

# 3DAYS3WAYS

ARE YOU READY?

**3 days, 3 ways is a public motivation campaign urging citizens to prepare themselves for all types of emergencies or disasters.**

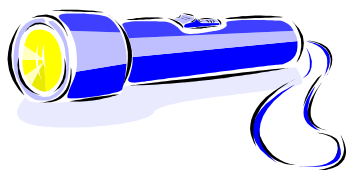
### **Three ways to get prepared**

- 1. Make a Plan**
- 2. Build a Kit**
- 3. Get Involved**

**Make sure you have enough supplies for *three* days.**

### **Make a Plan**

- ✓ Be aware of what kinds of hazards occur in Cowlitz County.
- ✓ Plan in advance what you and your family will do in an emergency.
- ✓ Your plan should include a communications plan, a meeting point, and instructions on sheltering-in-place or evacuating.
- ✓ Go to [www.ready.gov](http://www.ready.gov) for more information and templates to get you started.



### **Build a Kit**

- ✓ Prepare a kit of emergency supplies that will allow you and your family to survive for at least 3 days following a major disaster. Don't forget medications.
- ✓ The kit should include basic items like water, food, battery-powered radio, matches, flashlights and a first aid kit.
- ✓ Include foods such as protein bars, granola bars, beef jerky, canned and

vacuum packed foods and other non-perishables.

- ✓ Unless otherwise labeled, food and water needs to be changed every six months.
- ✓ Make sure you have at least one gallon of water per person, per day. Do not forget water for pets.
- ✓ You can also purchase ready-made emergency preparedness kits from a variety of places including camping supply stores and your local Red Cross.

### **Two Ways to Purify Water**

**BOILING** – Bring water to rolling boil for 3-5 minutes, cool. Boiling is the safest method of purifying water.



**DISINFECTION** – Use household liquid bleach that contains 5.25% sodium hypo-chlorite (do not use scented or colorsafe bleaches). Add 16 drops of bleach per gallon of water, stir and let stand for 30 minutes.



### **Get Involved**

- ✓ Take a course in CPR and basic first aid.
- ✓ Volunteer with your local Red Cross.
- ✓ Get trained in emergency response with the Community Emergency Response Team. For more information, contact the Dept. of Emergency Management at (360) 577-3130.

### **Links**

[www.co.cowlitz.wa.us/DEM](http://www.co.cowlitz.wa.us/DEM)  
[www.cowlitzcountydem.blogspot.com](http://www.cowlitzcountydem.blogspot.com)  
[www.ready.gov](http://www.ready.gov)