

King County
**EMERGENCY
PREPAREDNESS**
 Guide

COMPILED BY:

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KING COUNTY COUNCILMEMBER

Emergencies in WA State



**SOUTH KING COUNTY FLOODING
2025**



**NISQUALLY EARTHQUAKE
2001**



**BOMB CYCLONE
2024**



**MOUNT ST. HELENS ERUPTION
1980**



**STATE WILDFIRE
2022**



**SEATTLE SNOWSTORM
1916**

EMERGENCY PREPAREDNESS

“By failing to prepare, you are preparing to fail.”

-BENJAMIN FRANKLIN

Dear Friends:

Emergencies can happen at any time, often without warning, and their impact can be reduced with the right preparation.

This Emergency Preparedness Guide is designed to help individuals, families, and communities take practical steps to stay safe before, during, and after a crisis. From natural disasters to unexpected disruptions, being prepared means knowing what to do, having essential supplies ready, and staying informed. By planning ahead, you can protect yourself, support others, and respond with confidence when it matters most.

Each potential emergency situation in King County is summarized; however, a more comprehensive guide along with relevant contact information can be accessed by scanning the QR code provided on each page.

With best wishes,

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King County Councilmember

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Emergency Kit

WATER FOR 7 to 10 DAYS

1 gallon per day, per person.

Prepackaged or fill clean, food-grade containers yourself. Do not use dairy containers to store water. Two-liter soda bottles work well (2 bottles = 1 gallon) as well as larger containers.

NON-PERISHABLE FOOD FOR 7 to 10 DAYS

Use foods that do not need refrigeration and use little to no water or cooking to prepare. Foods can be canned or dry. Include dry formula and baby food if needed. Pack a manual can opener.

FIRST AID KIT/SUPPLIES

Include bandages of various sizes, pain & fever reducer, medicine dropper, hand sanitizer, scissors and bandaging tape.

SHELTER ITEMS

Tarp or tent, plastic sheeting and duct tape.

ITEMS FOR WARMTH & SLEEPING

Blankets or sleeping bags. Also, one set of extra clothing, sturdy shoes, socks, coat, hat, gloves and rain poncho.

ALTERNATE LIGHTING

Flashlights with extra batteries. A few hand crank flashlights are also handy.



Emergency Kit continued

COMMUNICATION

Hand crank or battery operated radio with extra batteries (some come with a cell phone charger port).

SANITATION

Large garbage bags and ties, toilet paper, diapers, hand sanitizer/disinfectant, moist towelettes and household bleach.

PERSONAL HYGIENE

Toothpaste/brush, soap, and other personal hygiene supplies.

TOOLS

Utility knife, pry bar, axe, rope, duct tape, and an ABC fire extinguisher.

GENERAL ITEMS

Dust masks to filter the air, matches in a waterproof container, signal flare, extra cash in small denominations, extra set of car and home keys, a backpack in case you must leave home.

PERSONAL DOCUMENTS

Copies of insurance policy, birth certificates, driver's license, marriage certificate, social security cards, list of credit cards and bank accounts. You can also store important documents on a USB drive.

MEDICAL & VISION AIDS

Extra supply and list of required medications, extra eyeglasses and/or contacts, contact lens case and multipurpose solution, extra wheelchair battery or cane, and other required assistance aids.



Checklist

- ☐ **WATER FOR 7 TO 10 DAYS**
- ☐ **NON-PERISHABLE FOOD FOR 7 TO 10 DAYS**
- ☐ **FIRST AID KIT/SUPPLIES**
- ☐ **SHELTER ITEMS**
- ☐ **ITEMS FOR WARMTH AND SLEEPING**
- ☐ **ALTERNATE LIGHTING AND POWER**
- ☐ **COMMUNICATION**
- ☐ **SANITATION**
- ☐ **PERSONAL HYGIENE**
- ☐ **TOOLS**
- ☐ **GENERAL ITEMS**
- ☐ **PERSONAL DOCUMENTS**
- ☐ **MEDICAL & VISION AIDS**
- ☐ **OTHERS** _____

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FOR A DETAILED GUIDE, SCAN THE QR CODE ON EACH PAGE OR
VISIT [BIT.LY/49GPPKJ](https://bit.ly/49GPPKJ)

Avalanche



Prepare for an Avalanche

- Consult a local avalanche center – if in doubt, do not go!
- Plan your trip and pack appropriate safety equipment and supplies for current weather conditions.
- Complete a hike itinerary form and give it to friends and family so they know where you are going, what route you will be taking, and when you expect to return.
- Understand and adhere to wilderness safety tips.
- Keep an updated emergency supply kit in your vehicle.
- Keep at least a half-tank of gas in your vehicle at all times. You could be delayed for long periods of time, or have to reroute, if a pass is temporarily closed for avalanche control.



During an Avalanche

- Pay attention to and abide by posted signs and regulations.
- Stay aware of your surroundings. Learn the indicators and signs for avalanche and know what to do if you're caught in one.
- Be prepared to take emergency shelter.

Cyber Attack



Prepare

- Only connect to the Internet over secure, password-protected networks.
- Do not click on links or pop-ups, open attachments, or respond to emails from strangers.
- Do not respond to online requests for personally identifiable information such as bank account numbers, Social Security numbers, or similar data.
- Limit whom you share information with by reviewing privacy settings on your social media accounts.
- Password-protect all devices that connect to the Internet and user accounts.
- Do not use the same password twice; choose strong passwords and change your passwords on a regular basis.

During a Cyber Attack

- Check to make sure the software on your systems is up to date.
- Run a scan to make sure your system is not infected or acting suspiciously.
- If you find a problem, disconnect your device from the Internet and perform a full system restore.

At Home

- Disconnect your device(s) from the Internet.
- If you have anti-virus software installed on your computer, update the virus definitions if possible, and perform a manual scan of your entire system.
- Install all of the appropriate software patches to fix known vulnerabilities.

At Work/School

- Immediately inform someone in charge, like a manager, librarian, or teacher.
- If you have access to an IT department, contact them immediately. The sooner they can investigate and clean your computer, the less damage to your computer and other computers on the network.
- If you believe you might have revealed sensitive information about your organization, report it to the appropriate people within the organization, including network administrators.

Dam Safety/Failure



Be Ready

- Sign up for emergency notifications at ALERT King County.
- Pack an emergency supply "go" bag.
- Identify an evacuation route to higher ground from your home or business, and address any mobility challenges.
- Teach all family members how, where, and when to turn off utilities.
- Plan a meeting place outside of the hazard area.
- Learn how to prepare for flooding.

During a Flood

- Follow the directions of emergency alerts and law enforcement.
- When told to evacuate, do so immediately. Failure to evacuate creates additional safety risks for yourself and first responders.
- Take your emergency "go" bag and get your family and pets to high ground.
- Once out of the area, stay out until it is safe to return.
- Never drive or walk through flooded areas. You can be knocked off your feet by as little as six inches of moving water.

Prepare for a Flood

- Flood insurance. Your standard homeowner's insurance doesn't cover flooding. King County residents receive a 45% discount - one of the best in the country.
- Install backflow valves on wastewater pipes to prevent sewage backup.
- Keep valuables and important documents at higher elevations (second story, if possible).
- Store chemicals off the floor.
- Elevate utilities, such as the water heater, furnace, and electric panel.
- Seal cracks in your building with urethane-based caulk.
- Know where to get sandbags to stop water from entering through openings.

Drought



Prepare

- Conserve water, even before drought conditions exist.
- Install water-efficient appliances and devices.
- Landscape around your home using drought-tolerant grasses, trees, and other vegetation.
- Learn about water restrictions in your area and how to reduce water consumption in and around your home.
- Plan for the possibility of power outages during severe drought conditions.

During a Drought

- Reduce your water use.
- Take shorter showers.
- Don't let the water run while brushing teeth or shaving.
- Don't wash your car.
- Only do laundry when you have a full load.
- Forego watering your lawn or other outdoor plants. If you must water outdoors, do it in the early morning or late evening when it's cooler and less likely to evaporate.
- Be aware of water restrictions.
- As drought worsens, the chance of wildfires increases. Avoid outdoor burning, using fireworks, or activities that can cause sparks.



Earthquake



Prepare

- Find out if you live or work in a liquefaction area that may be impacted during an earthquake. While all areas within our region are susceptible to earthquake damage, liquefaction areas may be more vulnerable.
 - Pick safe places in your home where you could Drop, Cover, and Hold On during an earthquake. Safe places could be under a sturdy table or desk or against an interior wall away from windows, bookcases, or tall furniture that could fall on you. Remember to do the same at work or other places where you spend lots of time.
 - Practice Drop, Cover, and Hold On. If you physically practice, you'll have a better chance of remembering what to do during a real earthquake.
-
- Have a fire extinguisher available and know when and how to use it. Minimum recommended size: 2A:10BC.
 - Seismically safeguard your home. This could include securing items such as appliances, water heater, bookcases, framed pictures, televisions, computers, installing cabinet latches, and securing valuable/sentimental breakable items to shelves with putty.
 - If your home was built before 1977, check to see if the foundation is bolted to the frame.
 - Prepare for the possibility of aftershocks of an earthquake, including a tsunami or seiche, utility outages, and landslides.



Earthquake continued



During an Earthquake

If you are:

- Inside, stay inside - wait until the shaking stops and you are sure it is safe to exit. If you are in a multiple-story building and you must leave, wait until the shaking stops and use the stairs - do not use the elevator, which can be damaged during an earthquake.
- In bed - stay in bed and hold on, protecting your head with a pillow.
- Outdoors - find a clear spot away from buildings, trees, and power lines. Crouch down low and cover your head.
- In a vehicle - slow down and drive to a clear space away from overpasses, power lines, buildings, and trees. Stay in your vehicle, with the seatbelt fastened, until the shaking stops. Once the shaking stops, proceed with caution. Avoid bridges or ramps that may have been damaged.

After the shaking stops

- Check yourself and then others for injuries. Give first aid for serious injuries.
- Check for and extinguish small fires and eliminate any fire hazards.
- Check for gas leaks. Leave the gas on at the main valve unless you smell gas or suspect a leak; it may be weeks or months before professionals can turn the gas back on. If you smell gas or hear a blowing or hissing noise, open a window and quickly leave the building and turn off the gas at the outside main valve if you can.
- Look for electrical system damage. If you see sparks or broken or frayed wires, or if you smell hot insulation, turn off the electricity at the main fuse box or circuit breaker.
- Check for damage to sewer and water lines. If you suspect damage to sewer lines, do not use toilets. If water pipes are damaged do not use water from the tap. Contact your local utility agency to report damage.
- Inspect your home for damage. Get everyone out if your home is unsafe.
- Monitor local media or NOAA Weather Radio for information and emergency instructions.
- Use the telephone only to report life-threatening emergencies.
- Expect aftershocks.

Extreme Heat



Signs of heat exhaustion include:

- Heavy sweating, weakness, pale/clammy skin, weak pulse, fainting, vomiting.

Signs of heat stroke include:

- High body temperature (103° F or higher), hot, dry skin, rapid and strong pulse, possible unconsciousness.

Individuals who are at higher risk of heat-related illness include:

- Older adults, infants and young children, people who work or exercise outdoors, users of certain medications.
- Be watchful for the signs and symptoms of heat exhaustion and intervene quickly to prevent heat stroke.

Prevent heat-related emergencies:

- Drink lots of fluids. Carry a water bottle.
- Avoid caffeine, alcohol, and high sugar drinks.
- Never leave infants, children, or pets in a parked car, even if the windows are cracked open.
- Wear lightweight, light-colored clothing.
- Stay indoors and, if possible, in an air-conditioned place (shopping mall, library, theater, etc.).
- Protect yourself from the sun with a wide brimmed hat, sunglasses, and sunscreen.
- Limit outdoor activity to morning and evening.
- Rest often in shady areas during the day.
- Check on at-risk family, friends, and neighbors twice a day.



Wildfire Risk

It can take only a few sunny days for forests to dry out enough to catch fire. In windy conditions, wildfires can get out of control quickly. Before wildfire strikes, protect lives and property by creating a fire-adapted space around your home, shed, and business.

Fire



- Learn how to prevent fires in and around your home and office. Common causes include: cooking, smoking, heaters, candles, electrical, arson, and children playing with matches.
- Install and maintain smoke detectors on every level of your home, and near bedrooms. Most fatal fires happen at night while you are sleeping and you will not smell smoke, even if you are a light sleeper.
- Have a fire extinguisher available. Know when and how to use it.
- Know where exits are and the evacuation procedures for your home, office, and school. Plan and physically practice a home escape plan.
- Provide escape ladders for floors above ground level. Practice using them.
- Designate an outside meeting place for your family and co-workers to meet once you are out. A good place may be a safe distance from the front of your home or building.
- Make sure fire vehicles can get to your home by clearly marking all driveway entrances and displaying your address.

Wildfire Risk

- Learn about your area's wildland fire risk and how to make your home and property more fire resistant. Contact your local fire department for information on burn bans, burning regulations, and defensible space practices for making your home more fire resistant.
- Build fires away from nearby trees or bushes. Embers and firebrands can float in the air and start fires where they fall. Extinguish small fires quickly and completely using water, sand, and/or a fire extinguisher.
- Plan two escape routes out of your neighborhood and establish a meeting place for family members to reconnect.
- When a wildfire threatens and you are advised to evacuate, you won't have time to shop or search for supplies. Assemble an emergency supply kit.



Flood



Prepare for a Flood

- Learn the safest route from your home or business to higher ground.
- Make arrangements for housing in the event you need to evacuate.
- Teach all family members how, where and when to turn off utilities.
- Plan for a meeting place outside of the hazard area.
- If it has been raining hard for several hours, or raining steadily for several days, be alert to the possibility of a flood.
- Consider purchasing one or more pumps to use to remove water in and around your home during heavy rains or flooding.
- Prepare for utility outages which often accompany floods.
- Review your flood insurance policies for structure and contents coverage. Contact your insurance representative or visit [Floodsmart.gov](https://www.floodsmart.gov).

After a Flood

- Do not turn electricity back on if you smell gas or if the electric system has been flooded.
- Wear sturdy work boots and gloves.
- Do not handle electrical equipment in wet areas.
- Use flashlights (not lanterns, candles, or matches) to check buildings containing natural gas, propane, or gasoline.
- Follow directions from local officials regarding the safety of drinking water.
- Clean and disinfect everything that was touched by floodwaters and throw out any food that was touched by floodwater or was affected by power outages.



During a Flood

- Monitor local media or NOAA Weather Radio for information and emergency instructions.
- Have your emergency supply kit ready to go if told to evacuate.
- If told to evacuate, do so as soon as possible. Delaying or refusing to evacuate can jeopardize the safety of you as well as emergency responders.
- Move to higher ground away from rivers, streams, creeks and storm drains.
- Do not drive around barricades - they are there for your safety.
- Never drive through a flooded area. Most cars can be carried away by less than two feet of moving water.
- Do not walk or wade through flood waters. You can be knocked off your feet by as little as six inches of moving water.

Hazardous Materials

Home



Take the following precautions to prevent home accidents:

- Buy only as many chemicals as you think are needed.
- Keep products containing hazardous materials in their original containers and never remove the labels unless the container is corroding. Corroding containers should be repackaged and clearly labeled. Never store hazardous products in food containers.
- Follow the manufacturer's instructions for the proper use of household chemicals.
- Never mix household hazardous chemicals or waste with other products. Incompatibles, such as chlorine bleach and ammonia, may react, ignite, or explode.
- Never smoke while using household chemicals.
- Never use hair spray, cleaning solutions, paint products, or pesticides near an open flame such as a pilot light, lighted candle, fireplace, or wood burning stove. Although you may not be able to see or smell them, vapors in the air could catch fire or explode.
- Clean up any chemical spill immediately. Wear gloves and eye protection.
- Dispose of hazardous materials correctly. Take household hazardous waste to a local collection program. Check with your county or state environmental or solid waste agency to learn if there is a household hazardous waste collection program in your area.
- Keep all medicines, cosmetics, cleaning products, and other household chemicals out of sight and out of reach of children and use child-resistant packaging. Replace the caps tightly after using the product.
- Learn to recognize the symptoms of toxic poisoning, which may include:
 - Difficulty breathing, irritation of the eyes, skin, throat or respiratory tract, changes in skin color, headache or blurred vision, dizziness.
 - Clumsiness or lack of coordination.
 - Cramps or diarrhea.



Hazardous Materials



Major

- You will be notified about the emergency by authorities, either directly and/or through the Emergency Alert System (EAS) or other methods. Listen carefully to local media or NOAA Weather Radio for information. You should receive information on the type of hazard, area affected, how to protect yourself, evacuation routes (if necessary), shelter locations, type and location of medical facilities, and phone numbers you need to call if you need extra help.
- Do not call 9-1-1 for information. Dial 9-1-1 only for a possible life-threatening emergency.
- Always evacuate if told to do so. Bring your emergency supply kit.
- If caught outside, stay away from the accident site. Stay upstream, uphill, and upwind. In general, try to go at least one-half mile (usually eight to ten city blocks) from the danger area. Do not walk into or touch any spilled liquids, airborne mists, or condensed solid chemical deposits.
- If advised by emergency officials to stay indoors, shelter in place.
 - Close and lock all exterior doors and windows. Close vents, fireplace dampers, and as many interior doors as possible.
 - Turn off air conditioners and ventilation systems. In large buildings, set ventilation system to 100 percent recirculation so that no outside air is drawn into the building. If this is not possible, ventilation systems should be turned off.
 - Go into a predetermined shelter room. This room should be above ground and have the fewest openings to the outside.
 - If you have the materials, seal the room by covering each window, door, and vent using plastic sheeting and duct tape.
 - Use material to fill cracks and holes in the room, such as those around pipes.
- Act quickly if you have been exposed to hazardous chemicals.
 - Follow decontamination instructions from local authorities. You may be advised to take a thorough shower, or to stay away from water and follow another procedure.
 - Seek medical treatment for unusual symptoms as soon as possible.
 - Place exposed clothing and shoes in tightly sealed containers. Do not allow them to contact other materials. Call local authorities to find out proper cleaning or disposal methods.
 - Advise everyone who comes into contact with you that you have been exposed to a toxic substance.
- If evacuated, return only when authorities say it is safe. Open windows and vents and turn on fans to provide ventilation.
- Report any lingering vapors or other hazards to your local authorities.

Hurricane



Plan to Evacuate

- If advised to evacuate, do so immediately and go to a safe place.
- Know where you will go, how you will get there, and where you will stay.
- Plan well in advance if you will need help leaving/use public transportation.
- Mobile/manufactured/trailer homes and recreational vehicles (RVs) cannot provide safe shelter from tropical-storm or hurricane-force winds.

Plan to Shelter Safely

- Be ready to live without power, water, gas, phone, and internet.
- Practice going to a designated safe shelter for high winds. The next best protection is a small, interior, windowless room in a sturdy building on the lowest level that is not likely to flood.
- If you are in an area that is likely to flood, designate a location on higher ground that you can move to before floodwaters reach you.

Prepare for Wind

- Secure items outside, such as lawn furniture and trash cans, that could be picked up by high winds and hurt someone.
- Anchor objects that would be unsafe to bring inside, such as gas grills and propane tanks.
- Trim or remove trees close enough to fall on your home.
- Review insurance policies.
- Protect windows with permanent storm shutters or pre-cut plywood.

Prepare for Flooding

- Clean out drains, gutters and downspouts.
- Stockpile protective materials such as plastic sheeting and sandbags.
- Consider installing a sump pump with battery backup.
- Consider elevating the heating system, water heater, and electric panel



Evacuating

- If local authorities advise you to evacuate, go right away.
- Bring your Go Kit.
- Follow evacuation routes and do not try to take shortcuts.
- Check with local officials for shelter locations.

Staying at Home

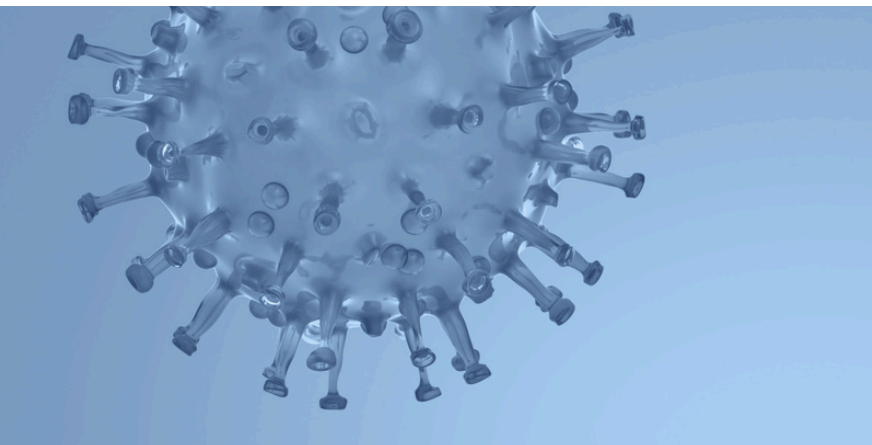
- Take shelter in a designated storm shelter or an interior room for high winds.
- Stay away from glass windows and doors.
- Move to higher ground before flooding begins.

Infectious Disease



COVID-19

- A new coronavirus emerged in late 2019 and was quickly dubbed COVID-19. Coronaviruses are a large family of viruses. They usually cause mild respiratory illnesses such as the common cold. There have been coronaviruses that have caused more severe illness, such as Severe Acute Respiratory Syndrome (SARS) and Middle East Respiratory Syndrome (MERS). COVID-19 is a new coronavirus that had not been seen in humans prior to December 2019.
- As with any newly emerging infectious disease, knowledge evolves with time. Early on, it is difficult to know the source of the disease, the ways in which it spreads and how effectively it spreads from person to person, and the spectrum of illness - how severe the infection is.



Home with Flu

Stay home when you've got the flu. Be prepared to keep your children and teens home if they get sick.

Pandemic Flu

- A pandemic flu is a new influenza virus that is much more severe than those experienced in a typical flu season. Unlike a typical flu strain, humans would have no or little natural resistance to the new virus.
- During the last century, four influenza pandemics occurred that spread worldwide within a year. Of these, the flu pandemic of 1918 was the most severe. It caused more than 500,000 deaths in the United States and more than 40 million deaths around the world. The H1N1 pandemic of 2009-2010 was far less severe. But it is estimated to have caused more than 12,000 deaths in the United States, according to the Centers for Disease Control and Prevention (CDC).

Landslide



Prepare for a Landslide

- Get a ground assessment of your property. Your city or county geologist or planning department may have specific information on areas vulnerable to landslides.
- Seek advice of geotechnical experts for evaluating landslide hazards or designing corrective techniques to reduce landslide risk.
- Plant ground cover on slopes to stabilize the land and build retaining walls.
- Plan at least two evacuation routes since roads may become blocked or closed.
- Make arrangements for housing in the event you need to evacuate your home.
- Plan for earthquakes and severe storms that can trigger a landslide.



Recognize the Landslide Warning Signs

- Doors or windows stick or jam for the first time.
 - New cracks appear in plaster, tile, brick or foundation.
 - Outside walls, walks, or stairs begin pulling away from the building.
 - Slowly developing, widening cracks appear on the ground or on paved areas such as streets or driveways.
 - Underground utility lines break.
 - Bulging ground appears at the base of a slope.
- Water breaks through the ground surface in new locations.
 - Fences, retaining walls, utility poles, or trees tilt or move.
 - You hear a faint rumbling sound that increases in volume as the landslide nears. The ground slopes downward in one specific direction and may begin shifting that direction under your feet.
 - Sinkholes - a sinkhole occurs when groundwater dissolves a vulnerable land surface, such as limestone, causing the land surface to collapse from a lack of support.

Landslide continued



During a Landslide

- If inside a building, stay inside. Take cover under a desk, table, or other piece of sturdy furniture.
- If outdoors:
 - Try to get out of the path of the landslide or mudflow.
 - Run to the nearest high ground in a direction away from the path.
 - If rocks and other debris are approaching, run for the nearest shelter such as a group of trees or a building.
 - If escape is not possible, curl into a tight ball and protect your head.
- Remember that flooding may occur after a mudflow or landslide.
- Stay away from the slide area. There may be danger of additional slides.
- Once it is safe, check for injured and trapped persons near the slide area. Remember to help neighbors who may require special assistance.
- Listen to local media or NOAA Weather Radio for current information.
- Check for damaged utility lines. Report any damage to your utility company.
- Check the building foundation, chimney, and surrounding land for damage.



Radiation Exposure



Prepare

- Be prepared to evacuate with your emergency supplies kit or shelter-in-place in your home.
- Make a list of existing or potential shelters near your home, workplace, and school (basements or windowless areas).
- Be observant and report suspicious activities to law enforcement.

During an Exposure

- If inside, stay inside. If directed to do so, shelter-in-place unless instructed by authorities to leave. Close windows and doors, turn off air conditioners, heaters and other ventilation systems. Stay near the center of the building, preferably an interior room. If there is a basement, go there. Once the initial blast is over, radioactive materials can be spread in smoke and debris in the air. By staying inside, you reduce any potential exposure to airborne radioactive material.
- If you are warned of a radiation release inside, cover your nose and mouth and go outside immediately. Look for a building or other shelter that has not been damaged and quickly get inside.
- If you are outside, seek immediate shelter indoors in the nearest undamaged building. If an appropriate shelter is not available, move as rapidly as is safe upwind and away from the location of the explosive blast. Then seek appropriate shelter as soon as possible.
- Remember - to limit the amount of radiation you are exposed to, think about shielding, distance, and time.
 - Shielding: If you have a thick shield between yourself and the radioactive materials, more of the radiation will be absorbed by the shielding material, and you will be exposed to less radiation.
 - Distance: The further away you are from the blast and the fallout, the lower your exposure.
 - Time: Minimizing time spent exposed to radiation will also reduce your risk.
- Listen to your weather radio or local media for current information.
- Follow instructions - the best way to avoid exposure to radiation is to do what experts advise. If told to evacuate, do so promptly. Listen for information about the location of the radioactive cloud. Even if it has already passed, radioactive contamination may have fallen on the ground and experts will recommend the best ways to safely leave the area.

Terrorism



Prepare

- Be aware of your surroundings and any possible dangers.
- Practice "See Something, Say Something."
- Have an exit plan.
- Make a Plan, Build a Kit, Help Each Other – Make it Through.
- Learn lifesaving skills, including how to Stop the Bleed.

Survive

- Run away from the attack, if you can do so safely; call 9-1-1.
- If you cannot run away, find a place to hide and take cover; call 9-1-1.
- Stay and fight, only as a last resort.

Stay Safe

- Listen to your NOAA Weather Radio or local media for current information.
- Take precautions when traveling.
 - Be aware of conspicuous or unusual behavior.
 - Do not accept packages from strangers.
 - Do not leave your luggage unattended.
- Know the emergency evacuation procedures that are in place for the business or building. Know where fire exits are located and be able to find them in the dark. Learn where fire extinguishers are located and how to use them. Know where disaster supplies are located.
- Work with building management to ensure the following items are located on each floor of the building: portable battery-operated radio and extra batteries, flashlights and extra batteries, first aid kit and manual, hard hats, dust masks, and fluorescent glow-in-the-dark tape to rope off dangerous areas.
- Once it is safe, help the wounded and cooperate with law enforcement.

Thunder, Lightning & Tornadoes



Prepare

- Pick a "safe place" in your home where family members can gather during a thunderstorm or tornado. This should be a place where there are no windows, skylights, or glass doors which could be broken by strong winds, flying debris, or hail.
- Pay attention to weather clues. Look for darkening skies, flashes of lightning, or increasing wind which may be signs of an approaching thunderstorm. These same conditions, along with large hail, a loud roar, and a dark, low-lying cloud are signs of a tornado. Be prepared to take shelter immediately.
- Listen for sounds of thunder. If you can hear thunder, you are close enough to the storm to be struck by lightning. Look for places you might find shelter.



During an Extreme Weather Event

- Stay informed. Monitor local news and information on your TV, mobile device, or battery-operated radio. Follow emergency instructions.
- Stay indoors, if possible, and go to your home or office designated "safe place."
- Unplug appliances and electronics - electrical surges from lightning can damage them.

Thunder, Lightning & Tornadoes

continued



- Avoid using TVs, landline telephones, bathtubs, water faucets, and sinks because wiring and metal pipes can conduct electricity if lightning strikes. Leaving electric lights on, however, does not increase the chances of your home being struck by lightning.
- **If you are outside during a thunder or lightning storm:** Take shelter in a building or sturdy, enclosed structure. Avoid open gazebos, picnic shelters, and golf carts which are unprotected. If no buildings are available, take shelter in an enclosed vehicle with the windows closed. As a last resort, go to a low-lying, open place away from trees, poles, fences, or metal objects. Squat low to the ground with your hands on your knees. Do not lie flat on the ground, as this will make you a larger target for lightning.
- **If you are driving in a thunderstorm with heavy rain,** pull safely onto the shoulder of the road, away from trees and tall objects. Turn on your car's emergency flashers and remain in your vehicle until the storm passes.
- **If you are outdoors during a tornado:** Take immediate shelter in a nearby building or sturdy, enclosed structure. If none is available, lie in an area lower than the level of the roadway. Cover your head with your arms and a blanket, coat, or other cushion if possible. Do not get under an overpass or bridge; you are safer in a low, flat location.
- If you are driving during a tornado: Take immediate shelter in a nearby building or sturdy, enclosed structure. If your vehicle is hit by flying debris, pull over and park. Keep your seatbelt on and cover your head with your arms and a blanket or coat.
- If someone is struck by lightning, call 9-1-1 immediately. If you are trained and if appropriate, administer first aid and CPR.

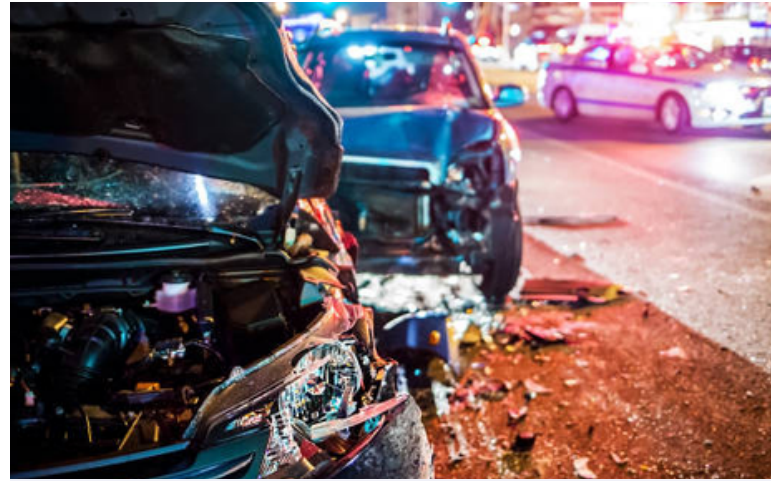


Transportation Incidents



Prepare for an Incident

- When you are on the road, drive defensively and avoid aggressive driving behaviors. If you witness or are a victim of aggressive driving acts, you can report it to the Washington State Patrol.
- Pay attention to your driving and refrain from using your cell phone or other activities that may cause you to be distracted.
- Be prepared for major traffic delays in the event of a crash. Make sure you have a disaster kit for your car.
- Plan alternate routes to and from work, school, and other important destinations.
- Keep your gas tank at least half-full at all times in the event you get stopped or delayed in traffic.



After an Incident

- Follow the instructions of emergency officials.
- Monitor your radio for emergency information and instructions.
- Remain in your vehicle unless directed to do otherwise.
- Keep your eyes on the road and those directing traffic. Trying to see what is going on at a crash scene slows traffic movement, puts emergency workers at risk, and often causes additional crashes and injuries.



Tsunami/Seiche



Prepare

- Find out what areas are most at risk from tsunamis in your community.
- Learn the established tsunami evacuation routes and pick the safest route from your home, school, workplace, or any other place you will be where tsunamis present a risk. Try to pick an area at least 100 feet above sea level or up and two miles inland, away from the coastline. Determine routes you would take by car, and also by foot.
- Make arrangements for housing in the event you need to evacuate.
- Follow flood preparedness precautions. Tsunamis are large amounts of water that crash onto the coastline, creating floods.
- Establish meeting places and phone numbers in case family members are separated.

When you are away from home:

- Learn if the area you are visiting is at risk from tsunamis.
- Check with the hotel, motel, campground operators, or local officials for tsunami evacuation information and how you would be warned. It is important to know designated escape routes before a warning is issued.
- Find out if your NOAA Weather Radio will work where you are visiting. If so, set it so it can receive information about that area.



Tsunami/Seiche continued



During a Tsunami/Seiche

- Stay away from the beach. Watching a tsunami from the beach or cliffs could put you in grave danger. If you can see the wave, you are too close to escape it.
- Take your disaster supplies with you.
- Get to higher ground and as far inland as possible. Officials cannot reliably predict either the height or local effects of tsunamis.
- Tsunami waves may continue for hours. Do not assume that after one wave the danger is over. The next wave may be larger than the first one.
- Help injured or trapped persons. Give first aid where appropriate. Do not move seriously injured persons unless they are in immediate danger of further injury.
- Use the telephone only for emergency calls.
- Stay away from flooded and damaged areas until officials say it is safe.
- Never drive through flooded areas - cars can be moved by just two feet of water.
- Stay away from debris in the water; it may pose a safety hazard to people.
- Return home only after authorities advise it is safe to do so.

When re-entering buildings or homes following a tsunami, use extreme caution:

- Wear sturdy shoes.
- Examine walls, floors, doors, staircases, and windows to make sure the building is not in danger of collapsing. Inspect foundations for cracks or other damage.
- Check for gas leaks. If you smell gas or hear a blowing or hissing noise, open a window and quickly leave the building.
- Look for electrical system damage. If you see sparks or broken or frayed wires, or smell burning insulation, turn off the electricity at the main electrical panel.
- Check for sewage and water line damage.
- Watch for loose plaster, drywall, and ceilings that could fall.
- Open doors and windows to help dry the building.
- Only use tap water if local health officials advise it is safe.
- Check food supplies. Any food that has come in contact with floodwaters may be contaminated and should be thrown out.
- Take photographs to document damage for insurance purposes.

Utility Outage



Prepare for an Outage

- Be sure your emergency kit includes a flashlight, extra batteries, and cash.
- Keep your mobile phone charged.
- Have alternative charging methods for your phone and other devices.
- Install surge protectors and/or battery back-up systems for computers.
- If you have an electric garage door opener, know where the manual release lever is located and how to operate it.
- Keep your car's gas tank at least half full. (Gas stations rely on electricity to power their pumps.)
- Consider purchasing a generator. If you have a generator, strictly adhere to safety requirements to avoid carbon monoxide poisoning.
- If you rely on anything that is power dependent, have a backup plan.
- Keep trees and shrubbery trimmed. Make trees more wind resistant by removing diseased or damaged limbs, and strategically removing branches so the wind can blow through.

During an Outage

- **To report a power outage:**
 - Seattle residents call Seattle City Light at 206-684-3000 (customer service) or 206-684-7400 (recorded hotline).
 - All other King County residents call Puget Sound Energy at 1-888-225-5773 or complete an online report.
- Use battery-operated light sources such as flashlights or chemically-activated light sticks.
- Never use gas ovens, gas ranges, barbecues, or propane heaters for indoor heating. Doing so can lead to carbon monoxide poisoning. These can also increase the risk of fire.
- Limit the number of times you open the refrigerator and freezer.
- Turn off as many lights and other electrical items as possible (except for the refrigerator and freezer). This will help eliminate potential fire hazards.
- Unplug computers and other sensitive equipment to protect them from power surges when service is restored.
- Stay away from downed power lines and sagging trees with broken limbs.
- Stay informed. If available, monitor local media for updates and important safety information.
- If driving, proceed with caution and treat intersections with non-working traffic lights as a four-way stop.

Volcanic Activity



Prepare for a Volcanic Eruption

- Find out if you live or work in a volcano hazard area and learn about your community warning systems, emergency plans, and evacuation routes. Contact your local fire department or emergency management agency for more information.
- Be prepared for hazards that can accompany volcanoes: mudflows and flash floods, landslides and rock falls, earthquakes, ashfall, acid rain, and in some cases, tsunamis.
- Plan two evacuation routes out of your neighborhood and be familiar with your community's pre-established evacuation routes.
- Get goggles and disposable breathing masks for each member of the household in case of ashfall. Add them to your emergency supply kits at home and in all vehicles.
- Stay out of the area defined as a restricted zone by emergency officials. Effects of a volcanic eruption can be experienced many miles from a volcano.



During a Volcanic Eruption

At home

- Monitor local media or NOAA Weather Radio for information and emergency instructions.
- If directed by authorities to evacuate, do so immediately.
- Bring animals and livestock into closed shelters.
- Put machinery inside a garage or barn.
- Keep car or truck engines off.
- Unless otherwise directed by authorities, stay indoors until the ash has settled. Close all windows, doors, vents, and dampers (chimney, furnace, air conditioner, fans, etc.).
- Place damp towels at door thresholds and tape drafty windows.
- Wear glasses instead of contact lenses.
- If you have a respiratory ailment, avoid contact with any amount of ash.

Volcanic Activity_{continued}



During a Volcanic Eruption

Outdoors

- Cover your mouth and nose. Volcanic ash can irritate your respiratory system.
- Avoid areas downwind from the volcano, river valleys, and low-lying areas.
- Beware of mudflows. Move up slope, especially if you hear a roar of a mudflow. The danger increases near streams and river channels. Mudflows can move faster than you can walk or run. Look upstream before crossing a bridge, and do not cross the bridge if mudflow is approaching.
- If caught in a rock fall, roll into a ball to protect your head.
- Keep skin covered to avoid irritation from contact with ashfall.
- Use a dust mask or hold a damp cloth over your face to help breathing.

After the Ashfall

- Wear goggles to protect your eyes.
- Wear long-sleeved shirt and pants to protect your skin.
- Clear roofs and rain gutters of ashfall. Ashfall is very heavy and can cause buildings to collapse. Use extreme caution when working on a roof.
- Avoid running vehicle engines. Driving can stir up volcanic ash that can clog engines, damage moving parts, and stall vehicles.
- Avoid driving in heavy ashfall unless absolutely required. If you must drive, keep speed down to 35 MPH or slower. Be prepared to change oil, oil filter, and air filters frequently (every 50 to 100 miles in heavy dust and every 500 to 1,000 miles in light dust).
- As much as possible, keep ash out of buildings, machinery, air and water supplies, downspouts, storm drains, etc.



Volcanic Activity_{continued}



Lahar

A lahar is a type of volcanic mudflow. It is crucial to determine whether you are situated in a lahar hazard zone and to know how to evacuate to higher ground. Lahars are swift-moving mixtures of mud, rock, and water that can rush down river valleys like wet concrete. If you are located in such an area, keep the following in mind:

- Know the quickest route to high ground (at least 100 ft / 30 m above the valley floor)
- Evacuate immediately if you receive an alert or notice warning signs
- Avoid river channels during heavy rain or volcanic activity
- Keep an evacuation plan and go-bag ready



In the event of a Mount Rainier eruption, valley residents must evacuate to higher ground to avoid lahars.

The lahar warning siren system is tested on the first Monday of each month.

<https://www.usgs.gov/observatories/cvo/prepare-next-volcanic-eruption-pacific-northwest>

During a Lahar

- Listen for Sirens and Emergency Alerts - Keep your cell phone on and ensure it is fully charged.
- Follow Your Evacuation Route - Expect heavy traffic and delays. Ensure you have enough time to get to your designated area.
- Bring Only Essential Items - This includes any prescription medications, water, warm clothes, and your Emergency Kit.

Winter Storm



Prepare for a Winter Storm

- Store extra fuel and emergency supplies to survive several days without electricity, heat, and hot water. Consider purchasing a generator and strictly adhere to safety standards.
- Know safe alternate travel routes to/from your home, work, and school in case roads are closed.
- Learn the signs of hypothermia - a common problem during freezing temperatures - and how to treat it. Young children and older adults are especially vulnerable. To prevent hypothermia:
 - Wear warm, multi-layered clothing, hats, gloves, and footwear.
 - Change into dry clothes whenever clothing becomes wet.
 - Limit your exposure to freezing temperatures.
- Protect your pets. If you cannot bring them indoors, provide warm and dry shelter with access to unfrozen water.
- Winterize your home. Install storm windows. Insulate walls, attics, and pipes. Apply caulk and weather-stripping to doors and windows. Allow faucets to drip a little during cold weather to keep pipes from freezing. Learn how to shut off water valves (in case a pipe bursts).
- Winterize your vehicles. Keep them in good repair and fuel tanks at least half full. Have the battery, ignition system, radiator, lights, brakes, and tires checked. Fill reservoirs for antifreeze, oil, and window washer fluids. Keep winter weather emergency supplies in your trunk.



Winter Storm *continued*



During a Winter Storm

- Stay informed. Monitor local news and information on your TV, mobile device, or battery-operated radio. Follow emergency instructions.
- Stay indoors, if possible. If you go outside, wear several layers of loose-fitting, lightweight, warm clothing and avoid exertion. Cold weather puts added strain on the heart. Perform hard work, such as shoveling, slowly.
- Watch for signs of hypothermia and get medical help immediately. Symptoms include:
 - Uncontrolled shivering.
 - Slow or unclear speech.
 - Extreme fatigue.
 - Stumbling, confusion, semi-consciousness, or unconsciousness.
- Stay away from storm-damaged areas, especially fallen power lines and flooded roadways. When outside, be aware of tree limbs or structures that may fall due to heavy snow or ice accumulation.
- Prevent carbon monoxide poisoning. Carbon monoxide is produced whenever any fuel such as gas, oil, kerosene, wood, or charcoal is burned. Hundreds of people die accidentally every year from carbon monoxide poisoning caused by appliances that malfunction or are used improperly.
- Check on neighbors; especially anyone who might need extra help.
- Avoid travel, if possible. If you must drive, fill your fuel tank beforehand, stay on main roads, and keep others informed of your schedule and route. Pay attention to any travel advisories and do not drive in low visibility conditions. Slow down to avoid traffic accidents.
- If you become stranded, call for help, set your vehicle's hazard lights to flashing, and remain with your vehicle. Do not set out on foot unless you see a building close by where you know you can get help or take shelter.



Additional Resources



Federal Emergency Management Agency (FEMA) Region 10
425-487-4600



Washington State Emergency Management
800-562-6108



King County Office of Emergency Management
206-296-3830
Toll Free: 1-800-523-5044
TTY Relay 711

D7 City Emergency Management Offices

Algona

253-833-2897

Kent

253-856-4440

Auburn

253-876-1925

Milton

253-922-8733

Federal Way

253-835-2712

Pacific

253-929-1110

Zone Liaisons

Zone 3 - South End and Vashon Island

Algona, Auburn, Black Diamond, Burien, Covington, Des Moines, Enumclaw, Federal Way, Kent, Maple Valley, Milton, Normandy Park, Pacific, Renton, SeaTac, Tukwila, Vashon Island

206-205-4074

Zone 1 - North End and East Side

206-205-6347

Zone 5 -City of Seattle

206-233-5076



ALERT King County

Stay informed about potential hazards and threats in your area. Register one or more physical addresses, email addresses, and/or phone numbers to receive important safety information during an emergency. You can choose to receive alerts in other languages. For account support, contact Crisis24 at:

866-939-0911

crsupport@crisis24.com

FOR A DETAILED CONTACT LIST, SCAN THE QR CODE OR
VISIT [BIT.LY/4TUG1YO](https://bit.ly/4TUG1YO)

Pete von Reichbauer
King County Councilmember

King County Courthouse
516 Third Avenue, 12th Floor
Seattle, WA 98104-3272

NOTES/PHONE NUMBERS:
