

# Disaster Supply Kit

A family disaster kit should contain the following:

- Battery powered radio
- Flashlight and extra batteries
- First aid kit and first aid manual
- Supply of prescription medications
- Credit card and cash
- Identification for each family member
- An extra set of car keys
- Matches in a waterproof container
- Signal flare
- Phone numbers of places you could go
- Special needs items (diapers, hearing aids, etc.)
- 3 gallons of water per person
- 3 day supply of non-perishable food
- 3 day supply of food and water for pets
- Pet leash
- Kitchen tools (utensils, can opener)
- Complete change of clothes
- Sleeping bag and/or a blanket per person
- Tools and other accessories
- Sanitation and other personal hygiene products
- Entertainment for kids to keep them busy: coloring books, compact games, battery operated music players, etc.



## Numbers to Know

**Lake Stevens Fire**

425.334.3034

**Lake Stevens Police**

425.334.9537

**Dept. of Emergency Management**

1.800.562.4367

**Snohomish County Sheriff's Office**

1.800.562.4367



*It is our privilege  
to serve you!*

## Lake Stevens Fire

1825 S. Lake Stevens Road  
Lake Stevens, WA 98258

Phone: 425.334.3034

Fax: 425.334.6981

[www.lsfire.org](http://www.lsfire.org)

Commissioners

Troy Elmore • Paul Gagnon • Jim Steinruck

Fire Chief Kevin K. O'Brien

April 28, 2015

Lake Stevens Fire

# Disaster Awareness



**Are You  
Prepared?**

**Be Ready!**

*Touching Lives Today ~  
Planning for Tomorrow*

# Earthquakes

## Why are earthquakes a concern for us?

Washington State is located at a convergent continental boundary, where two tectonic plates are colliding. This boundary is called the Cascadia Subduction Zone. It lies offshore and runs from Canada to northern California. The two plates are converging at a rate of 1-2 inches/year causing stress to accumulate. Earthquakes are caused by the abrupt release of this slowly accumulated stress, putting Washington at risk for earthquake-related disasters.



## In the event of an earthquake:

- Drop, cover and hold: drop to the ground, try to get as much of your body under a table or desk, cover your head and neck and hold onto the leg of the desk/table.
- If it isn't possible to get under a sturdy piece of furniture, sit against an inside wall and cover your head.

## Be earthquake safe:

- Keep beds away from windows, overhead light fixtures, wall décor, or tall/heavy furniture that can fall during an earthquake.
- If you are outside during an earthquake, stay outside. Move away from trees, power lines or tall structures that could fall on you. Crouch and cover.
- If you are in a coastal area, move to higher ground in case a tsunami occurs.
- If you are in a mountainous area, be alert of falling rocks, landslides, and other falling debris.
- If you are in a vehicle, pull over and stay there with your seatbelt fastened until shaking stops. Never stop on or under a bridge.

# Floods

## The top three causes of floods in Washington:

1. Persistent, heavy rainfall.
2. Heavy, warm rainfall that melts a snow-pack.
3. Rapid snowmelt during an extremely hot spell.



## Facts:

- Floods are the most common natural disaster in the United States. (Source: NOAA)
- Eighty percent of flood deaths occur in vehicles, and most happen when drivers try to drive through floodwater. (Source: NWS)
- Six inches of fast-moving floodwater can knock you off your feet. Just two feet of moving water will sweep away most cars and SUV's. (Source: FEMA)

## Know the difference between a flood watch and a flood warning.

A **flood watch** is issued by the National Weather Service (NWS) when flooding is possible within the next 36 hours.

A **flood warning** is issued by the NWS when flooding is occurring or will occur soon. When a warning is issued, it is necessary to take precautions. Flood warnings are issued on a county-by-county basis.

# House Fires

In 2013, there were an estimated **1,375,000** fires reported in the United States (down 1% from 2011). These fires caused 2,855 civilian deaths and \$12.4 billion in property damage.

Almost 2/3 of reported home fire deaths resulted in homes with no working smoke alarms.



# House Fires Continued

## Things to remember:

- Test your smoke alarm once a month and change the batteries once a year.
- Have a fire escape plan/meeting place outside the home and practice it!
- Smoke usually causes fatalities in a fire before the flames do. In the event of a fire, crawl low under the smoke to safety.

# Severe Winter Storms



## Wind

Be cautious around trees, power lines and anything else that can be blown over in a wind storm. Stay away from windows and remain inside until the storm subsides. Have a disaster supply kit (see back page) handy in case power is knocked out.

## Snow

Be sure to dress for the weather. Keep your head warm while outside; 50% of your body heat can be lost through your head. Protect yourself from frostbite and hypothermia. Signs of frostbite include numbness in fingers, toes, earlobes or the tip of the nose. If a person is shivering uncontrollably, has memory loss, is drowsy or exhausted, he/she may have hypothermia. Seek medical attention right away if any of these signs are present.

## Ice

To prevent falling on ice, wear shoes with traction, hold guard rails on stairs and avoid areas that are traveled less frequently than others. Only drive on roads that have been salted/sanded.

