This book was developed by a steering committee of emergency preparedness public educators in King County, Washington representing the following agencies:

- American Red Cross Serving King & Kitsap Counties
- City of Bellevue Office of Emergency Management
- City of Federal Way Office of Emergency Management
- City of Kent Office of Emergency Management
- City of Seattle Office of Emergency Management
- City of Shoreline Office of Emergency Management
- King County Office of Emergency Management
- Public Health – Seattle & King County
- Puget Sound Energy

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In the Puget Sound area, the power goes out a lot because of weather, trees... and blunders.

When the power goes out in your home, stay warm with lots of clothes and blankets.

When you don’t have electricity, use flashlights. Flashlights are safer than candles.

Do you smell something burning?

If power lines fall down, stay far away.

If you smell something burning, never bring a gas or charcoal grill inside for cooking or heat. A gas you can’t smell, a gas you can’t see, and it will be an emergency!

Listen to the news to find out if your city has places to go to stay warm.

The community center is open as a warming shelter.

Or find a warm place to hang out. Talk to your family about going to a friend’s home if they have power...

Or a library, mall, or other place with heat.

When you don’t have electricity, use flashlights.

Lighting one of these inside creates gas that can poison you.

Nice digs.

When in the puget sound area, the power goes out a lot because of weather, trees...
A FUNKY TREAT IS NOT SAFE TO EAT!

FOOD IN THE FRIDGE CAN TURN FUNKY WHEN THE POWER IS OUT.

TOSS FOOD IF IT'S NOT COLD.

WHEN IN DOUBT, TOSS IT OUT!

AND WE'RE OK BECAUSE WE'RE...

A FUNKY TREAT IS NOT SAFE TO EAT!

HEY THE POWER IS BACK ON!

FASCINATING!

CRASH!

READY FREDDIE!!!

EARTQUAKE!
ARE YOU READY TO RUMBLE?

EARTHQUAKES HAVE HAPPENED BEFORE IN WESTERN WASHINGTON, SO IT'S GOOD TO BE READY.

IN AN EARTHQUAKE, THE GROUND MOVES, AND THAT CAN MAKE THE WALLS SHAKE.

WHAT WOULD HAPPEN IF THE WALL'S SHOOK?

FASCINATING!

SOUP
MAYO
Get under a table and hang on to the table leg.

Plan ahead: ask a grown-up to bolt this to the wall.

Drop, cover, and hold!

Plan ahead: ask a grown-up to bolt this to the wall.

That way, you can move with the table.

In an earthquake, windows and mirrors can break.

What if I stepped out of bed with no shoes?

I don’t wear shoes.

You should start.

Plan ahead: put shoes under your bed so you can grab them easily.
If you’re outside when an earthquake happens, what should you do?

Get away from trees, buildings, power lines, and street lights.

Cover your head in case stuff falls.

After an earthquake, we might have to wait a while for our parents to pick us up.

An earthquake could happen while you’re at school or an after-school program.

Would your parents or other caregivers know how to pick you up from school or who to contact?

Maybe it’s time for your family to... especially if a lot of stuff falls on the roads.
MAKE A PLAN!

FIND OUT WHAT YOUR SCHOOL WILL DO IN EMERGENCIES.

DECIDE WHO TO CALL IF AN EMERGENCY HAPPENS

MOM! DON'T FORGET TO ASK WHO TO CALL IF THERE'S A DISASTER!

THIS CARD HAS PHONE NUMBERS TO CALL. PUT IT IN YOUR BACKPACK.

FILL IN THE INFORMATION YOU WILL NEED IN AN EMERGENCY. DRAW PICTURES OF WHO YOU WILL CALL.

EMERGENCY CONTACT INFORMATION

MY PHONE NUMBER:

________________________

MY ADDRESS:

________________________

PHONE NUMBERS OF PEOPLE IN MY FAMILY:

________________________

________________________

________________________
MAKE A KIT!

PUT TOGETHER STUFF YOU’LL NEED IN AN EMERGENCY.

REMEMBER, WE NEED ENOUGH FOOD AND WATER FOR AT LEAST 3 DAYS.

YEAH! AND BE SURE TO PACK A CAN-OPENER!

DON’T FORGET FOOD FOR YOUR PET!

CAN YOU HELP READY AND FREDDIE FIND THE THINGS ON THIS LIST?

PEANUTS

DON’T FORGET DOG FOOD

WATER

WATER

FOOD

CLOTHES

FLASHLIGHT

RADIO

FIRST AID

PET FOOD

TOOTHBRUSH

CAN OPENER

BATTERIES
AND NOW, FOR THE BIG FINISH.

Are you READY FREDDIE??!!!

Make yourself a plan and build yourself a kit, And if disaster comes you will be ready for it!

THANK YOU, AND GOODNIGHT.
PARENTS AND CAREGIVERS,
HERE ARE SOME SIMPLE TIPS FOR YOUR FAMILY TO BECOME
READY FREDDIE!

MAKE AN EMERGENCY PLAN.
1. Learn what hazards can cause disasters where you live at 3days3ways.org
   Determine your family's needs and how you can survive these hazards. Consider the special
   needs of others, such as the elderly or persons with disabilities, in your planning.
2. Develop and practice a communications plan. How will you contact each other if a disaster
   happens? Would you know what to do if phone lines shut down? Have an out-of-state contact
   for family members to call if local lines don’t work.
3. Develop and practice an evacuation plan should you need to leave home. Be ready to follow
   evacuation requests and orders issued by local officials.

BUILD AN EMERGENCY KIT.
This is a list of basic items for your kit. Add more when you can.

- Water (1 gallon per person per day)
- Nonperishable food (3-5 days of food per person)
- Clothes (1 change of clothes and footwear per person)
- Medications (3 days worth)
- Flashlight and batteries
- Manual can opener
- Battery powered radio and batteries
- Hygiene items (soap, toilet paper, toothbrush)
- First aid (bandages, antiseptic, nonprescription medicine)
- Blanket
- Special needs items such as extra eyeglasses, charged batteries
  for wheelchairs and hearing aids, pet food, diapers

GET INVOLVED.
For more information about getting ready for emergencies:

King County Partners in Emergency Preparedness - 3Days3ways.org
American Red Cross Serving Kitsap & King Counties - seattleredcross.org
Federal Emergency Management Agency - fema.gov