



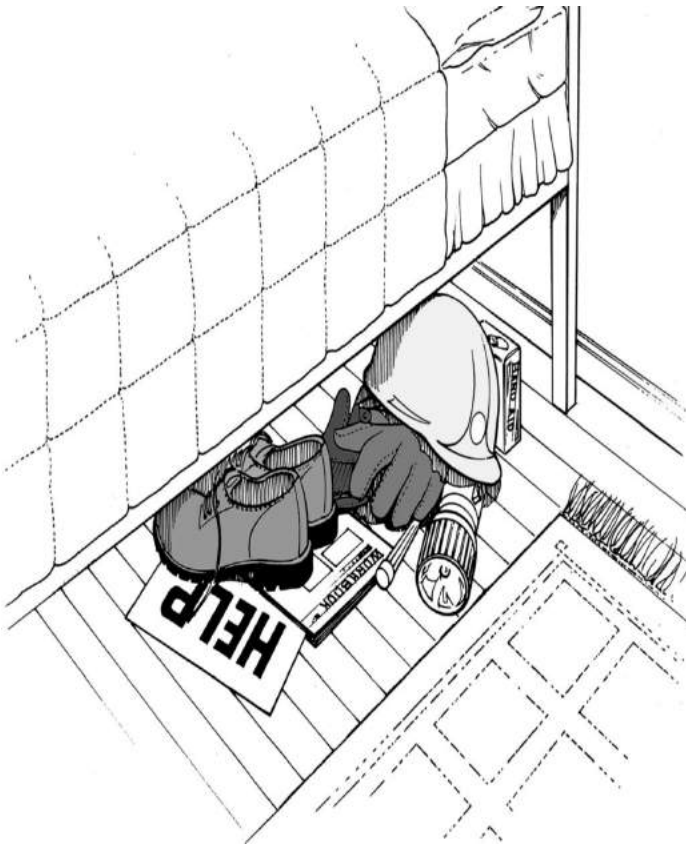
# Under-the-Bed Items

## Ready to respond - day or night:

When disaster strikes, it may be difficult to think as rationally and as quickly as you would like. Your response will be more effective and efficient if you have procedures already in place; they will be easier to remember and implement.

## At a minimum:

Keep a pair of sturdy shoes to protect your feet by each loved one's bed at all times.



## Critical under-the-bed items:

- Sturdy shoes - to protect your feet from broken glass. Injuries to feet are the number one injury after an earthquake. Windows, picture frames, lamps, and clocks can all produce glass shards that could cause injury.
- Work gloves, preferably leather - to protect your hands from broken glass.
- Hardhat - to protect you from falling objects like chimney bricks and downed trees and branches.
- Flashlight & light sticks - essential for a nighttime response.
- An OK/HELP card, found either in your MYN (Map Your Neighborhood) handout which is available from your local office of emergency management or one that you prepare yourself.
- A few bandaids - to hang the OK/HELP card in the window or front door.

### Note:

*The Under the Bed Kit is a part of your Map Your Neighborhood (MYN) activities which is described in this Guide.*

### Suggestion:

*Place a copy all your important documents and phone numbers in your under the bed kit.*



WASHINGTON MILITARY DEPARTMENT  
Emergency Management Division  
Camp Murray, WA 98430-5122

Web site: [www.mil.wa.gov/emergency-management-division](http://www.mil.wa.gov/emergency-management-division)  
253-512-7000; (800) 562-6108