This book was developed by a steering committee of emergency preparedness public educators in King County, Washington representing the following agencies:

American Red Cross Serving King & Kitsap Counties
City of Bellevue Office of Emergency Management
City of Federal Way Office of Emergency Management
City of Kent Office of Emergency Management
City of Seattle Office of Emergency Management
City of Shoreline Office of Emergency Management
King County Office of Emergency Management
Public Health – Seattle & King County
Puget Sound Energy

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When the Power Goes Out

In the Puget Sound area, the power goes out a lot because of weather, trees...

...and blunders.

When you don’t have electricity, use flashlights. Flashlights are safer than candles.

When the power goes out in your home, stay warm with lots of clothes and blankets.

When you don’t have electricity, use flashlights.

Or a library, mall, or other place with heat.

Lighting one of these inside creates gas that can poison you.

When the power goes out, talk to your family about going to a friend’s home if they have power...

Nice digs.

Listen to the news to find out if your city has places to go to stay warm.

If power lines fall down, stay far away.

Do you smell something burning?

A gas you can’t smell, a gas you can’t see, and it will be an emergency!

Never bring a gas or charcoal grill inside for cooking or heat.

When you go near it, Freddie!

A gas you can’t smell, a gas you can’t see, and it will be an emergency!

Power lines are shocking!
FOOD IN THE FRIDGE CAN TURN FUNKY WHEN THE POWER IS OUT.

Toss food if it’s not cold.

When in doubt, toss it out!

And we’re OK because we’re...

Hey the power is back on!

A Funky treat is not safe to eat!

A FUNKY TREAT IS NOT SAFE TO EAT!

In an earthquake, the ground moves, and that can make the wall's shake.

What would happen if the wall's shook?

What would happen if the wall’s shook?

FASCINATING!

C R A S H!

Crash!

Earthquakes have happened before in Western Washington, so it’s good to be ready.

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Ready Freddie!!!

ready freddie!!!
GET UNDER A TABLE AND HANG ON TO THE TABLE LEG.

DROP, COVER, AND HOLD!

PLAN AHEAD: ASK A GROWN-UP TO BOLT THIS TO THE WALL.

IN AN EARTHQUAKE, WINDOWS AND MIRRORS CAN BREAK.

WHAT IF I STEPPED OUT OF BED WITH NO SHOES?

THAT WAY, YOU CAN MOVE WITH THE TABLE.

PLAN AHEAD: PUT SHOES UNDER YOUR BED SO YOU CAN GRAB THEM EASILY.

I DON'T WEAR SHOES.

YOU SHOULD START.
If you’re outside when an earthquake happens, what should you do?

Get away from trees, buildings, power lines, and street lights.

Cover your head in case stuff falls.

After an earthquake, we might have to wait a while for our parents to pick us up.

An earthquake could happen while you’re at school or an after-school program.

Especially if a lot of stuff falls on the roads.

Would your parents or other caregivers know how to pick you up from school or who to contact?

Maybe it’s time for your family to...
MAKE A PLAN!

FIND OUT WHAT YOUR SCHOOL WILL DO IN EMERGENCIES.

DECIDE WHO TO CALL IF AN EMERGENCY HAPPENS

THIS CARD HAS PHONE NUMBERS TO CALL. PUT IT IN YOUR BACKPACK.

MOM! DON’T FORGET TO ASK WHO TO CALL IF THERE’S A DISASTER!

FILL IN THE INFORMATION YOU WILL NEED IN AN EMERGENCY. DRAW PICTURES OF WHO YOU WILL CALL.

EMERGENCY CONTACT INFORMATION

MY PHONE NUMBER:

____________________

MY ADDRESS:

____________________

PHONE NUMBERS OF PEOPLE IN MY FAMILY:

____________________  ______________________  ______________________
MAKE A KIT!

REMEMBER, WE NEED ENOUGH FOOD AND WATER FOR AT LEAST 3 DAYS.

PUT TOGETHER STUFF YOU’LL NEED IN AN EMERGENCY.

DON’T FORGET FOOD FOR YOUR PET!

AND BE SURE TO PACK A CAN-OPENER!

CAN YOU HELP READY AND FREDDIE FIND THE THINGS ON THIS LIST?

WATER
FOOD
FLASHLIGHT
BATTERIES
PET FOOD
TOOTHBRUSH
CAN OPENER
AND NOW,
FOR THE
BIG FINISH.

Are you
READY FREDDIE??!!!

Make yourself a plan and build yourself a kit,
And if disaster comes you will be ready for it!

Thank you,
and
goodnight.

THANK YOU,
AND
GOODNIGHT.
Parents and caregivers, here are some simple tips for your family to become ready Freddie!

Make an Emergency Plan.

1. Learn what hazards can cause disasters where you live at 3days3ways.org. Determine your family’s needs and how you can survive these hazards. Consider the special needs of others, such as the elderly or persons with disabilities, in your planning.

2. Develop and practice a communications plan. How will you contact each other if a disaster happens? Would you know what to do if phone lines shut down? Have an out-of-state contact for family members to call if local lines don’t work.

3. Develop and practice an evacuation plan should you need to leave home. Be ready to follow evacuation requests and orders issued by local officials.

Build an Emergency Kit.

This is a list of basic items for your kit. Add more when you can.

- Water (1 gallon per person per day)
- Nonperishable food (3-5 days of food per person)
- Clothes (1 change of clothes and footwear per person)
- Medications (3 days worth)
- Flashlight and batteries
- Manual can opener
- Battery powered radio and batteries
- Hygiene items (soap, toilet paper, toothbrush)
- First aid (bandages, antiseptic, nonprescription medicine)
- Blanket
- Special needs items such as extra eyeglasses, charged batteries for wheelchairs and hearing aids, pet food, diapers

Get Involved.

For more information about getting ready for emergencies:

King County Partners in Emergency Preparedness - 3Days3ways.org
American Red Cross Serving Kitsap & King Counties - seattleredcross.org
Federal Emergency Management Agency - fema.gov