

# What you can do to prepare

Have enough food, water and candles to last three days. Include these items in your home's emergency kit:



## For protection:

### 1. Gas masks

These aren't recommended. Gas masks would have to be worn 24 hours a day to be effective against a sneak attack. Masks also won't work without a proper fit or air filter.

### 2. Sealed rooms

If local officials recommend you stay where you are during an attack, it can help to seal a room. Turn off all fans, vents, heating and air-conditioning systems. Stay in a room above ground, and use duct tape to seal all cracks around doors and vents. Stay there until officials say to evacuate, or that it is safe.

### 3. Antibiotics

Cipro, penicillin and doxycycline are the antibiotics of choice to kill anthrax bacteria, but they haven't been tested for that purpose in humans. Streptomycin, gentamycin and doxycycline are preferred for plague and tularemia. But antibiotics are usually only effective before or very shortly after symptoms appear. People who take them prematurely or incorrectly can build up immunity to their protection or could experience harmful side effects.

### 4. Communications

In case of a disaster, it is recommended families establish an alternate meeting place away from home and a telephone contact number out of state to check in. Local phone lines could be tied up.

### 5. Three-day supply

Many experts suggest families gather food, water, first-aid supplies, a radio and batteries to survive three days. A disaster kit could also contain cash, extra clothing, and important documents such as birth certificates and passports. Put an extra kit in your car.

## Emergency phone numbers and information

**To find shelter:** Listen to the Emergency Broadcast System on KIRO-AM (710) radio.

**Water problems:** Seattle, 206-684-5800; in emergency, 206-386-1800.

**Snohomish County:** Call your local utility.

**Power outage:** Seattle Public Utilities, 206-684-4448.

**Emergency Resource Center:** 206-684-3355.

**Puget Sound Energy:** 888-225-5773.

\*Sealed jugs from the store may be stored unopened for six months. If you use tap water, store in clean, food-grade jugs. Add 16 drops of plain, unscented bleach to each gallon of water. The only active ingredient in the bleach should be 5.25 percent sodium hypochloride. Change the water every six months.

Sources: Centers for Disease Control and Prevention, American Red Cross