

How ready are you for a natural disaster, long-term power outage, or other circumstance that could isolate Whidbey for an extended time?



Do you have an emergency plan and provisions for your household? How long can you hold out before help comes? And if you have to evacuate, where will you go, and what will you bring with you?

Visit our web site for more suggestions and a **12-MONTH GET READY PLAN!**

www.swfe.org/welcome-to-south-whidbey-prepares
southwhidbeyprepares@whidbey.com

The first step to becoming a South Whidbey Prepares NEIGHBORHOOD is a face-to-face get-together.

SWP Neighborhood CHAMPIONS contact their neighbors, provide information, set a date, and invite them to a social informational meeting. SWP has developed many tools to make it easy, available on our website:

www.SWFE.org/welcome-to-south-whidbey-prepares

1. This brochure
2. Leave-behind letter in case someone is not home
3. Sample agenda and program for the meeting
4. Updates on what other SWP Neighborhoods are doing
5. The experience of others who are on the same path!

Here's my contact info. *Please let me know if you can help to organize our neighborhood!* Do you know lots of neighbors? Invite them to participate, learn, be inspired and get involved!

Name

Address

Phone

Email

Our webpage is part of the South Whidbey Fire website. Much more info will be available soon as we build our new free-standing site.

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ARE YOU PREPARED?

A disaster or emergency could isolate us for weeks or more...

LET'S GET READY TOGETHER!



South Whidbey



PREPARES
Building Community Resilience

HERE'S THE BAD NEWS:

In a disaster, we can't expect the cavalry.

Did you know that only 30 people work for the South Whidbey Fire/EMS department, and some of them even live off island? In an emergency, our first responders will be consumed assessing the damage and triaging the most critical situations.

HERE'S THE GOOD NEWS:

Fifteen thousand of us live in South Whidbey... and EACH OF US CAN HELP.

In a disaster, our first responders are right next door, down the street, around the corner.

THEREFORE ...

We must be able to care for ourselves without the aid of professionals. The neighborhood is where we find the sweet spot for resilience. It consists of small groups of people bound by geography who are able to care for themselves during an emergency, whether it is a short-term natural disaster or a long-term emergency that isolates us for a long time.*

Being prepared at home and organizing with our neighbors is the key to successfully managing minor and major incidents.

But – HOW?

Really, at the end of the day, the people who will save you, and the people who will help you, they're usually your neighbors.

~Disaster survivor

WHAT WILL YOU DO?

- When we have a wildfire, where will you go?
- When there is an earthquake and you are off island, who will care for your kids and animals?
- How long can you hold out when emergency services can't get to Whidbey Island for a month or longer?
- How will you communicate when the cell communications don't work?
- How will you find your family members when you are separated?
- Which of your neighbors will need extra help?
- What will you do in a "heat dome"-type emergency?
- How will you manage if the air is too smoky or toxic to breathe?

▶ SOUTH WHIDBEY PREPARES (SWP)!

SWP is a grassroots program dedicated to helping our South Whidbey neighborhoods become more connected, informed, and resilient in the face of emergencies.

We support neighbors coming together to know each other—our strengths, weaknesses, opportunities, and needs – and *organizing before a crisis happens*, so we can all be safer, stronger, and more ready for whatever may come. Together, we're building a culture of readiness that's rooted in caring, kindness, cooperation, and the belief that no one in our community should face a disaster alone.

In fact, we are not alone. South Whidbey Prepares draws on proven ideas from other island communities and works closely with our own **South Whidbey Fire/EMS Dept.**, Sheriff's office, and Emergency Services to make sure we're aligned with best practices.

We have assembled helpful information and materials on our website at www.swfe.org/welcome-to-south-whidbey-prepares to help you get started getting ready at home and in your neighborhood.

WE WELCOME YOUR PARTICIPATION.

Teams are forming to plan for radio communications, food resilience, medical support, mapping, and more.

Step 1 Plan ahead and prepare to be as self-sufficient as possible for 2 weeks (minimum baseline) to 4 weeks (Island minimum standard).

Here are just a few items to start collecting now.

1. Food supplies for your family and your animals for 2-4 weeks
2. 2 gallons of water/day for every person and animal and extra in case you have visitors who are stranded
3. First Aid Kit and medicines, especially prescriptions, hand sanitizers, N95 masks for everyone, sewing kit
4. Sanitation supplies – water purification tablets, bucket and plastic bags for portable toilet, latex gloves
5. Tools – screwdriver, hammer, wrench, crowbar, flashlights with fresh batteries
6. Shelter – tent, tarps, bedding, blankets
7. Copies of all your important documents; cash in small denominations
8. A "Go-Bag"

We're building a culture of readiness rooted in caring, kindness, cooperation, and the belief that no one in our community should face a disaster alone.

Step 2 Organize in our neighborhoods to support each other in a more widespread or long-lasting disaster.

Knowing how to help each other minimizes panic and chaos, and gets help to where it's needed much sooner. South Whidbey Prepares is a step-by-step program that combines personal actions and neighborhood organizing.

* Paraphrased from Scott James' book: Prepared Neighborhoods, Creating Resilience One Street at a Time