

AGING & DISABILITY RESOURCES

Northwest Regional Council
600 Lakeway Drive, Suite 100
Bellingham, WA 98225
360-738 -2500 or 360-380-8121 www.nwrcwa.org

Planning for Winter Storms or Other Disasters

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 Whatcom county, the radio station **KGMI (790 AM)** is the primary Emergency Alert System (EAS). The EAS will be activated if there is a need to issue emergency public information or instructions. KPUG (1170 AM) will also keep listeners informed. For round-the-clock weather reports try www.wrh.noaa.gov

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

Emergency Management Incident Hotline 738-4551

This is a hotline for public information during a crisis.

Whatcom County Emergency Management 676-6681 www.co.whatcom.wa.us/dem/

This is the agency that coordinates community emergency responses.

Call 2-1-1 or 1-800-223-8145 www.voaww.org

If you are unable to locate services you need, call 211 for your local referral agency.

The American Red Cross 733-3290 <http://www.mtbredcross.org>

Offers shelter, food, clothing, and other necessities during an emergency.

Puget Sound Energy (PSE) 24 hour emergency line

Call this number to report power outages: 1-888-225-5773 www.pse.com

Department of Transportation 1-800-695-7623 or 5-1-1 www.wsdot.wa.gov

Highway conditions information line.

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

DEVELOP AN EMERGENCY PLAN

Each household should prepare a plan that includes:

1. A disaster supplies kit with food and water (see opposite 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 disaster supplies kit).

Preparing A Disaster Supplies Kit

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. Unscented bleach to purify drinking water (3 drops per gallon)
- ❑ Supply of non-perishable food and a manual can opener, plus any special dietary foods.
- ❑ 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.
- ❑ Extra special equipment such as: wheelchair batteries, oxygen, catheters, or other items you may need.
- ❑ 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. Don't forget the pets!

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.

EMERGENCY SHELF FOODS IDEAS

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

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

You can obtain "Emergency Preparedness Checklist" or other helpful pamphlets at:
American Red Cross
1112 King Street
Bellingham WA. 98225
360-733-3290