

## SENIOR INFORMATION & ASSISTANCE

Northwest Regional Council  
1650 Port Drive  
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### Planning for Winter Storms or Other Disasters

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This handout offers basic local information about emergency situations such as flooding, chemical spills, severe storms, earthquakes, power outages, and fire.

The best resource to have in an emergency situation is a radio with batteries. In Skagit County, the radio stations **KBRC (1430 AM)** **KLKI (1340 AM)** or **KAPS (660 AM)** are the primary Emergency Alert System (EAS) stations. The EAS will be activated if there is a need to issue emergency public information or instructions.

During community emergencies, the local police, fire, and medical personnel are very busy. Only dial "911" if you need emergency medical, fire or law enforcement assistance. Stay put and listen to the radio and TV unless you are in immediate danger.

#### Who to Call for Information

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##### Skagit County Emergency Management

This is the agency that coordinates community emergency responses.  
360-428-3250

##### The American Red Cross

Offers shelter, food, clothing, and other necessities during an emergency.  
360-424-5291 or 360-336-3699 (24 Hour)

##### Puget Sound Energy (PSE)

Call this number to report power outages.  
(Please do not call the local PSE number)  
1-888-225-5773

##### Flood Support Services

1-800-404-2469

##### Department of Transportation

Highway conditions information line.  
1-888-SNO (766)-INFO (4636)

**Reminder: Only call 911 for emergency medical, fire, or law enforcement assistance.**

#### Develop an Emergency Plan

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Each household should prepare a plan that includes:

1. A disaster supplies kit with food and water (see reverse side).
2. An evacuation plan.
3. Emergency telephone numbers. Determine an out-of-state number to call because sometimes long distance lines are the only ones working.

In addition, you should consider what your alternative heat source is, how to turn off your water, electricity and natural gas at their main switches, and where you will store your emergency supplies (first aid kit, fire extinguisher, and supply kit).

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## Preparing A Disaster Supplies Kit

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### Assemble a Disaster Supplies Kit Including:

- ❑ A radio with batteries.
- ❑ Flashlight and extra batteries.
- ❑ First aid kit, extra pair of eyeglasses, and prescription medications.
- ❑ Fire extinguisher.
- ❑ Emergency water supply (one gallon of water per person per day).
- ❑ Supply of non-perishable food and a manual can opener, plus any special dietary foods.
- ❑ Extra special equipment such as: wheelchair batteries, oxygen, catheters, or other items you may need.
- ❑ A change of clothing, rain gear, and sturdy shoes for each member of family.
- ❑ Blankets or sleeping bags.
- ❑ A list of family physicians and an emergency contact.
- ❑ A list of the style and serial numbers of medical devices such as pacemakers.
- ❑ Sanitary supplies (toilet paper, Kleenex, feminine hygiene products, diapers).
- ❑ Comfort items (this may be different for each person: coffee, books, playing cards).

### Prepare Emergency Shelf Foods

Prepare for the winter months now! Never leave your cupboard bare. Every cupboard should have an emergency food shelf for those times when either illness or poor weather conditions prevent you from shopping. When planning your emergency supply, include enough food for at least three days.

Canned goods are heavy. Carry home 1 or 2 items when you have a lighter grocery load. Here are some helpful tips for stocking your emergency shelf.

- Purchase foods when they are on sale.
- Buy generic brands.
- Be sure to have several items from each of the food groups.
- If your doctor has prescribed a special diet, take care in selecting foods for your emergency shelf.
- For individuals on a **low sodium** diets, rinse your canned vegetables, tuna, canned

- meats, or select products that are low sodium or without salt
- People with **diabetes** should avoid fruits canned in heavy syrups, fruit nectars and canned puddings.

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### Emergency Shelf Food Ideas

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**Water-** 1 gallon per person per day

#### Bread & Grain Group

Whole Grain Cereals- Hot or Cold  
Pasta (Noodles, Spaghetti)  
Rice and Rice Cakes  
Graham Crackers, Vanilla Wafers  
Bread Sticks, Whole Grain Crackers

#### Meat Group

Peanut Butter  
Canned Meat, Tuna  
Chili/Beef Stew, Canned Soup  
Dried Beans

#### Fruit & Vegetable Group

Canned Fruit and Juices  
Dried Fruit (Prunes, Raisins, Apricots)  
Instant Mashed Potatoes

#### Dairy Group & Other Ideas

Pudding Mix or Canned Pudding  
Ovaltine  
Instant Coffee or Tea  
Jam or Jelly  
Non-Fat Dry or Canned, Evaporated Milk

You can obtain "Emergency Preparedness Checklist" or other helpful pamphlets at:

American Red Cross  
119 S 14<sup>th</sup>  
Mount Vernon, WA 98273  
360-424-5291

American Red Cross  
2900 T Ave Suite Q  
Anacortes, WA 98221  
360-293-2911