

Survivor Tales

AFTERSHOCKS



Real-life story! And what you can do to be a survivor!

This Survivor Tale is based on the real-life experiences of a disaster survivor.

Our heartfelt thanks to those individuals who have shared their stories with us in the hope of helping others prepare to be survivors.

Contributors:

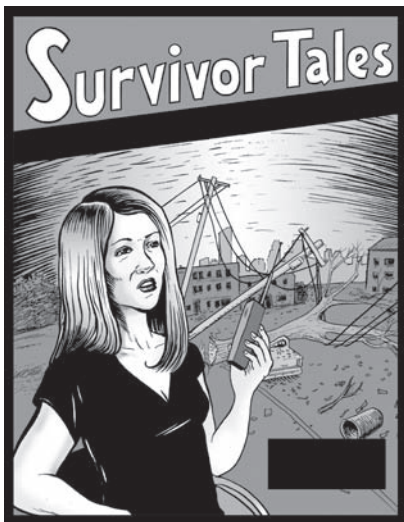
Developed by Public Health - Seattle & King County Advanced Practice Center

Story by Meredith Li-Vollmer

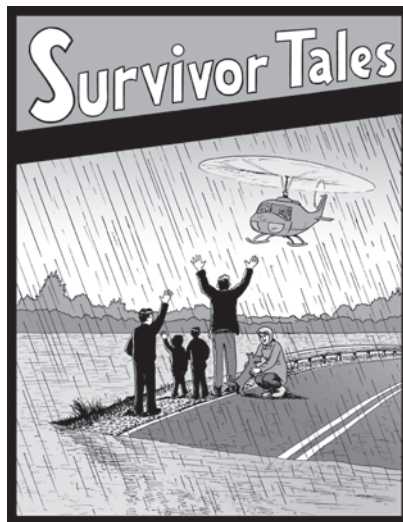
Artwork by David Lasky and Lin Lucas

Project management - Whitney Offenbecher and Jeff Boudreau

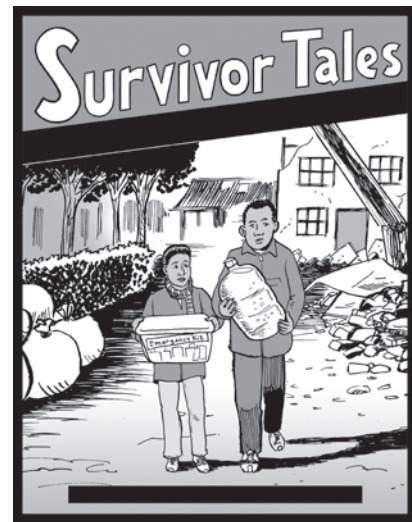
Read other Survivor Tales in this series:



#1: Eye Over Houston

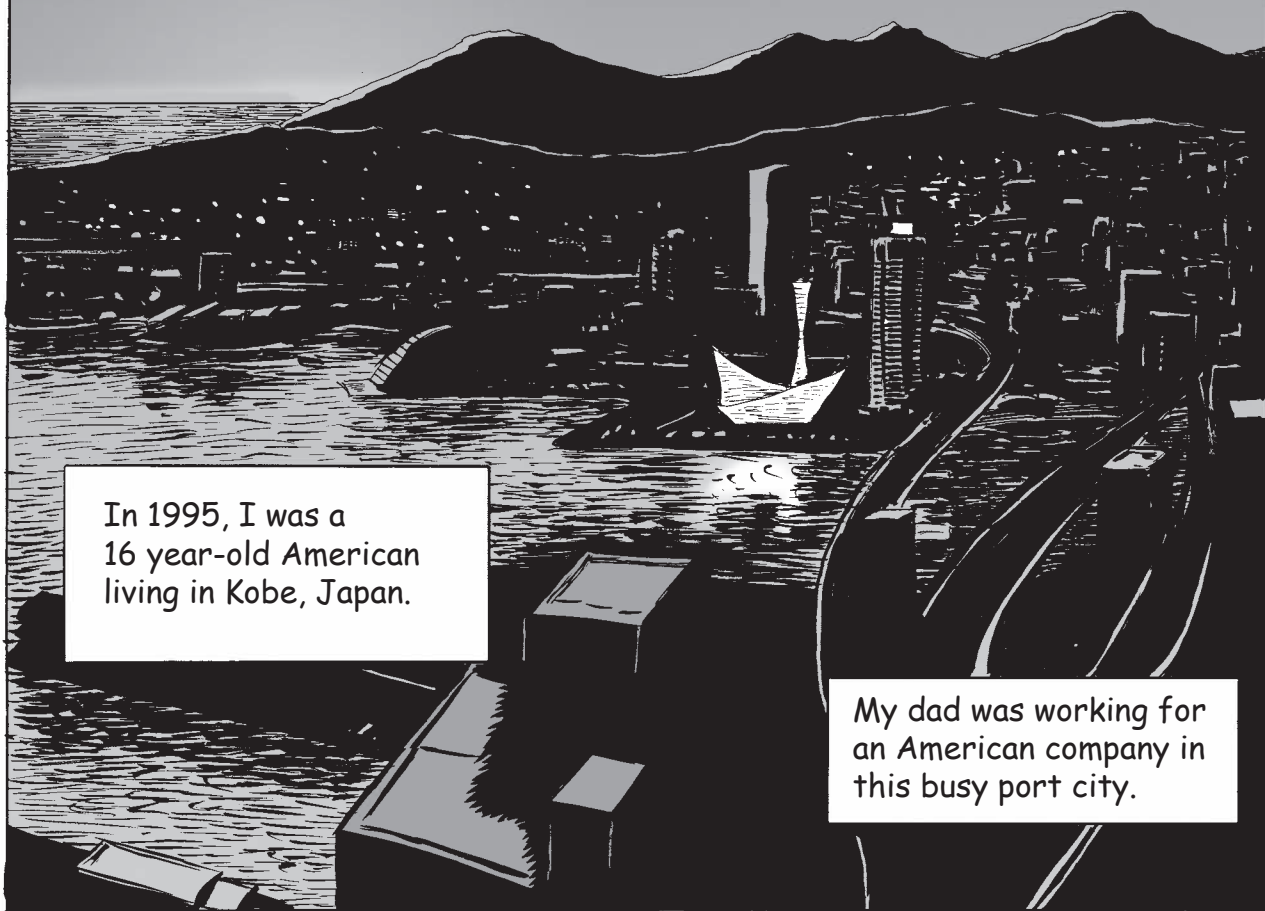


#2: In Deep Water



#3: Aftershocks

AFTERSHOCKS

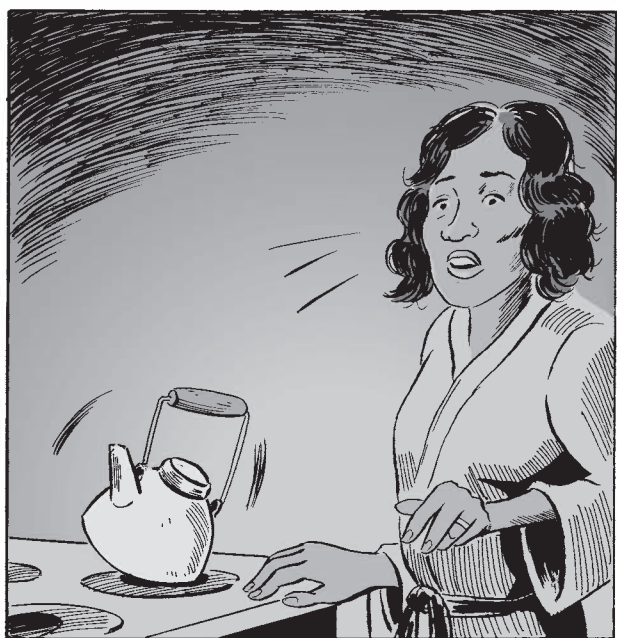
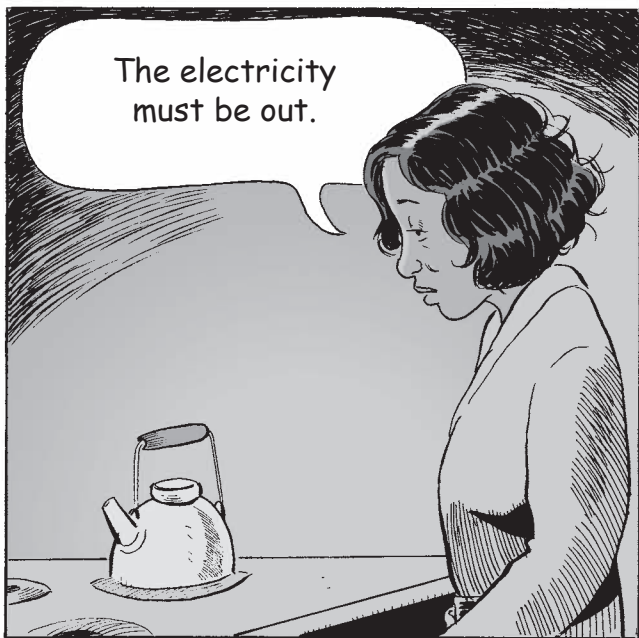
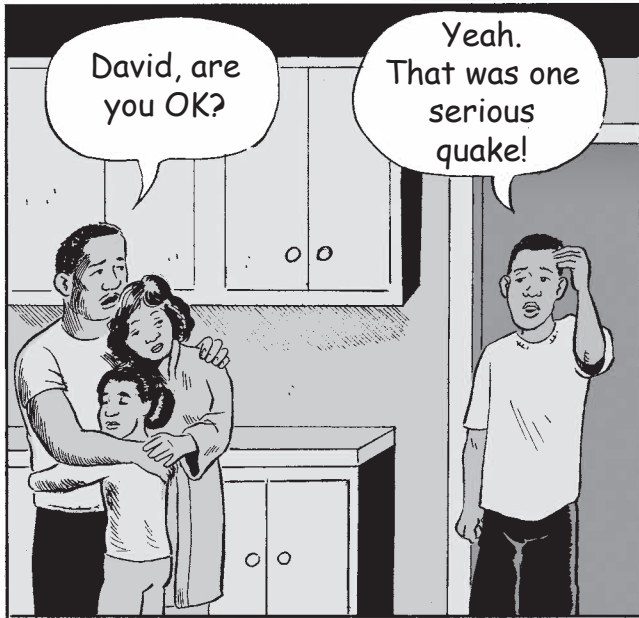


In 1995, I was a
16 year-old American
living in Kobe, Japan.

My dad was working for
an American company in
this busy port city.

January 17, 5:46 am.





We were lucky. We lived on a part of an island where there wasn't a lot of damage. But we could see that it was much worse elsewhere in Kobe.

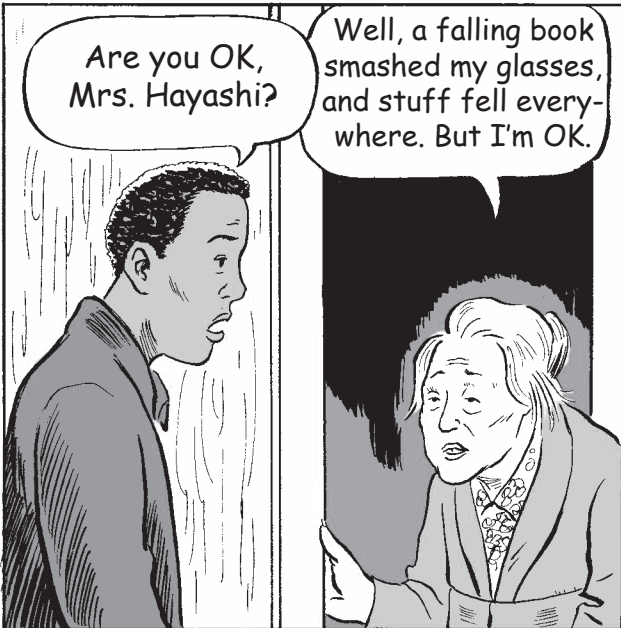


In some places, it looked like a giant had ripped up the ground.

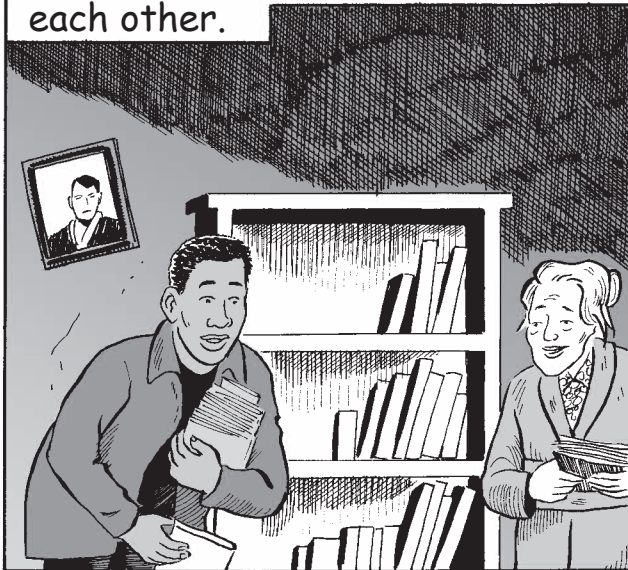


Are you OK, Mrs. Hayashi?

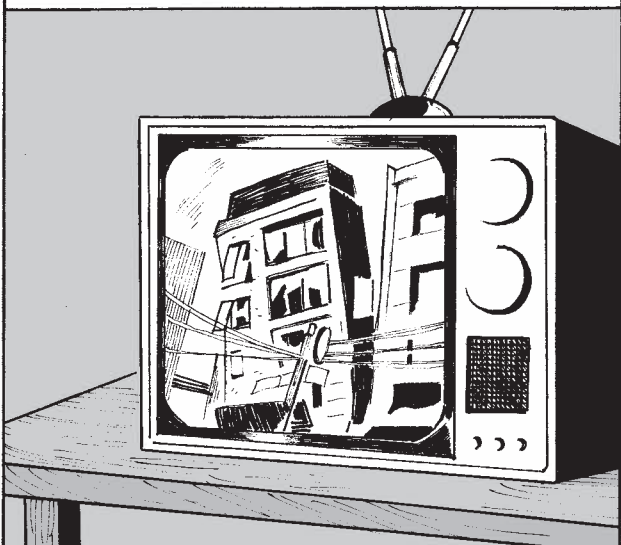
Well, a falling book smashed my glasses, and stuff fell everywhere. But I'm OK.



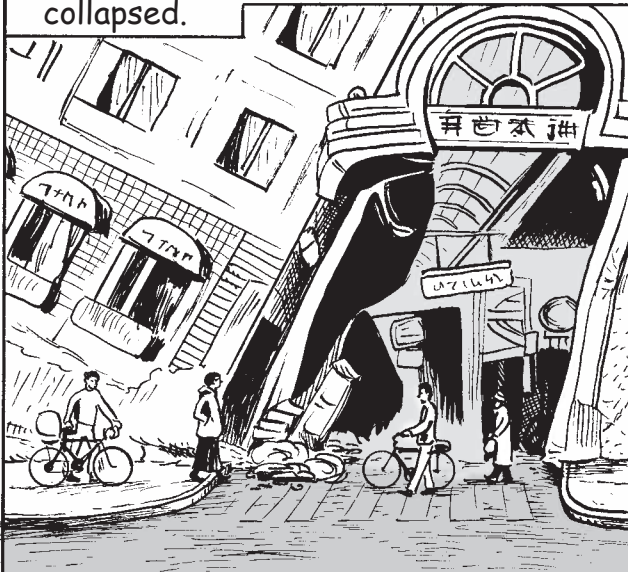
Everyone pitched in to help each other.

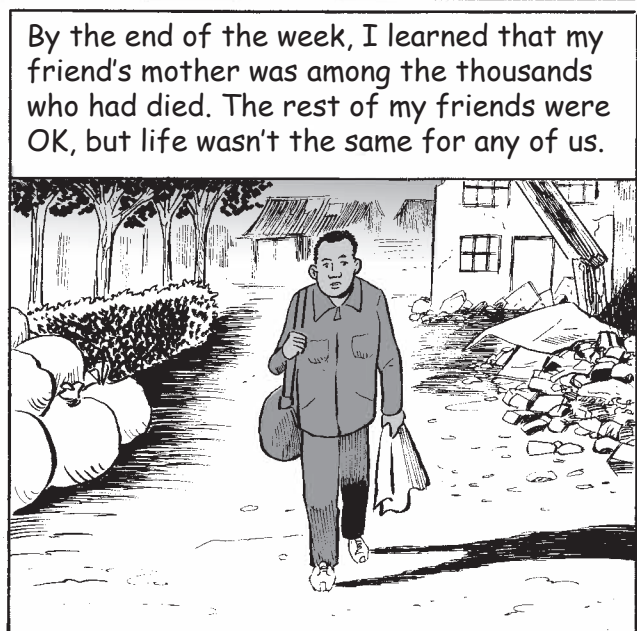
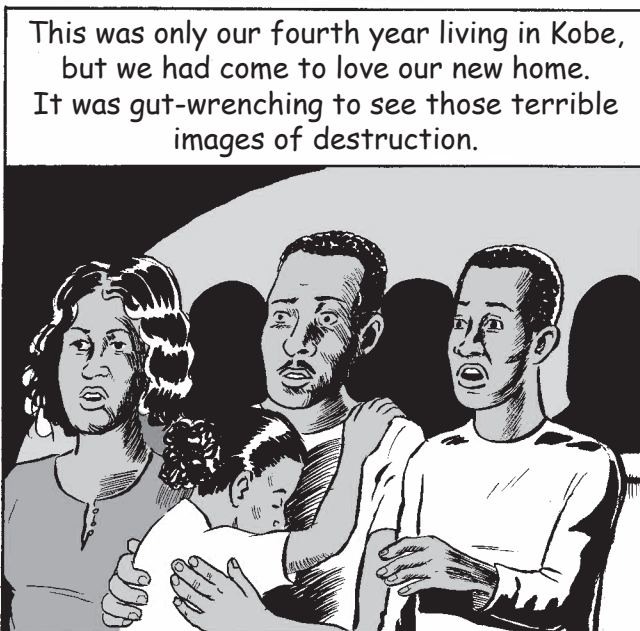
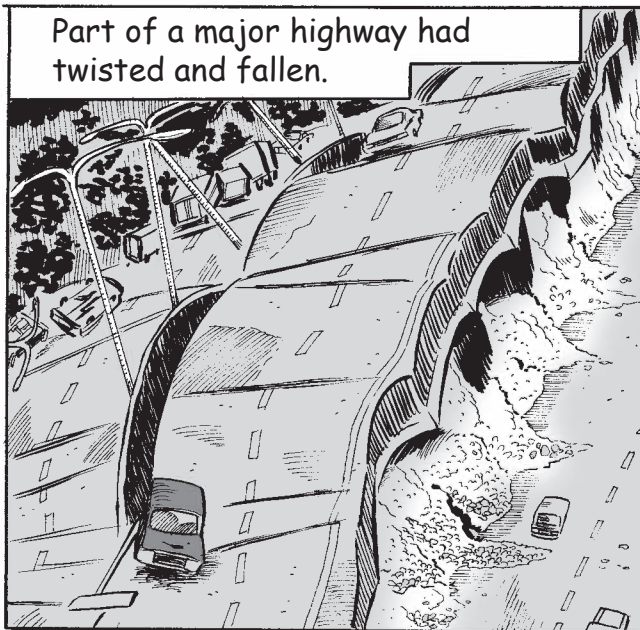


When the power came on that evening, the true horror of the situation became clear.

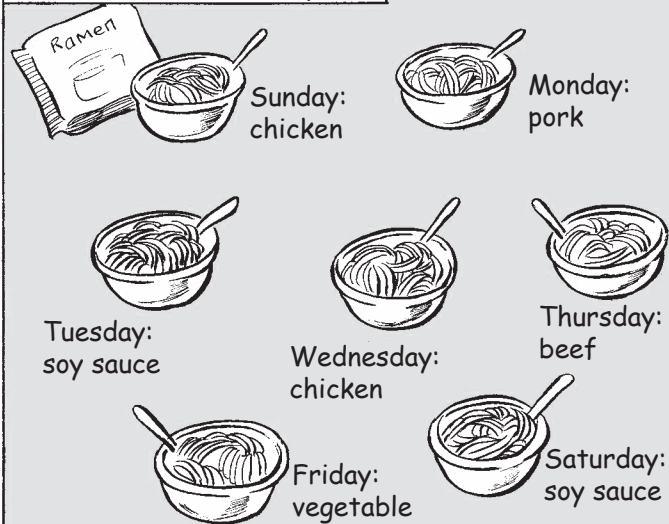


A downtown shopping arcade had collapsed.





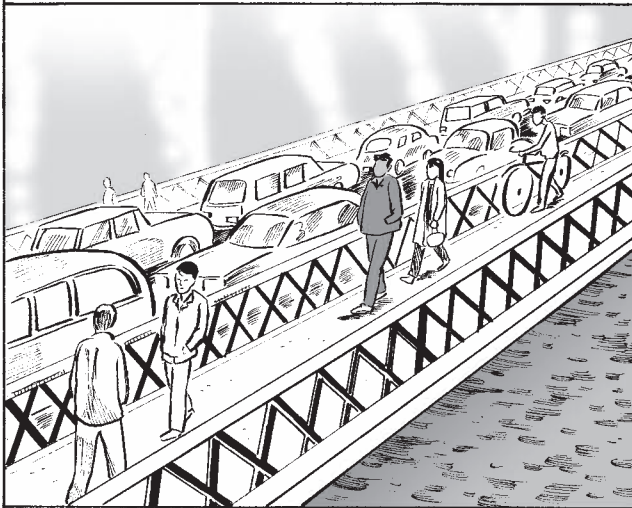
Major companies donated food, but there wasn't much variety.



The gas was out for three months.



The damage to highways and transportation lines made it a nightmare to get around.



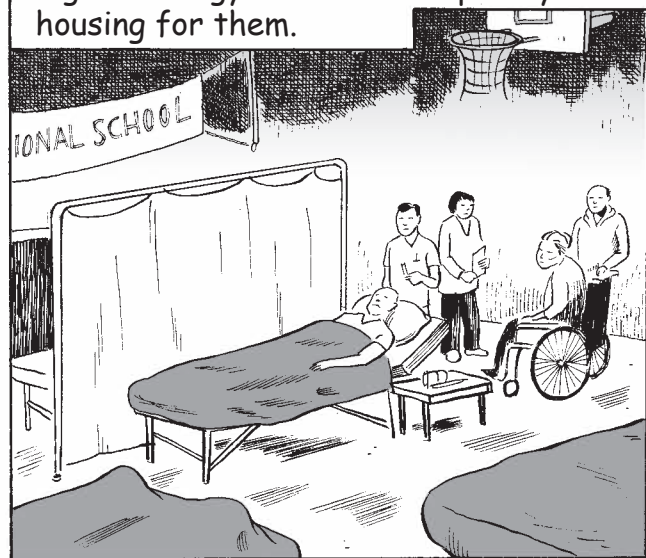
Walking is definitely the faster option!

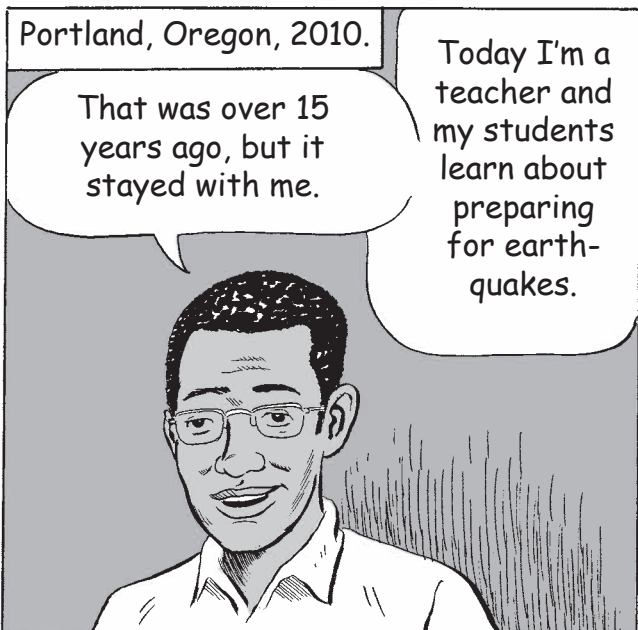
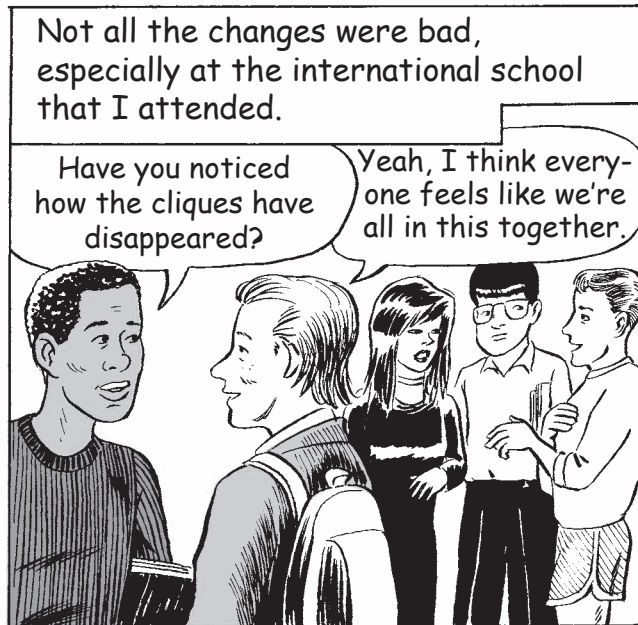


My daily hassles are nothing compared to the thousands who lost their homes.

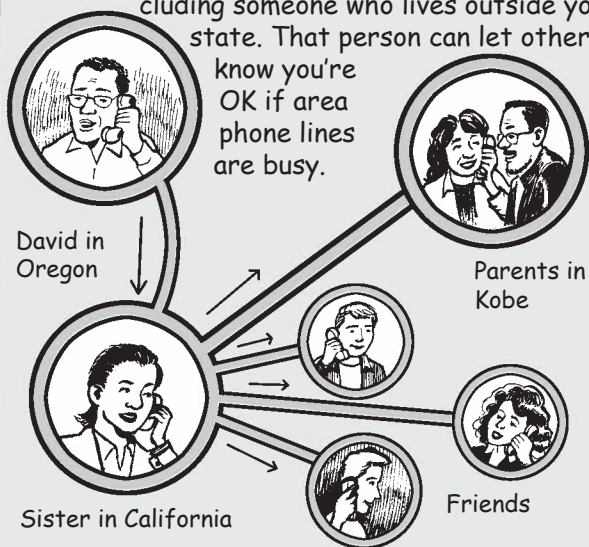


Some seniors lost their homes. Our high school gym became temporary housing for them.

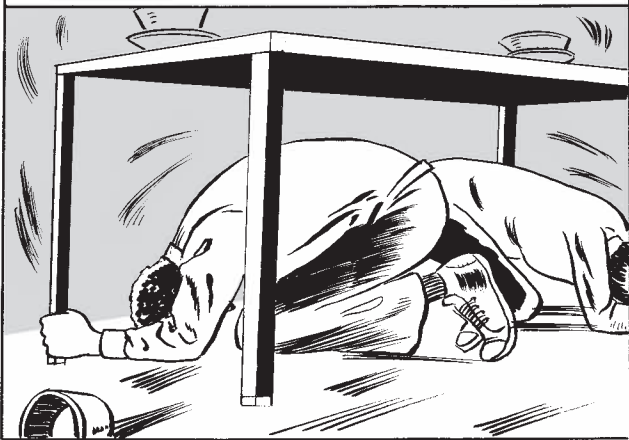




Have a list of people to call in an emergency, including someone who lives outside your state. That person can let others know you're OK if area phone lines are busy.



If you are indoors during an earthquake, DROP to the ground, take COVER under sturdy furniture, and HOLD on.

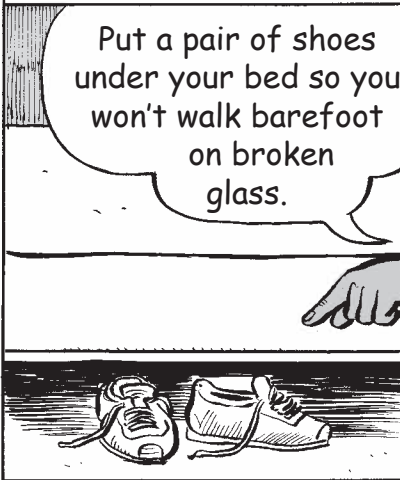


If you're in bed, stay there and cover your head with a pillow.



Glass from windows and mirrors can break during earthquakes.

Put a pair of shoes under your bed so you won't walk barefoot on broken glass.



I use empty pop bottles to store water for emergencies.



When food I like goes on sale, I buy an extra for my emergency kit.



You may never have to go through a major disaster...but won't you feel better knowing that you're ready?



Get Ready to be a Survivor

Make an emergency plan.

Learn what hazards can cause disasters where you live. Determine your family's needs and how you can survive these hazards. Consider the special needs of others, such as the elderly or persons with disabilities.

Develop and practice a communications plan. Would you know what to do if phone lines shut down? Have an out-of-state contact for family members to call if local lines don't work.

Develop and practice an evacuation plan should you need to leave home. Be ready to follow evacuation requests and orders issued by local leaders.

Build an emergency kit.

This is a list of basic items for your kit. Add more when you can.

- Water (1 gallon per person per day)
- Nonperishable food (3-5 days of food per person)
- Clothes (1 change of clothes and shoes per person)
- Medications (3 days worth)
- Flashlight and batteries
- Can opener
- Battery powered radio and batteries
- Hygiene items (soap, toilet paper, toothbrush)
- First aid (bandages, antiseptic, nonprescription medicine)
- Blanket
- Special needs items such as extra eyeglasses, charged batteries for wheelchairs and hearing aids, pet food, diapers

Get involved.

For more information about getting ready for emergencies:

American Red Cross

redcross.org

U.S. Department of Homeland Security

ready.gov

Centers for Disease Control

cdc.gov

Federal Emergency Management Agency

fema.gov

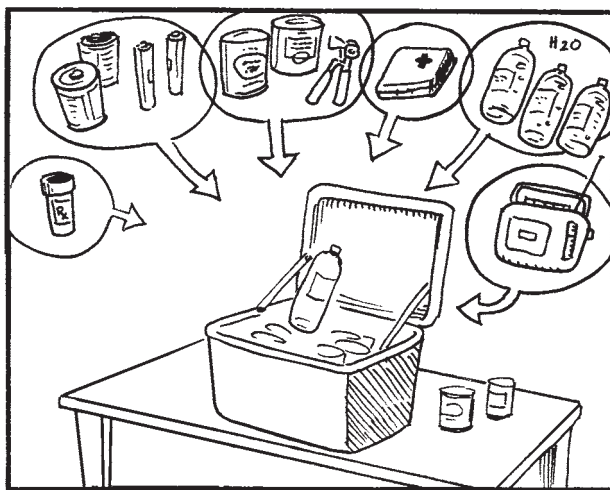
Public health planning resources for communities:

Seattle & King County Advanced Practice Center

www.apctoolkits.com

NACCHO Advanced Practice Center (APC)

www.naccho.org/topics/emergency/APC/index.cfm



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