

Prepare & Protect

In a Disaster, be Prepared for:
No Power No Transportation No Water

Make sure you have enough of each of these 3 items to last at least 3 days:



MEDICAL SUPPLIES

Make sure you have additional medicine and medical supplies important for you and your children. You may not have transportation, or local pharmacies may be closed for a long time.



FOOD

Keep extra formula or baby food stored for infants and toddlers, and canned food & dry snacks for older children. Foods in the fridge might spoil.



DIAPERS

Have a supply that will last at least three days. Stores may not be open when you need them.

Examples of Other Things that May Help Keep Your Family Safe

- **Keep Warm** Store enough heavy jackets, blankets, and sleeping bags for the whole family.
- **Comfort** Favorite toys and books will help your children through a hard time.
- **Self-Care** Your family needs you. Stay calm, try to rest, eat often, drink a lot of water, and ask for help when you can.



Vulnerable Populations Project

Helping Families Prepare for a Disaster

For more information, or to request this document in an alternative format, please go to:

www.co.thurston.wa.us/health or call (360) 867-2500

Created: 02/20/2009