etc.

Sanitation

The lack of sanitation facilities following major disasters can quickly create secondary problems unless basic guidelines are followed.



If the water lines are damaged or if damage is suspected do not flush the toilet. Avoid digging holes in the ground. Untreated raw sewage can pollute fresh ground water supplies. It also attracts flies and promotes the spread of diseases.

Store a large supply of heavy-duty plastic bags, twist ties, disinfectant and toilet paper. A good disinfectant that is easy to use and low cost is a solution of one-part liquid bleach to ten-parts water.

If the toilet is not able to be flushed, it can still be used. This is less stressful for most people than using some other container:

1. Remove all the bowl water
2. Line bowl with a heavy-duty plastic bag.
3. Add a small amount of deodorant or disinfectant.
4. Securely tie the bag and dispose of it in a large trash can with a tight-fitting lid. This large trash can should also be lined with a sturdy trash bag.

Portable camp toilets, small trash cans, or sturdy buckets lined with heavy-duty plastic bags can also be used. Those with tight fitting lids are best.

Large plastic bags and toilet paper should be kept at work and in the car for use if you are away from home. These can be wrapped in newspaper in preparation for future disposal.

Kit supplies

Your Grab & Go Kit can be a starter kit for home; add to it to be 2 weeks ready at home.

Food:

- Canned Meats, Fruits, and Vegetables
- Canned Juices and Soups
- High Energy Foods - Peanut Butter, Granola Bars, Trail Mix
- Comfort Foods - Cookies, Hard Candy, etc.
- Dry Meats like Beef Sticks and Jerky
- Freeze dried "emergency food." Meals Ready to Eat.

First Aid Supplies:

- Sterile 4" Adhesive Bandages
- Sterile 4" x 4" Gauze Pads
- 4" Rolled Gauze Bandages
- Large Triangular Bandages
- Butterfly Bandages
- Adhesive Tape
- Scissors & Tweezers
- Moistened Towelettes
- Bar Soap
- Latex Gloves
- Aspirin
- Antacid
- Anti-Diarrhea Medication
- Instant Cold Packs
- Antibiotic ointment to dress wounds
- Safety pins
- Needle & Thread
- Sanitary Supplies
- Splinting Materials

Prepare in a Year

6. Get 2 Weeks Ready

You likely already have many of these supplies at home. You don't need to go shopping and spend lots of money on supplies. Start with collecting what you have at home. Some communities recommend you have supplies for even longer than 2 weeks. Check with your local emergency managers.

More kit supplies

Miscellaneous:

- Paper cups, plates, and plastic utensils
- Battery-operated NOAA Weather Radio
- Extra batteries
- Flashlight, Head Lamp or Solar Lantern
- Non-electric Can Opener
- ABC Fire Extinguisher
- Whistle
- Insect Repellent & Sunscreen
- Toilet Paper
- Toothpaste, toothbrush and other hygiene items
- Feminine Supplies
- Roll of Plastic and Duct tape to seal broken windows
- Plastic bags for waterproofing
- N95 Air Mask
- Cell Phone Charging Cord
- Portable Cell Phone Battery
- Pocket Knife/Multi-Tool
- Extra Eye Glasses
- Prescription Drugs and Medications
- A Family Picture
- Games and Books
- Contact Lens Solution
- Backups for assistive devices
- Wheelchair Repair Kit

QUICK TIP: Choose significant dates 6 months apart from each other as reminders to rotate emergency supplies. Your birthday and half-birthday are one idea.

Sanitation:

- Bucket toilet
- Heavy-duty garbage bags
- Bleach and Liquid Soap
- Baby Diapers

Clothing & Bedding:

- Multiple changes of clothes depending on the season (cold or warm)
- Blankets or Sleeping Bags
- Mylar (Emergency / Space) blankets
- Sturdy Shoes
- Warm Socks
- Hat and Gloves
- Poncho
- Waterproof jacket

Important documents:

- Copies of Insurance Policies
- Bank Account Numbers
- Inventory of valuables
- Family Records

Pet Kit

- Sturdy leashes and harnesses
- Blankets & towels
- Printed photos to identify lost pets and prove ownership
- Medications and medical records stored in waterproof container
- First aid kit
- Food and water
- Bowls, cat litter, litter box and a manual can opener
- Information on feeding schedules, medical conditions, name and number of veterinarian
- Supplies to manage dog waste and grooming

Prepare in a Year

7. Fire Safety

Know what to do before, during and after a fire!

Home fires can occur anytime. The fall and winter months see an increase of home fires. Fires in homes are most often caused by cooking accidents, smoking indoors, fireworks or unsafe use of woodstoves or space heaters. Smoke detectors and carbon monoxide detectors should be tested once a month and the batteries should be replaced every six months. Detectors should be replaced every 10 years. If the fire is too big for you to handle, immediately get out of the house. Don't stop to gather anything or to do anything. Call 911 from outside! Once outside, stay outside.

Smoke Detectors

Install outside bedrooms on the ceiling or high on the wall, away from corners, at the top of open stairways (or the bottom of enclosed stairs) and near (but not in) the kitchen. For free Red Cross smoke alarms, visit **GetASmokeAlarm.org**

Carbon Monoxide Detectors

- Should be installed on every level of your residence
- About 18 inches from the floor
- In the area where your heating system is located
- Replace batteries when you rotate supplies in your kits!

Flammable Items

- Never use or store gasoline, kerosene or similar flammable liquids inside your home. (Store them in approved containers in well-ventilated storage areas).
- Discard all rags and materials that have been soaked in flammable liquids (Place them outdoors in a metal container).

Matches and Smoking

- Store matches and lighters up high, away from children and if possible in a locked cabinet.
- Never smoke in bed or when drowsy or medicated.
- Douse cigarette and cigar butts with water before disposal in an outdoor container.

Heating Sources

- Use alternative heat sources, such as woodstoves or space heaters, according to the manufacturer's instructions.
- Never use gas ovens, stoves, barbeques or propane heaters for indoor heating.
- Place heaters at least 3 feet away from flammable material.

Electrical Wiring

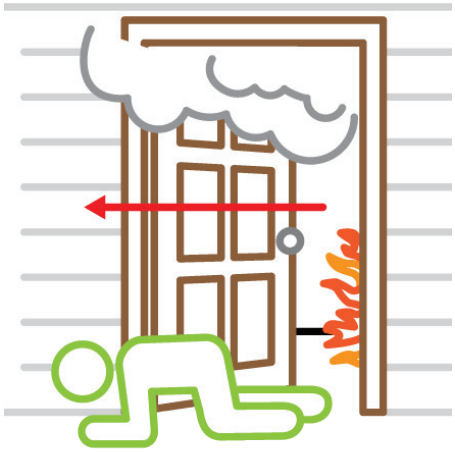
- Inspect extension cords for frayed or exposed wires and loose plugs.
- Make sure outlets have cover plates and that no wires are exposed.
- Do not overload extension cords or outlets.

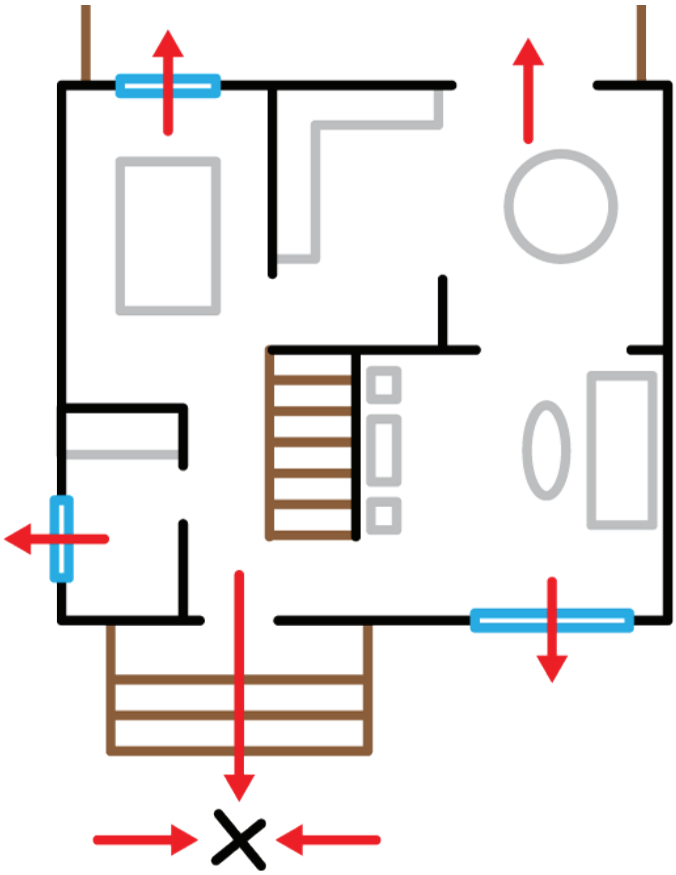
Fire Extinguishers

- Install ABC fire extinguishers in your home and teach family members how to use them using the PASS method (see graphic on this page).
- Have one extinguisher per floor in your home as well as one in the kitchen and one in the garage.
- Place the extinguisher away from the stove and near the door of the kitchen for easy access. The same for the garage.
- Even though the extinguisher may not match décor, do not place the extinguisher in a closet or behind drapes or curtains.

Prepare in a Year

7. Fire Safety





Practicing fire safety

Choose a safe place outside your home to reunite with your family. Regularly remind all household members of the location. Draw the floor plan of your home and discuss two ways to exit each room.Hold a fire drill at least twice each year.

Exiting Buildings

- If there is a fire or when the smoke detectors or carbon monoxide detectors sounds, leave immediately!
- Do not try to fight the fire. Once outside, **do not re-enter the home for any reason!**
- Call 911 from a cell phone once outside, or from a neighbor's house.
- Know the location of all exits including the windows. (If you live in an apartment, count the number of doorways between your apartment and the two nearest exits. This will help you leave safely in the dark).
- If the nearest exit is blocked by fire, heat or smoke go to another exit.
- If you must escape through a closed door, check for heat before opening it. Use the back of your hand to feel the top of the door, the doorknob, and the crack between the door and door frame before you open it. If it is hot, do not open it and escape through a window.
- If your clothes catch fire, "stop, drop and roll" until the fire is out.
- If caught in smoke: drop to your hands and knees and crawl, breathe shallowly through your nose and use your shirt or jacket as a filter.
- If you are in a room and cannot escape, leave the door closed, stay low to the floor and hang a white or light-colored sheet outside the window to alert firefighters of your presence.
- Always use an exit stairway, not an elevator. (Elevator shafts may fill with smoke or the power may fail, leaving you trapped).
- Stairway fire doors will keep out fire and smoke - if they are closed - they will protect you until you get outside.
- Close as many doors as possible as you leave. (This helps to confine the fire and gives you time to escape).

Electrical Fires

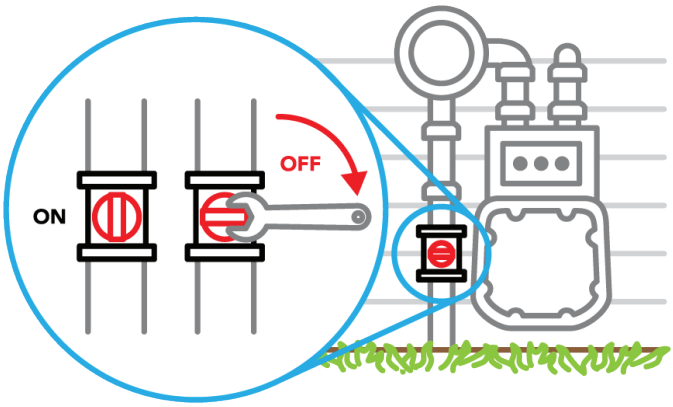
1. Shut off the electricity at the main breaker.
2. Put out the fire by using an extinguisher, dirt, or water.
   CAUTION: If the electricity cannot be shut off, DO NOT use water on the fire.

Oil or Grease Fires

- Use baking soda, a lid, a bread board or a fire extinguisher to smother the flames.
- NEVER use water on a grease or an oil fire.

Prepare in a Year

8. Utility Safety



Remember: Right is Tight. Left is Loose.

Natural Gas

Natural gas leaks and explosions are responsible for a significant number of fires following any major earthquake. Here are some steps to shut off the natural gas:

1. Locate the shut-off valve (make sure this valve will turn. To shut off the gas, turn the valve 90 degrees or 1/4 turn, so that it crosses the pipe).
2. If your valve is rusted open, do NOT put WD-40™ lubricant on it. It may corrode the O-rings that allow the valve to turn.
3. Attach a wrench to the meter or to the wall directly behind the meter.
4. Choose a crescent wrench that is at least 12-inches long.
5. Adjust it to fit your valve before hanging it behind the meter in case it rusts.

Turn gas off after an earthquake

Shut off the gas immediately only if you:

- Smell the odor of gas (rotten eggs).
- Hear a hissing sound.
- The meter dials spin more rapidly than normal.

Do not use matches, lighters, open flame appliances or operate any electrical switches until you are sure no gas leaks exist. Sparks from electrical switches could ignite the gas.

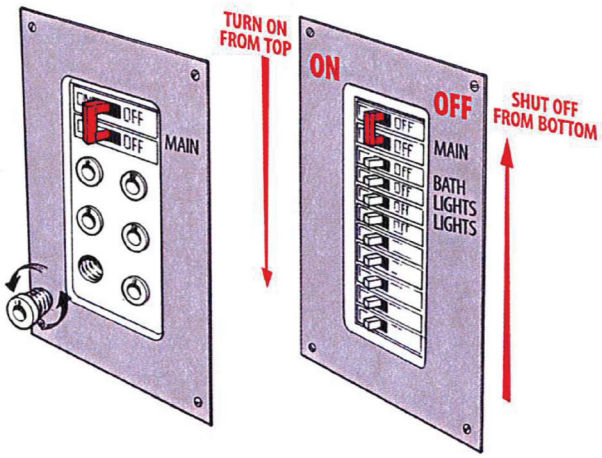
If you smell natural gas, immediately get everyone out of and away from the house. Open the windows and doors to provide ventilation. Shut off the gas at the meter.

Propane

Have your home's propane tank properly installed by a qualified professional and serviced on a regular basis.

Propane tanks are extremely flammable.

- Do NOT store tanks in a building, garage, or enclosure.
- When not connected for use, keep tank valve turned OFF.
- Never store a spare tank beneath a grill.
- Always store tanks upright.
- Never store a tank in temperatures of 125 F degrees or more.
- Never use or store a propane tank indoors.
- Do not try to repair a damaged tank or tank valve.
- Do not use portable propane heaters, stoves, or lanterns in tents, campers, truck caps, RVs, or other unventilated enclosures, especially while sleeping.



Always shut off all the individual circuits before shutting off the main circuit breaker.

Electricity

Electrical sparks have the potential of igniting natural gas if it is leaking. Preparing to shut off electricity:

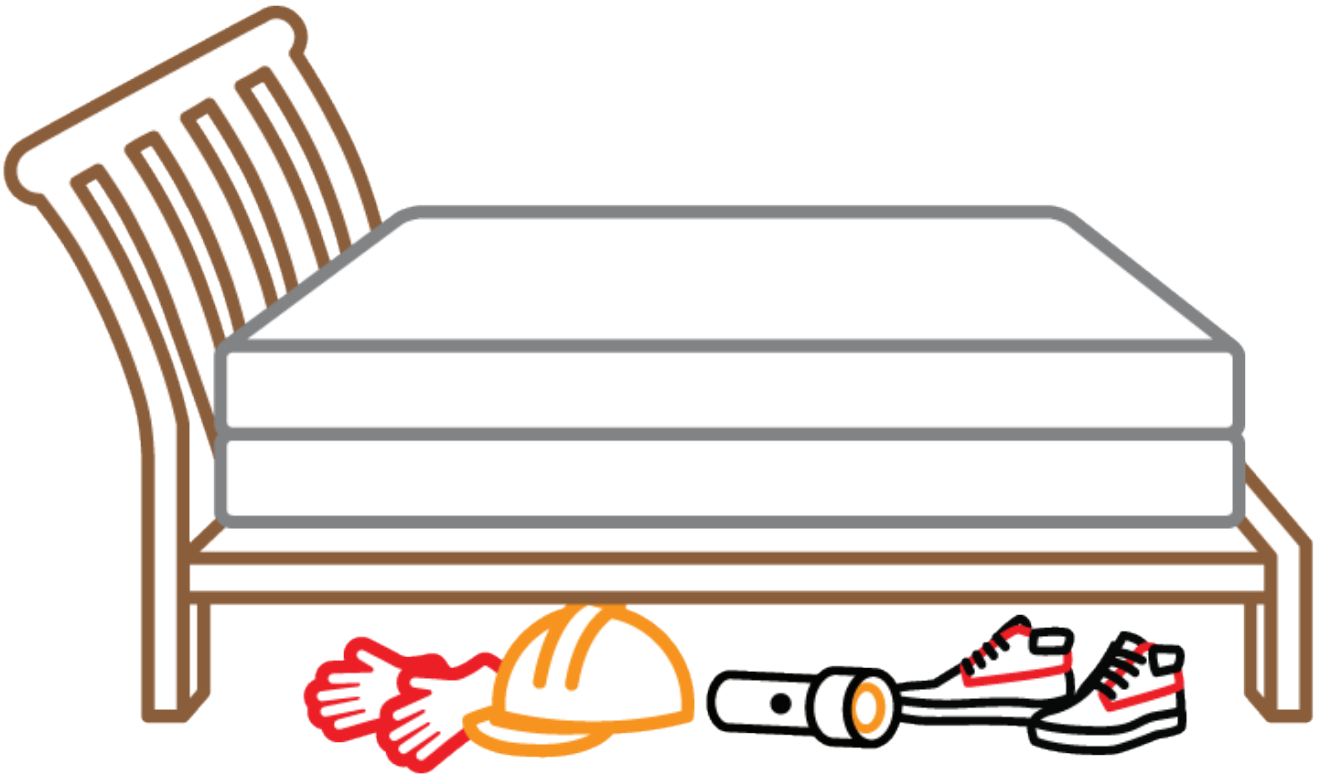
- Locate your electricity circuit box
- Teach all responsible household members how to shut off the electricity to the entire house.

Check the cords of appliances in your home as well as the plugs and connectors. Make sure they are not frayed, cracked or damaged or placed under rugs or carpets, resting on furniture, or located in high traffic areas.

- Do not nail or staple cords to walls, floor, or any other objects
- Inspect all outdoor connections, appliances and tools for frayed cords, broken plugs and cracked or broken housings.

Prepare in a Year

9. Under the Bed



Day or night: Ready to respond

When disaster strikes, it may be difficult to think as rationally as in normal conditions. The more procedures you have in place, and the easier they are to remember and implement, the more effective and efficient will be your response. We recommend that you keep these basic response supplies under the bed. That way, day or night, you'll know where to go to get the essentials.

Critical Under the Bed Items

- Sturdy shoes — to protect your feet from broken glass
- Work gloves, preferably leather — to protect your hands from broken glass
- Flashlight & light sticks — essential for a nighttime response

QUICK TIP: Keep it simple. Instead of throwing them away, put your old tennis shoes or garden shoes under your bed!

Additional Recommended Under the Bed Items

- Hard hat — to protect you from falling objects like chimney bricks, and downed trees and branches. Bicycle helmets also work.
- An OK/ HELP card or a sheet of paper and marker for you to write on yourself.
- Tape or adhesive bandages to hang the OK/ Help card in the window or on the front door.
- Place a copy of your out-of-area contact card in a plastic bag.
- A whistle (to call for help).

Prepare in a Year

10. Drop, Cover & Hold On

Conquering the instinct to run

During earthquakes, many people's fight/flight instinct urges them to run — even when they know they should "Drop, Cover and Hold on." We learn to counter the human tendency to run by practicing doing the safe thing. Studies show that people tend to be hurt by falling objects, not collapsing structures. If you are on your feet trying to move in an earthquake, you are in danger of being thrown to the ground and/or injured from toppling book cases, breaking windows, flying dishes, falling TVs, collapsing fireplaces or shifting furniture. Safety comes from quickly stopping or moving to a place of safety. Facades of buildings or glass from windows can be falling and injure those running out during an event.

Drop, Cover and Hold On — what does it mean?

DROP – Where you are, onto your hands and knees. (This position protects you from being knocked down and also allows you to stay low and crawl to nearby shelter).

COVER – Your head and neck with one arm and hand. If a sturdy table or desk is nearby, crawl underneath it for shelter. (If no shelter is nearby, crawl next to an interior wall away from windows. Stay on your knees; bend over to protect vital organs).

HOLD ON – Until shaking stops. (Under shelter: hold on to it with one hand; be ready to move with your shelter if it shifts. No shelter: hold on to your head and neck with both arms and hands.) Drop, cover, hold on is the national standard for earthquake safety in our country.

If driving:

- Pull over to the side of the road, stop, and set the parking brake.
- Avoid overpasses, bridges, power lines, signs and other hazards.
- Stay inside the vehicle until the shaking stops, then proceed carefully by avoiding fallen debris, cracked or shifted payment and emergency vehicles.
- If a power line falls on the car, stay inside until a trained person removes the wire.

If you're near the coast and you feel shaking:

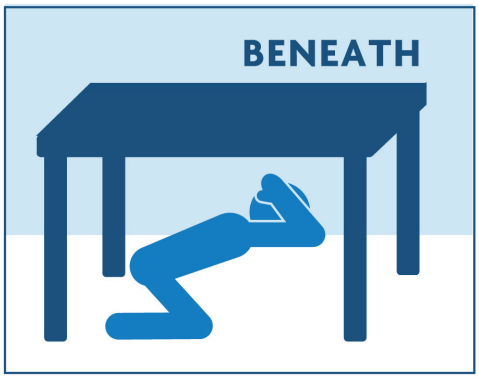
- As soon as the shaking has stopped and it's safe to do so, head to high ground immediately.
- Follow properly marked tsunami evacuation signs.
- Do not wait for a siren or someone to tell you to head to high ground.

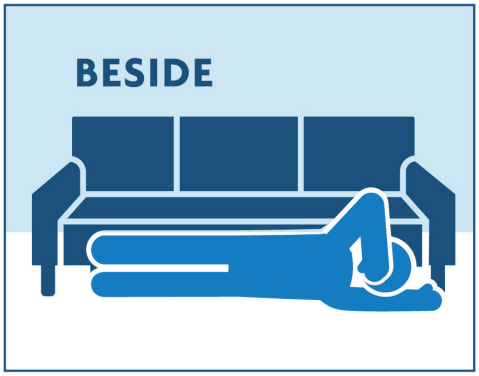
Visit http://dropcoverholdon.org/ to find advice for persons with access or functional needs.

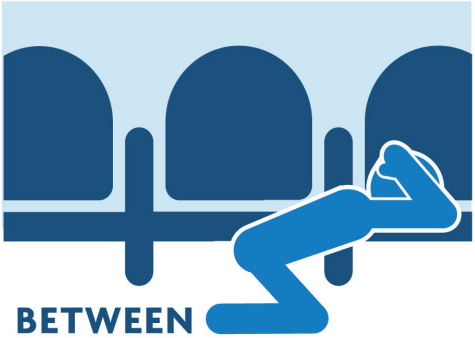
Prepare in a Year

10. Drop, Cover & Hold On

Washington is earthquake country!







More than 10,000 earthquakes are registered in Alaska each year. An earthquake is a sudden release of pent-up energy along a fault line in the earth's crust. Without warning, the ground under your feet will begin to shake and roll. A timely response is critical. Gas leaks may have occurred, which could lead to fire and explosions. People may sustain injuries. What YOU do in the first hour following an earthquake can save lives, reduce the severity of injuries, and save property.

What to do during a quake if you are indoors:

- Drop, Cover and Hold On — Take cover under a sturdy desk, table, bench, or against an inside wall, and hold on. If there is no desk or table near you, cover your face and head with your arms and crouch in an inside corner of the building.
- If in a wheelchair or you use a walker, do the same with a safe wall or tall chair that may protect you. Avoid windows and doorways.
- Do not use elevators.
- Stay away from glass, windows, outside doors and walls, and anything that could fall, such as light fixtures and furniture.
- Be aware that electricity may go out or that sprinkler systems or fire alarms may turn on. In that case, move to the nearest safe place.
- If you are in bed when the earthquake strikes, stay there. Hold on and protect your head with a pillow, unless you are under a heavy light fixture that could fall.
- Stay inside until the shaking stops and it is safe to go outside. Most injuries during earthquakes occur when people are hit by falling objects while entering or leaving buildings. **Don't run outside when the ground is shaking!**

What to do during the quake if you are outdoors:

- Stay there.
- Move away from buildings, trees, streetlights and utility wires.
- Text your out-of-area contact telling them you are okay or injured and describe where you are.
- Proceed cautiously after the earthquake has stopped, watching for road and bridge damage.
- Stay at least 30 feet away from downed lines.
-

If you are in a car:

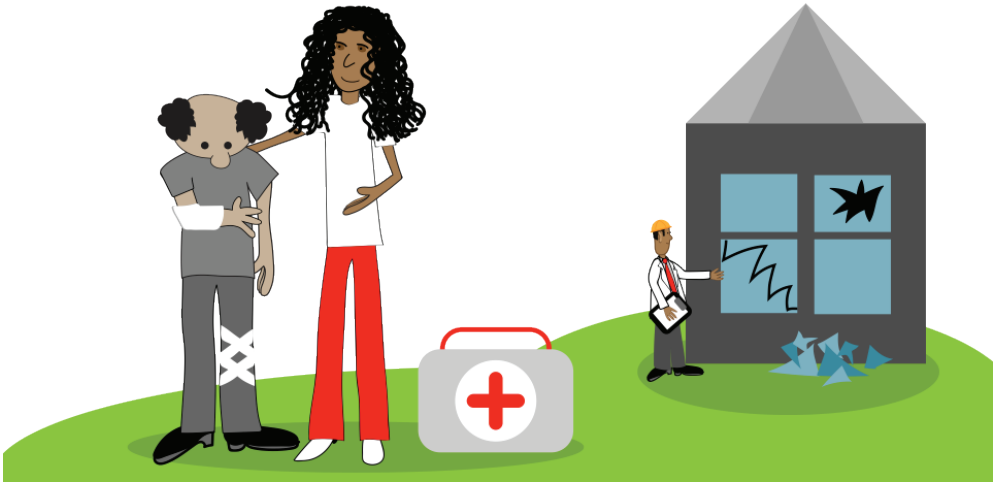
- Stop as quickly as safety permits, pull to the side of the road, and stay in the car. Avoid stopping near or under buildings, trees, overpasses and utility wires.
- Know how to exit a car with energized power lines; do so only if car is on fire.

If you are trapped under debris:

- Do not light a match.
- Cover your mouth with fabric or clothing. Do not move about or kick up dust.
- Tap on a pipe or wall so that rescuers can find you. Use a whistle if one is available. Shout only as a last resort — shouting can cause you to inhale dangerous amounts of dust.

Prepare in a Year

10. Drop, Cover & Hold On



Three steps to take after an earthquake:

1) Check yourself for injuries.
2) Check the people around you for injuries.
3) Check your environment. Is it safe for you to stay where you are?

When the Ground Stops Shaking

Check for Injuries

Bleeding needs to be stopped immediately, then treat for shock (Take a First Aid class or Stop the Bleed class!)

- Be aware of possible tsunamis if you live in a coastal area. (See Tsunami Section on next page).
- Activate your communications plan (see action step one).
- Text out-of-area contact.
- Only call 911 for life threatening event—not to inform them that an earthquake has happened.
- Do not use your car, unless there is an emergency. If in your car, roads may not be passable; approach with caution to reach a safe destination.
- Keep a battery-powered radio with you so you can listen for emergency updates and news reports.
- Listen to officials for information regarding the impacts of the quake and what to expect from first responders.

Indoors after the quake

- Dress for safety: protect your head, hands, and feet. Wear shoes in areas near fallen debris or broken glass.
- Leather gloves will protect your hands from sharp debris.
- A hard hat will protect your head from falling objects, like chimney bricks teetering on roof edges.
- Check your natural or propane gas and shut it off if necessary.
- Shut off your water at the house master shut-off valve. If water pipes have broken, this will help keep the water in your water heater safe from pollutants.
- Post an OK/Help card in your front window or on your front door. Signs on your front door signals your status to your neighbors. (TIP: simply write OK or HELP on a piece of a paper and post it on the door.)
- Place your fire extinguishers outside on the sidewalk or street edge so they are visible and available for immediate use should anyone in the neighborhood experience fire. In a big disaster, 911 dispatchers and fire responders will likely be unavailable.

Check status of home

- If possible, put out small fires. If this is not possible, leave your home immediately, notify the fire department if possible and alert your neighbors.
- Use a battery-powered flashlight to inspect your home if the event occurred at night.
- Be prepared for aftershocks.
- Switch off electrical power if there is damage to your home's electrical wiring. If the situation is unsafe, leave your home and seek help.
- Check the building for cracks and damage, particularly around chimneys and masonry walls.
- Check to see that water and sewage lines are intact before using the toilet.
- Do not touch downed power lines or broken appliances.
- Check closets and cupboards. Open doors cautiously. Beware of objects tumbling off shelves.
- Clean up spilled medicines, bleaches, gasoline and other flammable liquids.
- If you smell gas or see a broken line, shut off the main valve from the outside. A leak of piped natural gas will smell like rotten eggs. Do not search for gas leaks with a lighted match.

Prepare in a Year

10. Drop, Cover & Hold On

The tsunami risk: Head to high ground when the shaking is over

Tsunamis that strike the Alaska coast are caused by earthquakes or landslides. These earthquakes and landslides might occur far away (distant tsunami) or near where you live (local tsunami).

- A tsunami consists of a series of waves. Often the first wave may not be the largest. The danger from a tsunami can last for several hours after the arrival of the first wave.
- Tsunamis move faster than a person can run.
- Every Alaska needs to be aware of the danger tsunamis pose and be ready to act when in a vulnarable area

Prepare for a tsunami:

- Develop a family disaster plan and know if you live in an inudation zone and where your evacuation routes are from your home, work or school.
- Sign up for local emergency alerts. More information at mil.wa.gov/alerts
- Prepare grab and go bags.
- Know how you'll receive tsunami alerts: sirens wailing, NOAA alert radio, wireless emergency alerts and/or local county alerts.

WHEN ON THE COAST:

- IF THE GROUND SHAKES...
- IF YOU HEAR A SIREN...
- IF THE OCEAN RECEDES FROM THE SHORELINE...
- TAKE YOUR PREPARED GRAB AND GO KIT,
- IMMEDIATELY - HEAD FOR HIGH GROUND!

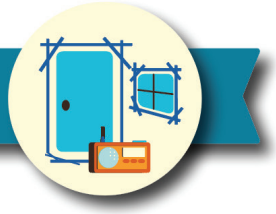
Follow signs with this logo to get to safety. If you don't see a sign, but feel an earthquake, head to high ground anyway.

TSUNAMI EVACUATION ROUTE

If you live on the coast or visit it, know your tsunami evacuation routes and inundation zones ahead of time at https://www.weather.gov/tsunamiready/ak-tr

Prepare in a Year

11. Shelter in Place



What does shelter in place mean?

Shelter in place is not the same as "staying inside" a building. Sheltering in place is creating a "safe room" in your home. A true shelter-in-place order is because of a chemical, biological or radiological threat. If a chemical agent leak happens (i.e. ammonia, radiation, hazardous materials), authorities will instruct people to either shelter where they are and seal the premises (shelter in place) or evacuate immediately. A chemical release is an accidental release of harmful chemicals into the air. It can occur at manufacturing plants, from accidents involving transport trucks or trains, from terrorist acts or even as a result of a fire at an industrial area. Generally, shelter where you are unless directed otherwise by response officials. It is only natural to want to be with your loved ones, but it is safer to stay where you are. Do not attempt to get your children from school or daycare. Instead, ask your school ahead of time what their plans are.

Before an Incident

To properly shelter-in-place you will need to prepare a "safe room" in advance. You will likely need to stay inside several hours, but not several days, so choose a room and stock supplies to get you through the time. A good example of this includes a master bedroom with an attached bathroom to give you access to a toilet and running water or a bathroom. Contact your local emergency management office to identify which chemical hazards may be present in your area. If you live near industrial areas or are within 2,000 feet of a major highway or train tracks that carry industrial materials, you are in an area that may be prone to chemical leaks. Shelter in place is a very short term protective action and at some point determined by public officials, you will be told to leave your home or to open everything up if the hazard has passed by. Know how to get an emergency alert notification. It will be on radio, TV and official's social media. Find out from your local emergency management officials what alerts they would use. Be sure you are registered if that is required.

Preparing your Safe Room

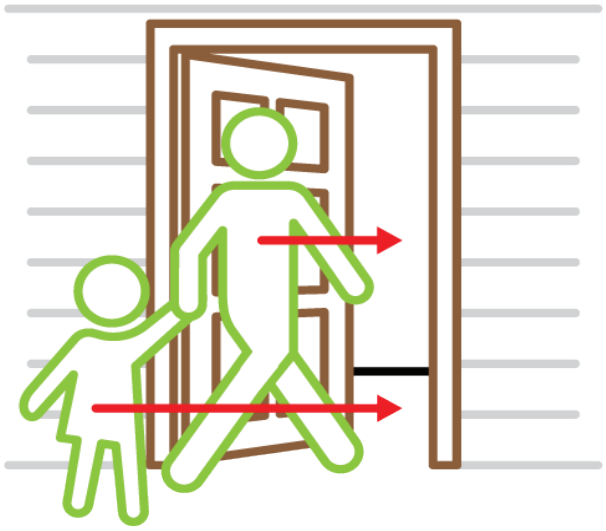
Purchase plastic sheeting and duct tape. Pre-cut the plastic to fit all windows, vents, and doors of this room, and label each piece. Create a box or container for your safe room to hold the pre-cut plastic, tape and these additional supplies:

- A battery-powered AM / FM radio (power may be out) with extra batteries
- Water and snacks
- Some towels and blankets (if this is another room than the bedroom)

If you haven't prepared a room ahead of time, don't panic. You can still safely use garbage bags instead of plastic tarp or your shower curtain to help cover windows, vents and doors.

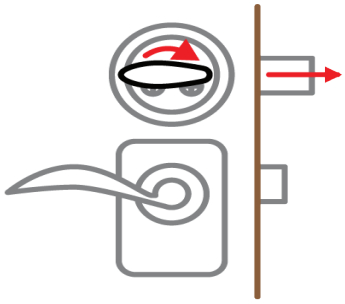
1. Go inside immediately.

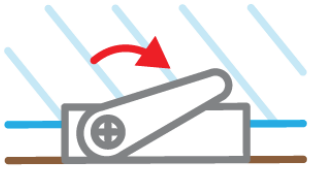
Remember your kids and pets.



2. Tightly lock all doors and windows

The faster you do this, and the more tightly, the less likely contaminants will get inside.





Prepare in a Year

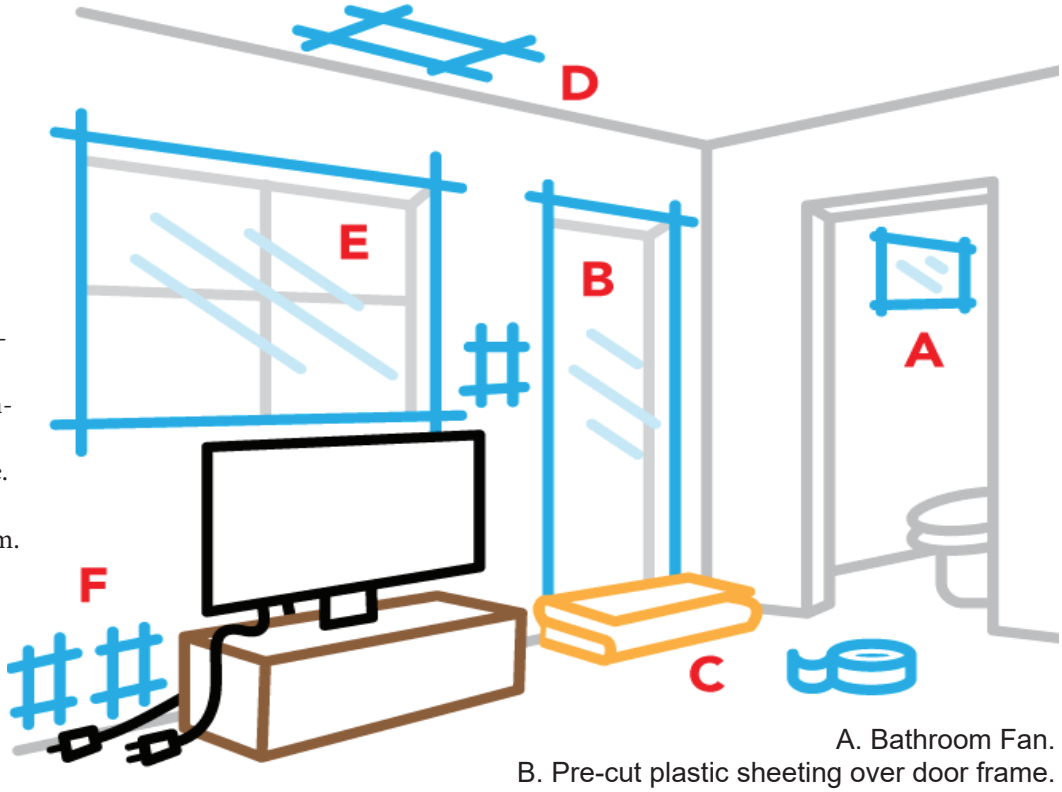
11. Shelter in Place

3. Shut off fans and devices that circulate air throughout your home.

- Shut off fans.
- If a fire is lit, put it out. Shut the vents and doors.
- Tightly close wood stove and fireplace dampers.
- Adjust thermostat or furnaces and air conditioners to shut off and stay off.

4. Get into your pre-selected room and seal it tightly.

- Tape plastic sheeting over windows, doors, vents, bathroom fans, electrical outlets. Remember, you are creating a tightly sealed room, so freely use tape.
- Place dampened towels under door cracks to tightly seal them.



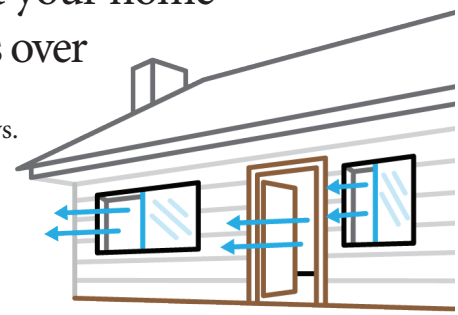
A. Bathroom Fan.
B. Pre-cut plastic sheeting over door frame.
C. Dampened towels under door to tightly seal.
D. Tape forced-air registers (on ceiling and floor).
E. Pre-cut plastic sheeting over window frame.
F. Tape outlets, TV cables, switches, landline jacks.

5. Listen to media for instructions.

- Use radio, TV or social media to check for official instructions on when it's safe to come out or whether to evacuate. On social media, only follow trusted sources.

6. Thoroughly air out your home once the emergency is over

- Open your doors and windows. This will allow small particles that may have gotten in to dissipate.



Prepare in a Year

12. Home Hazard Hunt

All of Alaska has the potential of being impacted by major disasters such as earthquakes. Take the time to identify and fix potential household hazards. Buildings — and their contents — are vulnerable to rocking and rolling caused by earthquakes. Fortunately, experts teach how to secure homes to their foundations and contents to wall studs. Check with your local building departments on regulations.

Identifying potential home hazards:

Take 30 minutes to walk through your home. Imagine the ground movement of a significant earthquake. Identify potential hazards and make a list of them so you can start fixing them.

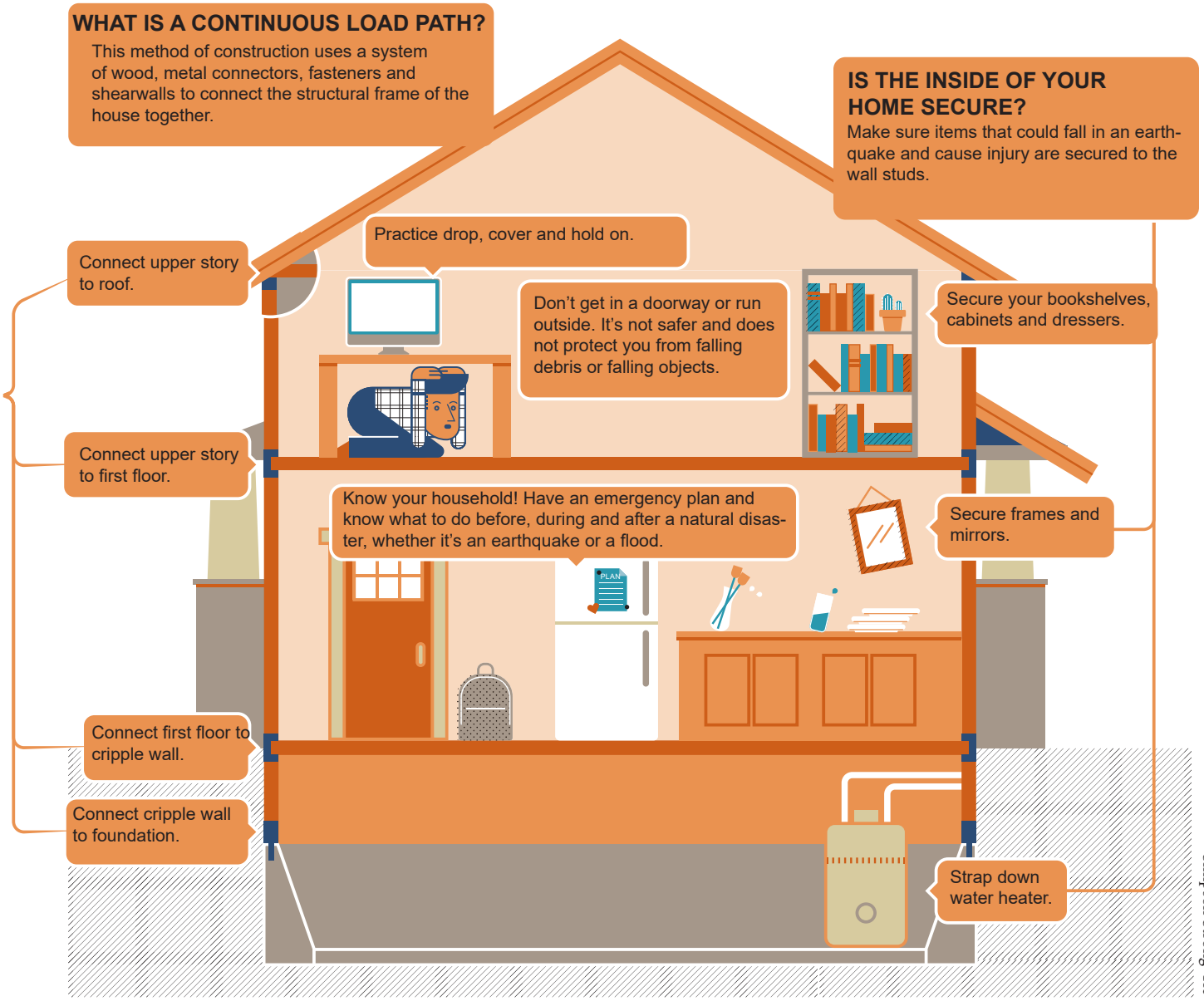
- Check your water heater. Is it securely fastened to the wall studs with heavy-metal strapping at the top and bottom? Do not use metal plumber's tape.
- Does your water heater have flexible water and gas connectors?
- Tall pieces of furniture are especially vulnerable in earthquakes. Identify each bookcase, cabinet and armoire which needs fastening.
- Identify heavy or breakable objects on high shelves. Pay special attention to objects with sentimental value. Move heavy objects to lower shelves.
- Identify electronics, microwaves and other small appliances that need to be secured.
- Identify hanging objects, especially plants in heavy baskets and hanging lights near windows.
- Identify mirrors, framed artwork and other heavy hanging objects which needs to be secured to the wall studs. Pay special attention to items hung over beds.
- Identify kitchen, bedroom, and garage cabinets that need to be secured to keep their contents inside during the ground shaking.
- Check the foundation of your home. Is your home securely fastened to it? Check with your local city or county office, which issues building permits, for regulations.
- Does your chimney have loose bricks?
- Has your attic been reinforced with plywood to help prevent chimney bricks from falling into living areas?
- Identify poisons, toxics, or solvents in breakable containers that are located in high or dangerous locations, house, garage and sheds.

Prepare in a Year

12. Home Hazard Hunt

Is your home structurally sound?

Homes that are tied together from the roof to the foundation are much more likely to remain standing during an earthquake. This creates a continuous load path that helps hold the house together. Most newer homes are built with a continuous load path, which is like a chain that ties the house together from the roof to the foundation.



Simpson Strong-Tie

Has your home been retrofitted?

If your home was built prior to 1985, it may need to be retrofitted. A seismic retrofit strengthens your home's structural frame, including:

- ▶ Your home is bolted to the foundation.
- ▶ The cripple wall is reinforced.
- ▶ The cripple wall is attached to the first floor.

Research do-it-yourself projects to secure your house or contact a local contractor.