

DISASTER RESOURCE BOOK



Seattle Office of Emergency Management
206-233-7123

www.seattle.gov/emergency

Check yourself, your family and your home

- Check yourself and your family members for injuries.
- Take care of your house by:
 - Putting out small fires using a portable fire extinguisher.
 - Turning off your natural gas at the valve outside the house, **only if you smell natural gas, hear or see a problem, or if you suspect a leak.**
 - Turn off your water at the main house valve and, if necessary, your electricity at the main electrical panel.
- Dress for safety and go to your meeting site:
 - Wear comfortable clothing, hardhat, safety glasses, gloves, sturdy shoes.
 - Bring a flashlight and your first aid kit.
 - Put your fire extinguisher at the end of the driveway for others to use if necessary.



Medical Information

Doctor: _____ Telephone: _____

Insurance: _____

Allergies: _____

Medical needs: _____



Out of Area Contacts

Name: _____

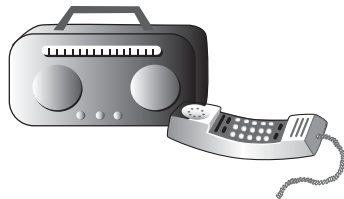
Telephone: _____ e-mail _____

Name: _____

Telephone: _____ e-mail _____

Name: _____

Telephone: _____ e-mail _____



RESOURCE BOOK

Place your favorite quotes & words of inspiration here.

RESOURCE BOOK

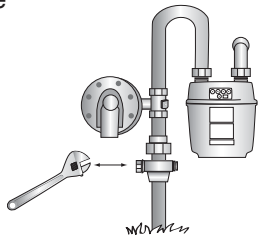
Place your photos here.

Things to remember.

- Tune in to the radio for up to date information.
- How to use a Fire Extinguisher:
 - P**ull the pin.
 - A**im at base of fire
 - S**queeze handle
 - S**weep from side to side



- How and when to turn off gas: **If an emergency arises and you don't smell or hear gas escaping, you don't need to shut off gas service.** But if you do smell or hear gas: locate the meter shut-off valve. It's usually the first fitting on the gas supply pipe coming out of the ground near your meter.



Use a long-handled wrench to give the valve one-quarter turn in either direction so that the lever is crosswise to the pipe. **Once the gas is off, leave it off.** Contact Puget Sound Energy (or your local gas company) to inspect the system, check and re-light appliances.

- My meeting places are at: _____

Things to remember.

- Pay phones in my area: _____

- First Aid basics: Check - Call - Care
 - Secure injured area above and below joints surrounding it.
 - Control bleeding with direct pressure and elevating.
 - Keep person calm and comfortable.
 - Keep them warm to prevent shock.
 - Don't let people move injured person unless the scene is unsafe.

Place extra note pages here.



Copies of documents and identification.



Community Contacts & Resources



Around the house stuff that can be used after a disaster

- Pen, paper & markers for messaging
- Ties, tissues. tape for first aid supplies
- Garbage bags for insulation. rain gear, shelter & bathroom
- Sandwich bags for gloves
- Pound on the walls to signal for help
- Sturdy shoes
- Water
- Pillowcases to carry stuff
- WHAT ELSE ???

