

# Get Ready

Disasters happen. Take one hour a month to prepare yourself and your family to survive and recover from a disaster.

Visit:

[http://emd.wa.gov/preparedness/ prep\\_prepare\\_year.shtml](http://emd.wa.gov/preparedness/prep_prepare_year.shtml)

&

[www.ready.gov](http://www.ready.gov) to get prepared



**Emergency Programs Office**  
Morken Center for Learning and Technology

**Prepare In A Year**

# Emergency Preparedness



**Get a Kit. Make a Plan.  
Be Informed.**

Phone: 253.538.6042  
Fax: 253.535.8700  
*E-mail: [emergency@plu.edu](mailto:emergency@plu.edu)*

**Emergency Programs**

Get a Kit. Make a Plan. Be Informed.

# The Need to Prepare is Real

If a disaster occurs at PLU, local government, disaster-relief organizations, and PLU will try to help you, but you need to be ready as well. Local responders may not be able to reach you immediately, or they may need to focus their efforts elsewhere.

You should also be ready to be self-sufficient at least three days. This may mean providing for your own shelter, first aid, food, water, and sanitation.



## Prepare in a Year: One Hour a Month

Go to the Washington State Emergency Management website to learn how to prepare in twelve easy steps—one hour a month for one year.

[www.emd.wa.gov/preparedness/prepare\\_year.html](http://www.emd.wa.gov/preparedness/prepare_year.html)

## Steps to be Prepared

1. Create an Action Plan
2. Identify an Out-of Area Contact
3. Prepare Water
4. Prepare a 72-hour Comfort Kit
5. Compile Important Documents
6. Prepare for Extended Incidents
7. Store Supplies Under the Bed
8. Know Utility Safety
9. Know "Drop, Cover, Hold" Earthquake Safety
10. Know Fire Safety
11. Know How to Shelter in Place
12. Conduct a Home Hazard Hunt

## Action Plan

Have an action plan for school, work and home. Please refer to the *PLU In An Emergency...* guide so you know what to do in the event of a Bomb Threat, Earthquake, Fire, Lock Down, and other emergency incidents.

Go to: [www.plu.edu/emergency](http://www.plu.edu/emergency)

## Call Outside Local Affected Area

Local telephones & cell phones may not work during a disaster. However, it is often possible to call outside the local affected area. Make a plan with your family to call an out-of-state family member or friend to report that you are ok. Share the PLU website, [www.plu.edu](http://www.plu.edu), and campus crisis number with family before an emergency occurs.

## Emergency Numbers

Campus Phone	9-911 & 7911
Cell Phone	911 & 535-7911
PLU Crisis Hotline	1-877-322-0872

## 72-Hour Comfort Kit

Purchase an emergency kit, water, or flashlight from **Garfield Book Company** at PLU.

Learn how to build your own emergency kit at:

[www.emd.wa.gov/preparedness/prepare\\_year.shtml](http://www.emd.wa.gov/preparedness/prepare_year.shtml)

## Receive Emergency Text Messages

Another helpful source in emergencies is PLU Alert! PLU will send you notification messages using existing Banner contact information. Please update your contact information using the Personal Information tab after logging into Banner. Emergency messages will describe the emergency, suggest a course of action, and refer to other sources of information.

## Fire Safety & First Aid

Employees may sign up for free fire extinguisher & First Aid/CPR/AED training by calling 535-7233 (SAFE).