

Sign up for EMERGENCY ALERTS!

Get information when it matters most:

Subscribing to receive emergency alerts is a simple way to be sure you know about threats to public health and safety, significant impacts to infrastructure, and other emergencies in your area.

Bothell ALERT connects you to the [King County Code ODE REDed](#) system providing regional information on emergency situations.

SnoCoAlerts is Snohomish County's early warning and notification system using Smart911.

Visit <http://bothellwa.gov/preparedness> to subscribe to either or both of these free services and be notified about local and regional emergency situations. Have the information you need when you need it most!

Remember in an earthquake to...



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City of Bothell™

For Bothell Residents

Emergency Preparedness Guide

August 2020

Simple ways to Save A Life!

Know Basic First Aid. Keep a simple first aid kit in your home, car, backpack, and office – practice cleaning and wrapping simple wounds, rigging a sling or splint to support an injury, and keeping yourself safe while helping others.

Check for a **Stop the Bleed** class in your area to learn how to slow severe bleeding until help can arrive.

Hands only CPR can save a life. You can give CPR by doing compressions without breaths, look for a community CPR class in your area or check out [YouTube](#) for videos from the American Heart Association and Red Cross that will show you how.

There are simple skills we can all do to help ourselves, our families, and our communities survive and thrive when we are challenged by unexpected situations. This mailer is your starting point to plan, prepare, and learn. Keep reading to see how!



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Disaster Supplies Kit

After a disaster, city responders and relief workers will be on the scene, but they cannot reach everyone immediately. Your family will cope best by preparing for a disaster before it strikes. One way to prepare is by assembling a Disaster Supplies Kit. You don't have time to shop or search for supplies after the disaster hits, but if you have gathered them in advance your family can endure an evacuation or home confinement.

A disaster supplies kit has items you will need for the basics of survival – water, food, warmth, clean air, sanitation, and information. Your kit may be used for sheltering at home or for taking with you if you need to evacuate. Find what items and storage work best for you in either situation and remember to include special needs such as medications and infant food. If you have pets you can make a kit just for them, too.

Disasters aren't planned and we don't always have warning before they happen. Having supplies ready before they are needed is the best way to ensure you and your family are taken care of before help arrives.

GO BAG: Use a backpack or something else to grab fast and carry with you that can hold a few basic items you'll need if you have to leave your home quickly. Make a separate bag for each family member and pet.

Change of clothes, including socks and underwear.

Flashlight and batteries, don't rely on your phone for this – save it for communication!

A first aid kit with basic medical supplies, also acetaminophen, ibuprofen, and an antihistamine.

A portable cell phone battery and charger, extra wall plug and USB cable.

Cash – small bills and change.

Healthy, non-perishable food and snacks.

Bottled water and/or a water container and filter system.

Basic toiletries such as body cleaning wipes, a comb, toilet paper, and feminine hygiene products.

A whistle – if you get stuck or trapped using a whistle to call for help is louder and lasts longer than your voice!

A cloth face mask to help filter dust or smoke.

Prescriptions medications.

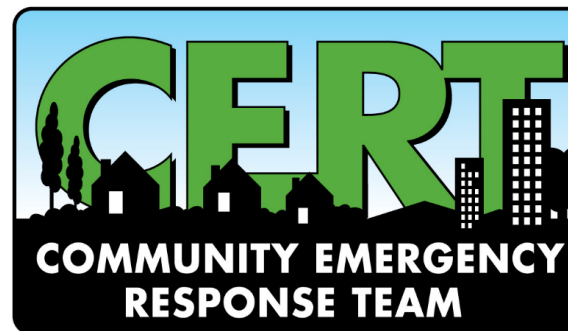
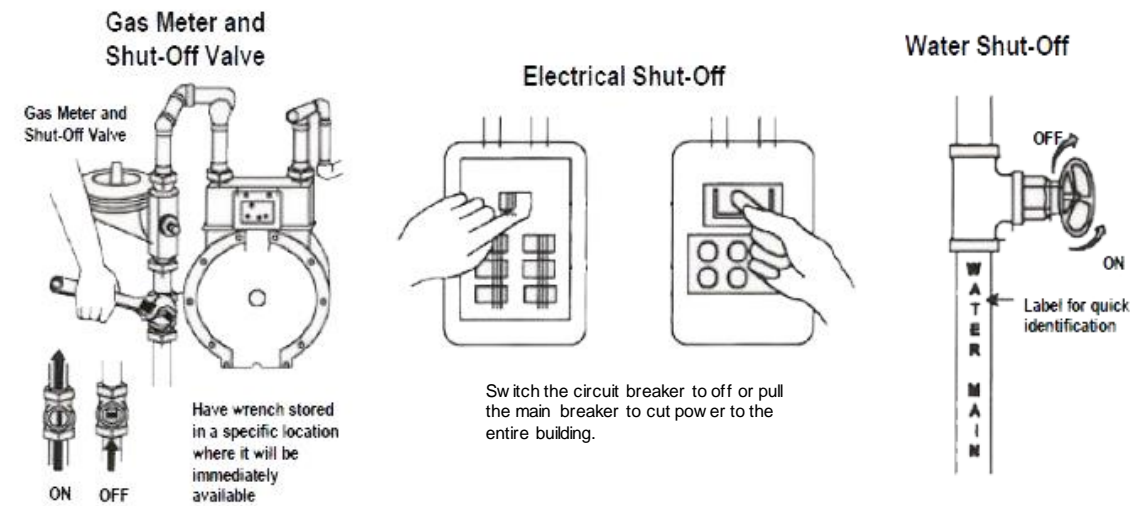
[Pet license information](#), veterinary contact information [and a photo.](#)

Shelter-at-Home Disaster Supply Kit:

Make a safe place to store enough to get your family and pets through 3 weeks without assistance:

- ✓ Water - 1 gallon per person per day-
- ✓ Food - non-perishable and easy to fix-
- ✓ Battery powered and hand cranked NOAA weather radio-
- ✓ Chlorine bleach – use 16 drops of plain chlorine bleach per gallon of water as a disinfectant-
- ✓ Fire Extinguisher-
- ✓ Large first aid kit-
- ✓ Paper plates, plastic silverware and cups, paper napkins to save water for drinking-
- ✓ Body cleaning wipes-
- ✓ Wrench or pliers to turn off utilities-
- ✓ Non-electric can opener-
- ✓ Local maps-
- ✓ Heavy garbage bags and cat litter for sanitation if toilets don't work-
- ✓ Copies of important paperwork – ID's, family contacts, car and home titles, leases, birth certificates, insurance policies, pet licenses and vaccinations, etc.
- ✓ Medications and copies of the prescription information-
- ✓ Board games, books, and other "no power" entertainment-

Emergency Utility Shut Offs



The Community Emergency Response Team (CERT) educates volunteers about disaster preparedness for the hazards that may impact their area. Skill training includes basic disaster medical operations, fire safety, light search and rescue, team organization, and disaster psychology. The focus is on knowing how to care for your family and neighbors in a safe way that does the most good for the most people possible. For class offerings visit www.bothellwa.gov/preparedness, or contact (425)806-6106 or tricia.parker@bothellwa.gov.

Out of Area Phone Contact Cards

When a Disaster Strikes Know Your
OUT OF AREA PHONE CONTACT

Your Name: _____
Your Address: _____

Home Phone: (____) _____
Work Phone: (____) _____

Out-of-State Contact: _____
Primary Phone: (____) _____
Alternate Phone: (____) _____
Email: _____

When a Disaster Strikes Know Your
OUT OF AREA PHONE CONTACT

Your Name: _____
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Home Phone: (____) _____
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