

Red Cross Disaster Preparedness Handbook For Seniors By Seniors @ [Arrowhead Gardens](#)

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FOR SENIORS BY SENIORS



DISASTER PREPAREDNESS



PUGET SOUND ENERGY

The Energy To Do Great Things



**American
Red Cross**

Safe in the Sound



FEMA

Emergency Phone Numbers

Emergency services number: 911

Poison Control: 1-800-222-1222

Nearest relative(phone number/address):

Caregivers:

Neighbors:

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Out-of-Area contact:

Doctors:

Insurance agent:

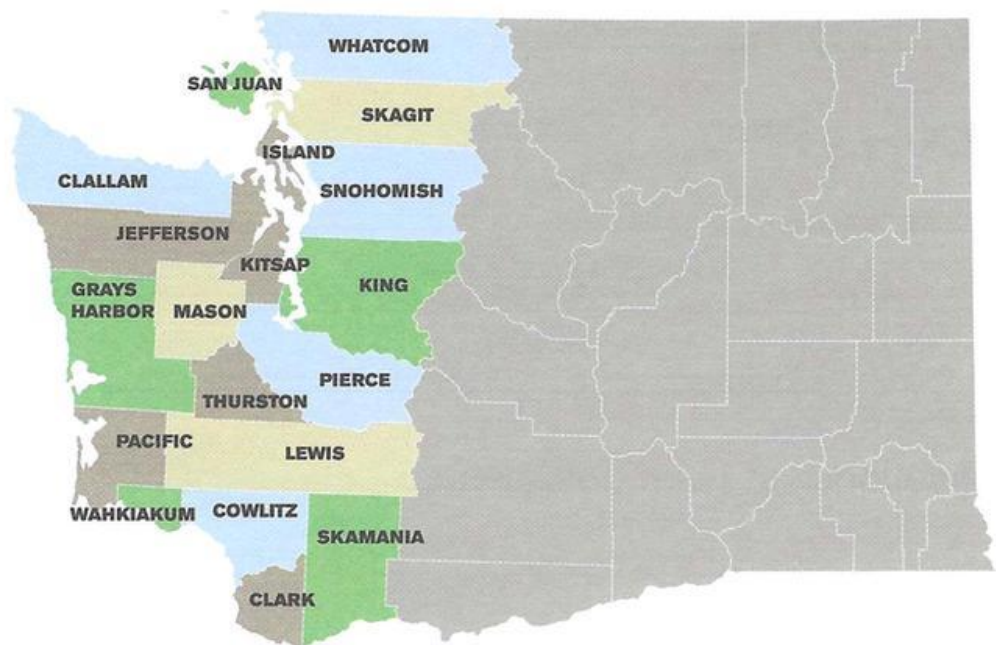
Medications list (with dosages):



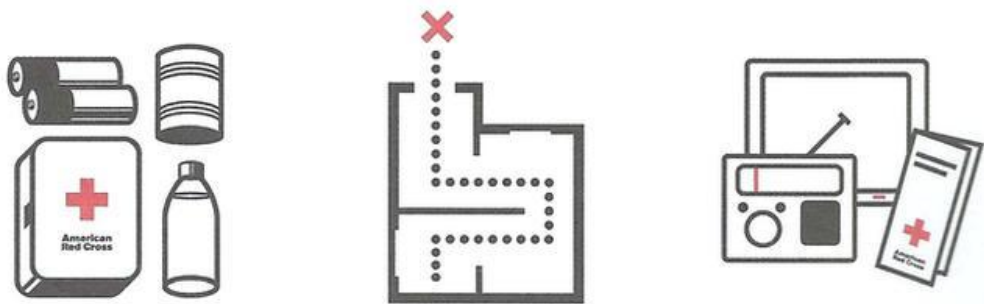
**American
Red Cross**

Safe in the Sound

“Safe in the Sound” is a Red Cross disaster preparedness initiative aimed at empowering Western Washington communities to take action and be better prepared. Join us!



Be Red Cross Ready



The Importance of Preparedness

- Disasters can strike quickly and without warning
- Self-reliance
- Take charge of your well being
- Strengthens communities
- Protects lives and property

In the Puget Sound area we are most at risk for the following disasters:

- Winter Storms
- Earthquakes
- Fires
- Flooding
- Wind Storms
- Volcanoes
- Tsunami

Which three disasters are most likely to occur in your community?

Get a Disaster Kit



Plan to have emergency supplies packed and consolidated in one place before a disaster occurs. Use daylight savings time as a reminder to review your disaster plan and check supplies. Make changes and updates as necessary.

- Check your radio and flashlight batteries
- Confirm you have an extra set of eye glasses and hearing aid batteries.
- Check expiration dates on your emergency food, water and prescription medicines
- Check your smoke alarm battery and vacuum the alarm
- Rotate and replenish items as necessary

Disaster Kit Supplies

The following materials should be stocked in dry, easy-to-access location in your home. Store smaller items in a back pack or to-go kit.

A minimum supply of 7 to 14 days is advised

- Water (1 gallon per person per day)
- Non-perishable foods
- Battery-powered radio and flashlight
- Store extra batteries in zip lock bag
- Weather related clothes and blankets
- Cash and change (suggested amount: \$100 in small bills and quarters for pay phones)
- Manual can opener
- Personal hygiene supplies
- Pets: food, water, litter, medication
- Copies of important documents such as driver's license, birth certificate, living will and home, auto, and life insurance info
- Rain poncho
- Duct tape, dust mask and gloves
- First aid kit
- Photos of family members and pets
- First Aid kit (see page 7)

First-Aid:

- Emergency supply of extra prescription medications
- List of doctors and care provider contact information
- Over-the-counter medications, medical devices and allergy relief medicine
- Extra set of prescription eyeglasses and contact lens
- Hearing-aid batteries
- Bandages, antibacterial ointment, gloves
- Items for your special needs



TIP: Ask your local fire department if they keep a list of people with special medical needs; ask to be included if they do maintain a list.

Family Disaster Plan

Use the following checklist to develop your disaster plan:

- Establish an out-of-area contact (see pg. 9)
- Arrange for someone to check on you after a major disruption such as an earthquake
- Plan and practice best escape routes from your home
- Plan for transportation if you need to evacuate
- Find the safe places in your home to survive an earthquake
- Post emergency phone numbers near the phone
- If you have a home health care service, plan or discuss ahead with the agency for emergency procedures
- Teach those who may need to assist you in an emergency how to operate necessary equipment and be certain they will be able to reach you
- Research back-up power supply options

Out-of-Area Contact

After a major disruption such as an earthquake, it is common for local cell phone lines to become jammed. Long distance calls are more likely to go through. Identify a friend or family member who lives outside of the Puget Sound area who will relay messages between you and your loved ones. Share your contact's phone number with friends and family. Call your out of area contact to report your well being and to receive messages from people trying to contact you. Avoid making local calls for at least 4 hours, unless you need to call 911.



Get Trained

Learn to save a life. Get trained in CPR, First Aid and AED usage. The American Red Cross offers certification classes, please contact your local chapter to register for a training.

Community Networking

Community networking is one of the most important aspects of your disaster preparedness plan. Whether you live in the city, a suburb, or in a rural area, talk with your neighbors and plan to work together to support each other after a disaster.

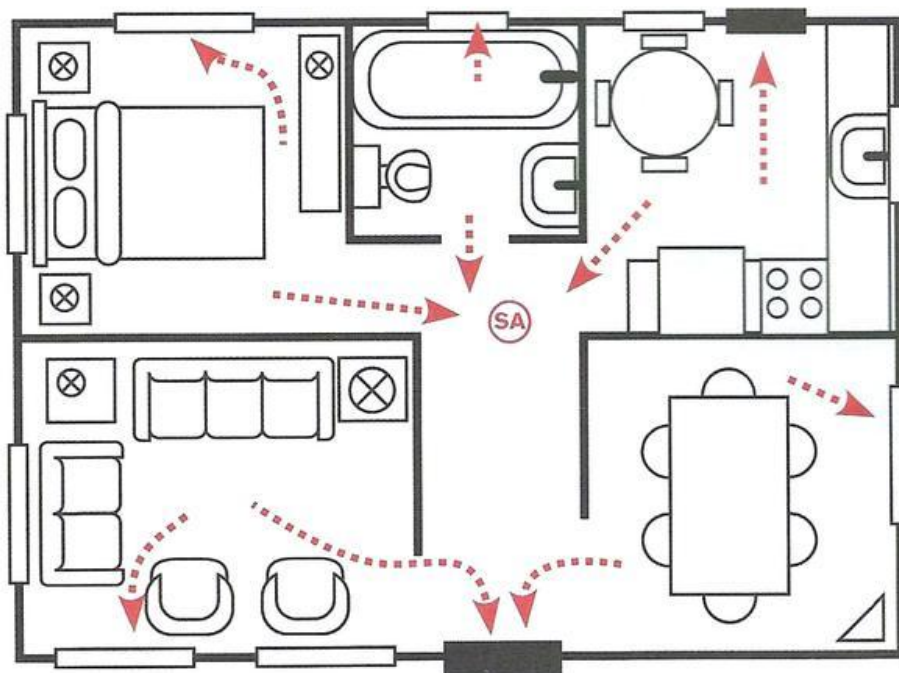
- Meet with neighbors or people living on the same floor of your building to begin networking with your community.
- Discuss possible risks that face our area and what the community can do to support each other
- Create a neighbor contact list, including any special skills or necessary equipment
- Check to see if neighbors have special needs that could inhibit their response in an emergency, such as disabilities or children home alone
- Create a utility shut-off procedure and pet care plan with neighbors in case your family is away from home
- Team work and strong communities are essential to recovering quickly from natural and man-made disasters

Residential Fires

The American Red Cross responds to a house fire every 16 hours. There are preventative measures that can be taken to improve household safety.

Your Fire Safety Plan

- Plan two escape routes out of each room
- Test the batteries in your smoke and carbon monoxide detectors every six months
- Designate two meeting places outside your home
- Learn how to use a fire extinguisher (see pg. 13)



Fire Dept. Emergency Number:

SA Smoke Alarm



MEETING PLACE

In Case of Fire

If your smoke detector ever goes off, evacuate immediately, then call 911. Never waste time dressing or collecting valuables.

- Remain calm
- Extinguish the fire if it is small (see pg. 13)
- If able, drop to the floor and crawl. The majority of fire fatalities are due to breathing toxic fumes and smoke.
- Feel any door before you open it with the back of hand. If it is hot, try your second exit.
- If wheelchair bound or unable to get out, an area of refuge needs to be found, which would be an enclosed room with a closed door, a window and a telephone. Use the telephone to alert emergency officials of your location.
- If your clothes catch on fire, stop, drop and roll to suffocate the fire. Do not stop rolling until the flames have gone out.
- Call 9-1-1

Remember: Get out and stay out.

How to Use a Fire Extinguisher

Remember: P.A.S.S.

Pull the pin

Aim at the base of the fire

Squeeze the handle

Sweep from side to side



Purchase an A-B-C rated fire extinguisher and teach all responsible family members how to use it.

Remember, most household extinguishers are designed to put out very small fires only; trying to put out large fires can be dangerous.

When using a fire extinguisher, stand back 10 feet and keep your back to an exit.

Check your fire extinguisher monthly and have it serviced by a professional annually.

If an Earthquake Takes Place:



Remember: #1 Priority is Life Safety

Take injury preventative measures:

- Drop, cover and hold
- If wheelchair bound, lock wheels and cover head with any object (book, pillow)
- If sleeping in bed, cover head with pillow until the shaking stops.

When ground stops moving:

- Check for injuries and grab disaster kit
- If in a tsunami hazard zone, move to higher ground.
- Call out-of-area contact
- Initiate Personal Disaster Plan
- Listen to portable radio for information
- If you smell gas shut off your gas utility, evacuate the building and call 911.

Notification of Emergency

Sign-up online for alert systems that will email or text you on road closures, weather, major transit disruptions and incident response:

1. Regional Public Information Network (RPIN): **www.rpin.org**
2. Alerts by State: **mystateusa.net**
3. Contact your local emergency management officials to be aware of local notification systems.

Other methods of emergency notification:

- Cell phones, text messaging
- Television
- Radio (NOAA Weather Radio)

Your local emergency alert stations?



Shelter-in-Place

This phrase refers to when local authorities advise residents to shelter indoors due to the release of chemical or radiological contaminants into the environment, which would make it dangerous to remain outdoors.

If Authorities Advise Shelter-in-Place:

- Close all windows in your home
- Bring disaster kit into chosen area
- Turn off all fans, heating and air conditioning systems
- Close fireplace damper
- If available and able, go to an aboveground room with the fewest windows and doors
- If able, wet towels and jam them in the crack under doors. Place tape around doors, windows, exhaust fans or vents. Use plastic garbage bags to cover windows, outlets and heat registers
- Remain in room and listen to the radio for further instructions

If Told to Evacuate:

- Coordinate with your home care provider for evacuation procedures
- If possible, try to car pool
- Wear weather appropriate clothing and sturdy shoes
- Bring disaster kit
- Lock home
- Only use travel routes specified by local officials
- Bring pets with you, if you can, unless you are going to a Red Cross shelter

American Red Cross Shelters Provide:

- Food
- Temporary shelter
- Basic First Aid
- Recovery assistance available based on need (groceries, new clothes, etc.) after natural and man-made disasters.
- Only service animals are allowed in Red Cross shelters. Contact your veterinarian or the Humane Society for more information about disaster sheltering for pets.

Tsunami Preparedness:

- Find out if your home is in a hazard area.
- Know the height of your street above sea level and the distance to the coast.
- Plan evacuation routes from your home and other places you could be where tsunamis present a risk. If possible, pick areas 100 feet above sea level or go as far as 2 miles inland, away from the coastline. If you cannot get this high or far, go as high or far as you can. Every foot inland or upward may make a difference. You should be able to reach your safe location on foot within 15 minutes.
- Practice your evacuation routes. Familiarity may save your life. Be able to follow your escape route at night and during inclement weather. If you use public transportation, find out what their preparedness plans are.



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Safe in the Sound

If you are interested in scheduling a free disaster preparedness training for your community group, civic organization, or faith group, please contact your nearest chapter.

King, Kitsap & North Mason Counties Chapter

Seattle 206-323-2345 / Bremerton 360-377-3761

Snohomish County Chapter 425-252-4103

Mt. Baker Chapter 360-733-3290

Mt. Rainier Chapter 253-474-0400

Olympic Peninsula Chapter 360-457-7933

Islands Chapter 360-293-2911

Visit us online at **safeinthesound.org**

Click "Contact Us" to find your Red Cross Chapter.