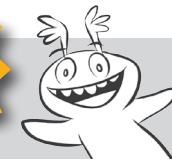




What to do to Make it Through

KEEP THIS SECTION AS A RESOURCE IN YOUR HOME SO YOU KNOW HOW TO MAKE IT THROUGH



Catastrophes can happen at any time. Preparing for at least three days will help you make it through many of the disasters you'll face in the Puget Sound region—including major storms and even small earthquakes.

However, to make it through a major catastrophe—like Hurricane Katrina or the earthquake and tsunami in Japan—you'll need to be prepared for a longer period of time—at least seven to ten days.

Local agencies across Puget Sound have teamed up with Newspapers In Education to share information and encourage residents to prepare for catastrophic events. For details on preparing for catastrophic events, go to www.makeitthrough.org.



MAKE A PLAN

Plan for People, Pets and Property

Consider the types of disruptions that occur in a catastrophe. The power may be out, water lines or gas lines may break, stores may be inaccessible or out of supplies and roadways may not be available. Planning now will reduce the impact of these disruptions on you and your household.

Write a to-do list to identify things you would need to have or actions you would need to take to minimize these disruptions. Include any special needs for your family, such as medical needs and pet care. Make sure to identify what to do if a catastrophe occurs while you're at home, work or at school.

Make a Family Emergency and Communication Plan

If you are separated from your family during a catastrophe, making a family communication plan ahead of time will help you reach your family much faster. Identify a place where you could meet your family, in case transportation routes are damaged and you can't get home.

Ask your family to talk with your school to learn about their preparedness plan, procedures and supplies.

There are several online tools now available that can help you reunite with your family and loved ones after a catastrophe.

Go to makeitthrough.org and look for me, Ready Freddie! Enter your drawing in our SCHOOL DRAWING CONTEST.



These include social media channels, Google Person Finder and the American Red Cross "Safe and Well" registry.

After a catastrophe, it can also be much easier to reach someone out of your area. Your out-of-area contact can communicate with you about the location of other family members impacted by the catastrophe. Before a catastrophe strikes, know your out-of-area phone contact:

- Identify an out-of-area friend or relative and name them as your emergency contact.
- Create and print a contact phone card now.
- Make copies of your new contact phone card for every person in your family to carry at all times.
- Post emergency phone numbers and your out-of-area contact phone card by your home phone.
- Cell phones may not be able to make calls; however, the text message capability often works. It will likely take extra time to connect and will use up your battery, so have a plan for recharging if the power is out!

Make it Through Contact Card

OUT OF AREA CONTACT PERSON		Disaster meeting place (if I cannot return home):
Name	TIP You may be able to send a text to your loved ones from your cell phone. Keep these messages short.	Meeting place in case of house fire:
Landline		In case of local emergency, contact:
Cell phone		Name
		Phone

makeitthrough.org

Find your very own Make it Through Contact Card at www.makeitthrough.org.

Review and Practice

If a catastrophe strikes tomorrow, will you and your family know what to do? Don't forget to review and practice your emergency plans. Review key topics such as:

- Key phone numbers and how to get in touch with your designated out-of-area contact
- Locations and contents of supply kits
- How and when to call 911
- How and when to turn off utilities
- Alternate transportation routes to and from home and key destinations
- Where to meet up with your family, if you can't get home
- How to help family, friends or neighbors who may need assistance or have special needs

