

# RESOURCES

## for My Family Preparedness Plan

### 1) COMPLETED PLAN

Carry out the steps you committed to in “My Family Preparedness Plan”!

### 2) LOCAL RISKS

- Skagit CodeRED emergency alert sign up, Anacortes tsunami walking map, and posters [www.skagitcounty.net/Departments/EmergencyManagement/](http://www.skagitcounty.net/Departments/EmergencyManagement/)

### 3) KIT CHECKLISTS

“Grocery list”-style checklists:

- 72-hour Disaster Preparedness Kit [www.cityofanacortes.org/DocumentCenter/View/7169/72-Hour-Disaster-Preparedness-Kit](http://www.cityofanacortes.org/DocumentCenter/View/7169/72-Hour-Disaster-Preparedness-Kit)
- Multiple checklists, including for pets (scroll to “Disaster Kits”) <https://mil.wa.gov/publications>

Calendar-type checklists, by week or month:

- Prepare in six months, one week at a time: [www.co.thurston.wa.us/em/PA/24\\_WeekCalendar.pdf](http://www.co.thurston.wa.us/em/PA/24_WeekCalendar.pdf)
- Prepare in a year, one hour a month: <https://mil.wa.gov/personal>

### 4) PLANS AND GUIDES

- Ready.gov [www.ready.gov/make-a-plan](http://www.ready.gov/make-a-plan)
- Washington State Emergency Management Division plans, checklists, and advice for preparing [mil.wa.gov/preparedness](http://mil.wa.gov/preparedness)
- Emergency Resource Guide (48 pages) [www.skagitcounty.net/EmergencyManagement/Documents/2008Emergency\\_Resource\\_Guide.pdf](http://www.skagitcounty.net/EmergencyManagement/Documents/2008Emergency_Resource_Guide.pdf)
- Home hazard hunt (earthquake) [www.fema.gov/media-library/assets/documents/3261](http://www.fema.gov/media-library/assets/documents/3261)

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Have feedback? Contact Dennis Clark, [dennisbclark@hotmail.com](mailto:dennisbclark@hotmail.com), 206-383-8977

# My Family Preparedness Plan

## *Steps I Will Take to Prepare My Family*

### **Step 1 Make the Commitment!**

The people I am acting for are: \_\_\_\_\_  
\_\_\_\_\_. I am committed to get ready, get connected, get strong – for them!

Sign here: \_\_\_\_\_

### **Step 2 Decide on Your Disaster!**

We live in a small community on an island. The disaster I am most concerned about will shape my decisions about how to prepare. I am preparing for:

Earthquake

High winds

Winter storm

Other (be specific) \_\_\_\_\_

### **Step 3 Plan!**

Based on the disaster(s) checked above, decide on the following:

Where will you meet if you cannot get home? \_\_\_\_\_

Who is your out-of-state contact *and* how will you connect? \_\_\_\_\_  
\_\_\_\_\_

What will you do to prepare for the disaster? I will

Prepare a three-day disaster kit (minimum) *now* Date completed: \_\_\_\_\_

Conduct a home hazard hunt *now*, and Date completed: \_\_\_\_\_

Learn *now* how – and *when* – to turn off utilities including water, gas, and electricity Date completed: \_\_\_\_\_

### **Step 4 Prepare Your Kit(s)!**

- 1) Select a checklist (you will do this as you leave)
- 2) Assemble/buy everything on it that your family needs:

Kit #1: prepare a three-day kit: water, food, clothing/blankets, sturdy shoes, toiletries, radio, flashlights – due date: \_\_\_\_\_ Date completed: \_\_\_\_\_

Kit #2, Kit #3, Kit #4: prepare additional kits for work, car, two weeks at home (including sanitation) – due dates: \_\_\_\_\_ Date completed: \_\_\_\_\_

### **Step 5 Connect!**

- 1) Support your new “preparedness buddy” by reaching out at least once after today to offer support and celebrate success.

Name: \_\_\_\_\_

Contact info: \_\_\_\_\_

Date completed: \_\_\_\_\_

- 2) Between now and Halloween, talk to *at least one neighbor on your block* about what you are doing to get ready through household preparedness.

Name: \_\_\_\_\_ Date completed: \_\_\_\_\_

### **Notes:**

- 1) Disasters are survivable – with planning and preparation**
- 2) Know the risks, make a plan, prepare kits**
- 3) Disasters bring people together – get together *before* the disaster**

Want to repeat this preparedness event for your neighborhood, church, or business? Have feedback? Contact Dennis Clark, [dennisbclark@hotmail.com](mailto:dennisbclark@hotmail.com), 206-383-8977