

Emergency Preparedness

FCH - Long Term Care Unit

Friday, December 7, 2018 the Forks Community Hospital will be participating in an interdepartmental evacuation drill. The Long Term Care Facilities will be completely evacuated. No Long Term Care visitors are permitted between 1 and 4 pm on 12/07/18.

Spoons Cafe will be closed Friday, December 7th from 1:00pm to 4:00pm

This evacuation drill is in compliance with the new federally mandated MEGA Guidelines. We thank our community for their support and understanding despite the inconvenience.

Your At-Home Emergency Kit

FEMA recommends you have a few basic items at the very least. For a more comprehensive supply list visit

www.ready.gov/build-a-kit



Are you and your loved ones ready for an evacuation?



Be Prepared

Senior Citizen

additions to your basic emergency kit

Water - one gallon of water per person per day for at least three days, for drinking and sanitation

Food - at least a three-day supply of non-perishable food

Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert

Flashlight

First aid kit

Extra batteries

Whistle to signal for help

Dust mask to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place

Moist towelettes, garbage bags and plastic ties for personal sanitation

Wrench or pliers to turn off utilities

Manual can opener for food

Local maps

Cell phone with chargers and a backup battery

Prescribed Eye Glasses

Dentures

All Medications & Prescriptions

List of Medications with Dosage

Medical Bracelet or ID

Blanket

Medical Equipment for Your Conditions
- extra batteries for equipment



Insurance/Prescription Cards
- Medicaid/Medicare cards

Contact List of Doctors & Relatives

Walking Stick/Wheelchair

Incontinence Products
- adult diapers/liners



NUMBERS TO KNOW

Emergency Services	911
Washington State Department of Health	1-800-525-0127
Accidental Poisoning	1-800-222-1222
Drinking Water Emergencies	1-877-481-4901
Centers for Disease Control and Prevention	1-800-232-4636
Public Health Emergency Information Line	1-800-556-8744
An easily accessible contact list of people who can help you.	