Plan to be on your own for at least 2 weeks

- Water (1 gallon per person, per day)
- Food (non-perishable)
- Comfort/entertainment
- Medical equipment
- Glasses/eye care
- First aid kit
- Can opener
- NOAA alert radio
- Flashlight
- Personal hygiene items
- Tools
- Pet supplies
- Cash
- Toilet paper
- Medications
- Identification & important documents
- Extra batteries
- Warm clothes
- Fire extinguisher
- Sturdy shoes
- Glasses/eye care
- Comfort/entertainment

Keep at least 2 weeks of supplies in your home. Have smaller kits for work, for every family member, and pets. Have a vehicle safety kit too.
BE PREPARED

MAKE A PLAN

Determine an accessible meeting place in case you have to leave your home or work, so you can reunite your family.

LEARN ABOUT DISASTER PLANS FOR

Your work
Your children’s school
Your medical and/or transportation provider
Other places where your family spends time

Check with Thurston County Emergency Management office to:

• find out what hazards could affect your home and place of work
• sign up for emergency alerts and notifications
• identify your local emergency alert system (EAS) radio stations
• know your evacuation and alternate transportation routes

DEVELOP A COMMUNICATIONS PLAN

Write down emergency contact information
Texts are more likely to go through
Have an extra cell phone charger and batteries
An out-of-area contact can serve as a relay point for family communication

HELP EACH OTHER

Know how you’ll help people and pets who normally rely on you

Form a neighborhood group: for examples and suggestions, see Map your Neighborhood at www.co.thurston.wa.us/em
Help organizations in your neighborhood that may need support during a disaster
Attend free disaster skills workshops offered by your local emergency management office and learn basic survival skills
**ACTIONS TO TAKE DURING A QUAKE**

**DURING THE SHAKING**

1. DROP
2. COVER
3. AND HOLD ON

*If there is no table around, get lower than the other furniture.*

**THINK**

1. BENEATH
2. BESIDE
3. BETWEEN

**AFTER THE SHAKING**

**CHECK YOUR BUILDING:**

- For structural damage
- Shut off the water at the main valve
- Shut off gas **only if you:**
  - Smell natural gas
  - Hear hissing
  - See the dial spinning rapidly

**FOR MORE INFORMATION**

- Local television
- Contact Thurston County Emergency Management: 360.867.2825
- Emergency radio stations: NOAA weather radio channels
- Twitter @thurstonEM
- Facebook: facebook.com/thurstonEM
- Find us on Nextdoor: nextdoor.com