EMERGENCY PREPAREDNESS STARTS WITH YOU

ARE YOU 2 WEEKS READY?

BUILD KITS

- Water (1 gal. per person/day)
- Food (Non-perishable)
- First Aid Kit
- Face Masks/Sanitizer
- Medications
- NOAA Alert Radio Extra Batteries
- Flashlight
- Can Opener
- Tools
- Warm Clothes
- Sturdy Shoes
- Personal Hygiene Items
- Toilet Paper
- Pet Supplies
- Fire Extinguisher
- Glasses/Eye Care
- Cash
- Identification
- Important Documents
- Comfort/Entertainment

Have smaller kits for work, for every family member, and pets. Have a vehicle safety kit too.

PLAN TO BE ON YOUR OWN FOR AT LEAST 2 WEEKS
COMMUNICATION IS KEY

- Write down important emergency contact information.
- Texts are more likely to go through than calls.
- Have an extra cell phone charger and batteries.
- An out-of-area contact can serve as a relay point for family communication.

PLAN AHEAD!

Determine an accessible meeting place in case you have to leave your home or work, so you can reunite your family.

LEARN ABOUT DISASTER PLANS FOR:

- Your children’s school
- Your medical and/or transportation provider
- Your workplace
- Other places where your family spends time

WAYS TO HELP EACH OTHER

- Know how you’ll help people and pets who normally rely on you.
- Form a neighborhood group. Please visit dod.hawaii.gov/hiema for a listing of preparedness groups.
- Help organizations in your neighborhood that may need support during a disaster.
- Attend free disaster skills workshops offered by your local emergency management office and learn basic survival skills.

Check with your local emergency management office to:

- Sign up for emergency alerts and notifications.
- Identify your local emergency alert system (EAS) radio stations.
- Know your evacuation and alternate transportation routes.

COMMUNICATION IS KEY —
ACTIONS TO TAKE DURING A QUAKE

If there is no table around, get lower than the other furniture.
THINK – BENEATH • BESIDE • BETWEEN

AFTER THE SHAKING

- Check for injuries & apply basic first aid.
- Check your building for structural damage.
- Leave building if unsafe.
- Help your neighbors.

Shut off the water at the main valve.
Shut off gas ONLY if you:
- Smell natural gas
- Hear hissing
- See the dial spinning rapidly

FOR MORE INFORMATION

Local television
Your local Emergency Management office
Emergency radio stations
NOAA weather radio channels

@Hawaii_EMA
dod.hawaii.gov/hiema