

## Week 9

- Move heavy items (cookware, potted plants, etc.) to lower shelves.
- Secure TVs, computers, and other large items with Velcro or straps.

## Week 10

- Make sure you have working smoke detectors and fire extinguishers. Facilities with gas or wood stoves should also have carbon monoxide detectors.
- Conduct an earthquake drill. Teach children to drop, cover, and hold.

## Week 11

- Begin writing procedures for how your facility will respond appropriately after a disaster.
- Install cupboard latches.

## Week 12

- Request comfort kits from parents.
- Buy or check-out storybooks that will help children learn about and prepare for disasters.

*In less than 3 months you've come a long way in preparing to better respond to a disaster. Don't stop now! Continue to monitor your facility, update supplies, conduct drills, and educate yourself, staff, families, and children.*



### Other Resources

**Snohomish County Department of  
Emergency Management**

425-423-7635

**Emergency Services  
Coordinating Agency**

425-776-3722

**American Red Cross**

425-252-4103

**PUBLIC HEALTH**  
ALWAYS WORKING FOR A SAFER AND  
HEALTHIER SNOHOMISH COUNTY

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12 Weeks to Disaster  
Preparedness for  
Child Care Providers



**SNOHOMISH  
HEALTH DISTRICT**  
WWW.SNOHD.ORG



**Disasters, natural or otherwise, can strike any time, any place. Most people never consider preparing for the possibility of a disaster until it happens.**

**Every child care should have a disaster plan and a supply kit at their location. In an earthquake, for example, you might be without electricity and the water supply may be polluted. In a heavy winter storm or flood, you may not be able to leave your house for a few days. In times like this, you will need to have a plan in place. You will need to rely on yourself for up to 72 hours.**

# 12 Weeks to Disaster Preparedness

## Week 1

- Purchase or collect some large storage containers. These could be plastic bins, garbage cans, backpacks, or duffel bags.
- Purchase water (3 gallons per person) or begin collecting water in 2-liter sanitized pop bottles.

## Week 2

- Establish an out-of-area contact person for your child care. Let families know how they should contact you during an emergency.
- Request that families provide you with their out-of-area and emergency contacts. Make sure you have other important information such as special needs information, medical release forms, and extra medications.

## Week 3

- Gather an assortment of bandages, some latex or vinyl gloves, and liquid soap for your disaster first aid kit.

## Week 4

- Add a 3-day supply of food to your storage containers. Avoid salty foods such as jerky and consider infant needs and food allergies. Don't forget to include a manual can opener.
- Begin writing procedures for the appropriate steps your facility will take during a disaster. A model disaster plan for child care facilities is available from Snohomish Health District at [www.snohd.org/SHD\\_CH](http://www.snohd.org/SHD_CH).

## Week 5

- Locate all your utility shut-off valves. Chain the appropriate tools to the valves or add them to your storage containers.
- Identify the nearest pay phone and include change or a pre-paid phone card to your storage bins.

## Week 6

- Gather flashlights, a radio, batteries, and plastic garbage bags. Add to your storage containers.
- Secure heavy wall hangings and furniture to the wall.

## Week 7

- Assign general tasks that may occur during a disaster response (e.g., Who will call 911 or your out-of-area contact? Who will account for the children? Who will retrieve your disaster supplies?). Make sure each person understands his or her responsibilities.

## Week 8

- Secure your hot water tank.
- Take photos or video around your facility to document the condition of sidewalks, foundations, chimneys, etc.



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