

Are You Ready?

Disaster Preparedness Tips

Children are not just little adults. They need special care and considerations during and after disasters. By preparing for disasters we can help keep our children safe.

Children's reactions generally reflect those of their parents. It's important for parents to be adequately prepared so they can remain calm during an emergency. Children who experience greater parental distress are less able to cope effectively.

Get Prepared!

Disasters can happen at any time. You should have supplies for home, vehicles, school and work.

Home- 3 Day Disaster Kit

Water: 4 liters per person/day

(Min. 12 liters per person)

Canned Food

First Aid Kit

Tools and Supplies

Clothing and Bedding

Medications

Family Documents

Entertainment

Special Needs (e.g. Baby food)

Vehicle Emergency Kit

Bottled or stored water

High-protein, high-energy food

First-aid kit

Blankets

Flashlight/batteries

Radio/batteries

Basic sanitation supplies

Warm clothing

Sturdy shoes or boots

Raingear, hat and gloves

Paper and pencils or pens

Not Sure What Items to Put In Your Kit?
Visit www.seattle.gov/emergency/ for detailed lists.

Make a Plan and Practice

Designate a family meeting place outside your home and outside your neighborhood (in case you can't return home).

Choose an out of state contact for everyone to call. Make sure everyone knows the number.