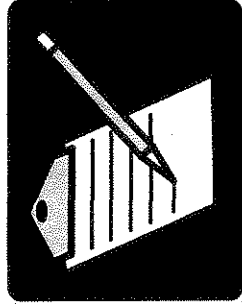


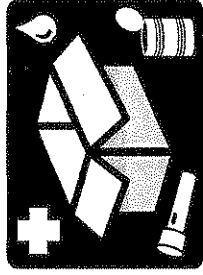
Be Prepared for a Minimum of 3 Days, in 3 Ways

1. Make a Plan



- Planning for emergencies will bring you peace of mind knowing that your family is safe and knows what to do during an emergency.
- Have evacuation and communication plans in place so everyone in your family knows what to do and where to go.
- Cut out the card on this flyer and begin a family communication plan. Make sure each member of your family has the same information.
- Practice! Practice! Practice!

2. Build a Kit

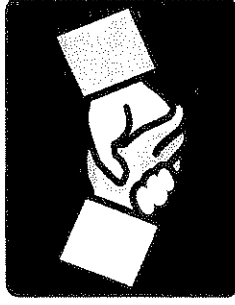


- What do you need for you and your family when emergency responders can't get to you in a disaster?
- A minimum 3-day emergency kit is a basic tool for providing peace of mind, comfort, and survival needs during a disaster.
- Store one kit at home, in the car, at work, and at each child's school or day care facility.
- You can buy a starter kit or build one yourself. Be sure to customize it to fit your needs. You may have to add extra items for pets, children, or special medical needs.

Use this checklist to start your emergency kit:

- Water: 1 gallon per person per day
- Food: at least a 3 day supply (including special dietary needs)
- Flashlight and batteries
- Radio (battery or crank operated)
- Warm clothing and blankets
- First aid kit
- Special items: medications, eye glasses, supplies for pets or children
- Copies of important documents: driver's license, insurance information, passport/ID
- Sanitation supplies: soap, toilet paper, garbage bags, non chlorine bleach
- Entertainment items: cards, books, games

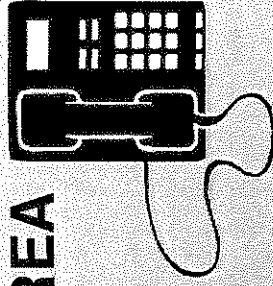
3. Get Involved



- Organize trainings and get involved with your neighbors and community.
- Learn CPR and First Aid.
- Talk to your family and neighbors about responding to emergencies in your neighborhood. Many neighborhoods will form a community team that helps planning and emergency response for your neighborhood.

WHEN DISASTER STRIKES KNOW YOUR

OUT OF AREA PHONE CONTACT



Talk with your family before the disaster and discuss why you need to prepare and what types of disasters could keep you apart. Emergency services will be overwhelmed following a disaster. Be prepared to take care of yourself and those around you for at least 3 days.

3 Days, 3 Ways is the result of a partnership between a variety of government, private, and non-profit organizations. Each of these partners supports promoting emergency preparedness for all residents of the Puget Sound region. Do your part and prepare to be on your own for a minimum of three days. For more information visit:

www.3days3ways.org

Learn more through your local office of emergency management or the following agencies and websites:

3 Days, 3 Ways Campaign:
3days3ways.org

American Red Cross:
 206-323-2345
seattleredcross.org

Regional Public Information Network:
rpin.org

Citizen Corps:
citizencorps.org

Washington Emergency Management:
 800-562-6108
emd.wa.gov

Federal Emergency Management Agency (FEMA):
ready.gov

**King County Office of
 Emergency Management**

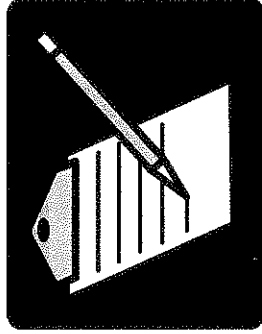
3511 NE 2nd St.
 Renton, WA 98056
 206.296.3830
metrokc.gov/prepare

This brochure is available in alternate formats upon request.

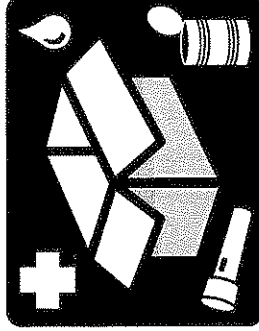
After a disaster, the long distance lines are more reliable than local lines. Ask a friend or relative who lives out of Washington State to be your "family contact". After a disaster, your family contact becomes a relay point to share information with all household members. Your plan depends on everyone knowing your contact's phone number.

 Your Name _____
 Your Address _____
 home phone: (_____) _____
 work phone: (_____) _____
 Out of Area Family Contact: _____
 (_____) _____ (day)
 (_____) _____ (eve)
 E-Mail _____

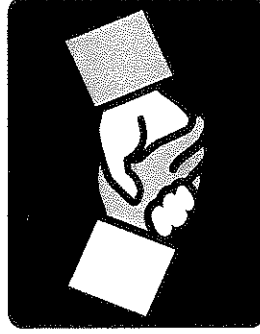
3 DAYS, 3 WAYS



**Make
 a Plan**



**Build
 a Kit**



**Get
 Involved**

Are You Ready?



Office of Emergency Management