



What to do to Make it Through

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



Being prepared isn't only about identifying an emergency contact and storing food and water. It's also about learning how to help each other.

Get Involved

Neighbors planning together

Many communities offer preparedness programs designed to help neighbors plan together to better help each other during times of emergency. Programs may be advertised as "Map Your Neighborhood" (MYN) or simply "Neighborhood Emergency Team" (NET.) Here are some local programs offered:

- PC-NET: Pierce County Neighborhood Emergency Teams
- KPREP: Kitsap Practices Responsible Emergency Preparedness
- SPAN: Bellevue's Strengthening Preparedness Among Neighbors
- SNAP: Seattle Neighborhoods Actively Prepare

The concept of neighborhood programs is simple. Get to know your neighbors, choose a place to meet after a disaster and make a plan to check on one another and to offer help where it's needed. Many neighborhood emergency groups also participate in Block Watch programs through their local police departments.

Contact your local office of emergency management to learn more about neighborhood programs in your area, or visit www.makeitthrough.org/local-agencies/.

Learn how to reduce hazards and help others

Identify ways to minimize impacts if a catastrophe happens. For instance, how and when to control utilities, such as electricity and natural gas.

See a video about how to control natural gas at www.http://pse.com/safety/NaturalGasSafety/Pages/Gas-Shut-Off.aspx.

Spread the word

Tell your friends, family and co-workers about www.MakeitThrough.org so they can get prepared.

We'd also like to hear from you. Tell us your story about surviving a catastrophe or getting prepared at www.makeitthrough.org/my-story/.

Learn more at www.MakeitThrough.org.

HELP EACH OTHER



Work Together

No matter how much you and others plan, something may happen that you don't expect and don't have the tools to deal with on your own. After a catastrophe, connecting with others

to share information, identifying those who need help, providing first aid and pooling resources will increase your abilities to make it through until emergency services are available.

You can become even more prepared to help yourself and others by participating in a training course or getting involved in a volunteer organization.

Participate in a Training Course

First Aid and Cardiopulmonary Resuscitation (CPR)

Skills learned in a basic first aid or CPR class can be useful even if a catastrophe doesn't happen. This training is valuable in many situations and age-appropriate classes are often available. Many cities, non-profit organizations such as the Red Cross and local fire departments offer basic first aid or CPR courses. Additionally, some employers also offer access to training. To find opportunities for a Red Cross training course near you, visit www.redcross.org for a full list.

Community Emergency Response Team (CERT)

CERT is a nationally recognized program offered in many communities throughout the country. CERT graduates provide an important resource to the community following large scale emergencies.

Through CERT, participants learn skills in the following areas:

- Emergency preparedness and hazard identification
- Fire safety and suppression
- Disaster medical operations including lifesaving first aid
- Light search and rescue
- Team organization
- Disaster psychology
- To learn more about CERT, check out CitizenCorps at www.ready.gov/citizen-corps.

