

# **DISASTER PREPAREDNESS - 3 Days, (72 Hours) is NOT Sufficient**

**Washington State Emergency Management has adopted 14 Days as the minimum time to be prepared to be self-sufficient following a natural disaster.**

Last month, the Washington State Emergency Management Division with assistance from the Emergency Management Assistance Group, representing the various regions, cities and counties of the entire state, voted to change the disaster preparedness timeline previously at 3 days to **14 days or more**.

The national “**3 days/3 ways**” campaign is not adequate nor realistic for any area of Washington State. Natural disaster impacts from severe storm, earthquake, flooding, wildfire, tsunami and volcano create dynamics which far exceed the need for 3 days disaster preparedness for virtually every person living in Washington State.

On a yearly basis, severe storms have left communities without power for 7-14 days. The Cascadia Rising Exercise, held this past June in Washington State, immediately identified issues with transportation, evacuation, sheltering and significant time before regional response agencies and neighboring states could not only send assistance, but get it to those most in need.

The previous 3 days or more preparedness timeline would leave many citizens and families who did prepare for the minimum 3 days, vulnerable to the possible inability of disaster response agencies to provide assistance during that 72 hour period.

By setting a more realistic standard for citizens to follow, based upon previous natural disaster occurrences and projected response timelines and abilities of various groups including the National Guard and numerous response agencies in Washington and neighboring states, the hope is the new **14 days or more** standard will help citizens and their families withstand the effects of natural disasters while enduring the possibility of waiting many days for assistance.

## **Build a Preparedness Kit on a Shoestring Budget**

<https://www.youtube.com/watch?v=tSRNP8moKx0>

# DISASTER GO KIT

## **Waterproof backpack containing the following:**

- 2 Bottles of Water (minimum)
- 2 or more disposable easy-open pouches/cans of food (Tuna, peanut butter, energy bars)
- Spoon or Fork
- Matches & Fire Starter Sticks or Block
- Flashlight -plus 1 set of extra batteries
- Small AM/FM Radio
- Hooded Jacket or Sweatshirt
- **Laminated Copy** of Emergency Contact Phone Numbers and Addresses of Family and Friends in Another State (if possible)
- Pocket Sized Rain Parka
- Pocket Sized Emergency Blanket
- Small Pack of Sanitary Wipes
- Hand Sanitizer
- First Aid Kit with Band Aids, Gauze, Medical tape, antiseptic spray
- **Laminated Copy of Prescriptions**  
One (1) week supply of your prescription medication (in a waterproof container) and medical supplies (Check with your pharmacist. Exceptions can be made by insurance companies to allow you this supply)

## **GO KIT FOR PETS** (for each pet)

### **Waterproof backpack containing the following:**

- 2 Bottles of Water (minimum)
- 2 or more disposable easy-open pouches/cans of pet food
- Towel
- **Laminated Copy** of most recent pet vaccination record
- Spoon or Fork
- Pet Leash or Harness
- Pocket Sized Emergency Blanket

**Laminated Picture** of You and your Pet (Shelters may not release lost pets without positive identification)