

Be Prepared For Emergencies

Tips for caring for yourself and your loved ones

Emergencies can happen anywhere, anytime. Have a plan and supplies to care for yourself and your family. Have an emergency kit that you can use at home or quickly take with you in a bag or pack.



EMERGENCY SUPPLY LIST

Plan for at least three days of basic supplies, and up to two weeks of medically-related supplies. Items to include in your emergency kit:

- Directions on how to medically care for yourself or another household member
- Medications and medical equipment, plus copies of prescriptions
- Food and water
- Written contact list with phone numbers and addresses for family, support network, caregivers, coordinators, doctors, equipment providers, pharmacies, etc.
- Photo identification and important papers (insurance, banking, etc.)
- Cash
- A charged cell phone & charger, flashlight, radio plus extra batteries
- Layered clothing, extra blankets
- Supplies for pets or service animals – food, water, leashes, carriers, and veterinary records

List YOUR additional specific needs:

- _____
- _____
- _____
- _____
- _____



What to do during an emergency or disaster

STAY HOME

If you can care for yourself or your loved one and have the supplies to do so safely.

Keep informed by listening to the news. If you are concerned or frightened, check in with a neighbor, friend, or relative.

GO TO THE DOCTOR OR A CLINIC

If you have non-life threatening conditions or needs.

For example: ear infections; low fever, mild flu or cold symptoms; minor rashes or cuts; minor injuries.

CALL 911 OR GO TO THE HOSPITAL

If you are in severe pain or have a medical condition endangering your life.

For example: suspected heart attack, suspected stroke, broken bones, severe cuts or open wounds.

EVACUATE

If you are told to evacuate by local officials go to a shelter or have a plan for going to another safe location out of the area.

In an emergency, listen to local radio and television, or call 211. For more information call Spokane County Emergency Management (509) 477-2204 or Spokane Regional Health District (509) 324-1500. To learn more about personal preparedness – www.srhd.org/topics/preparedness.asp



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