

Survivor Tales

EYE OVER HOUSTON



**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:

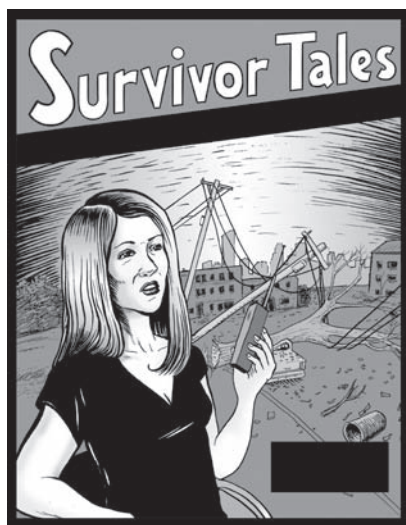
Developed by Public Health - Seattle & King County Advanced Practice Center

Story by Meredith Li-Vollmer

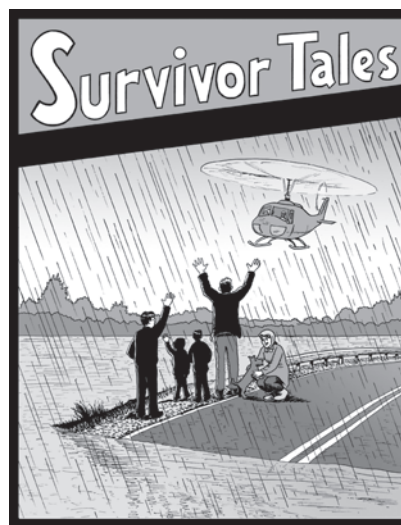
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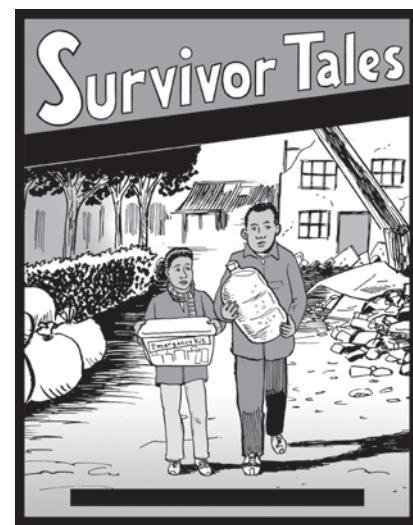
Read other Survivor Tales in this series:



#1: Eye Over Houston

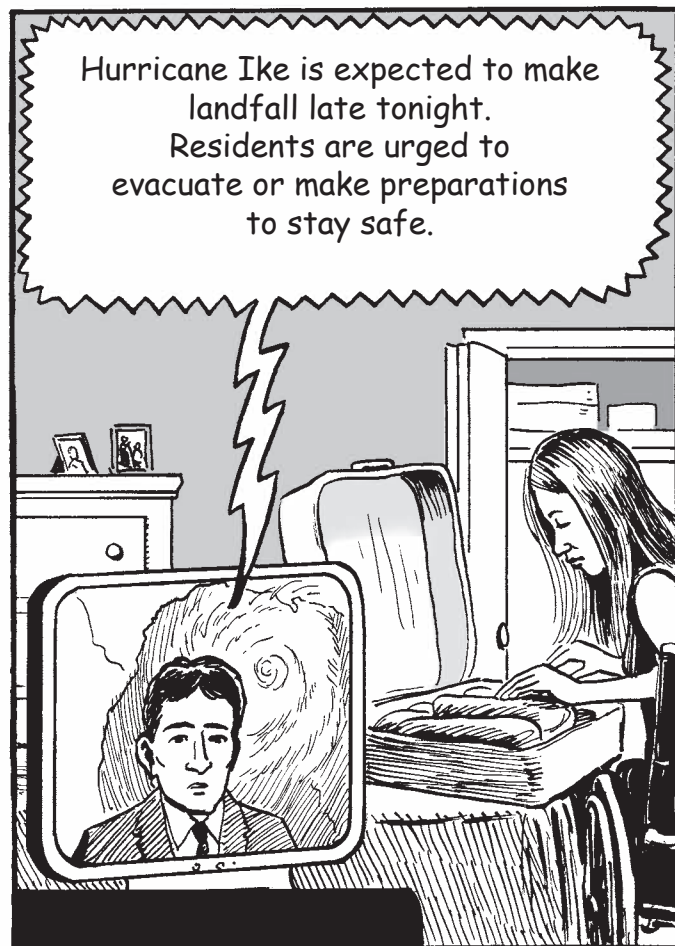
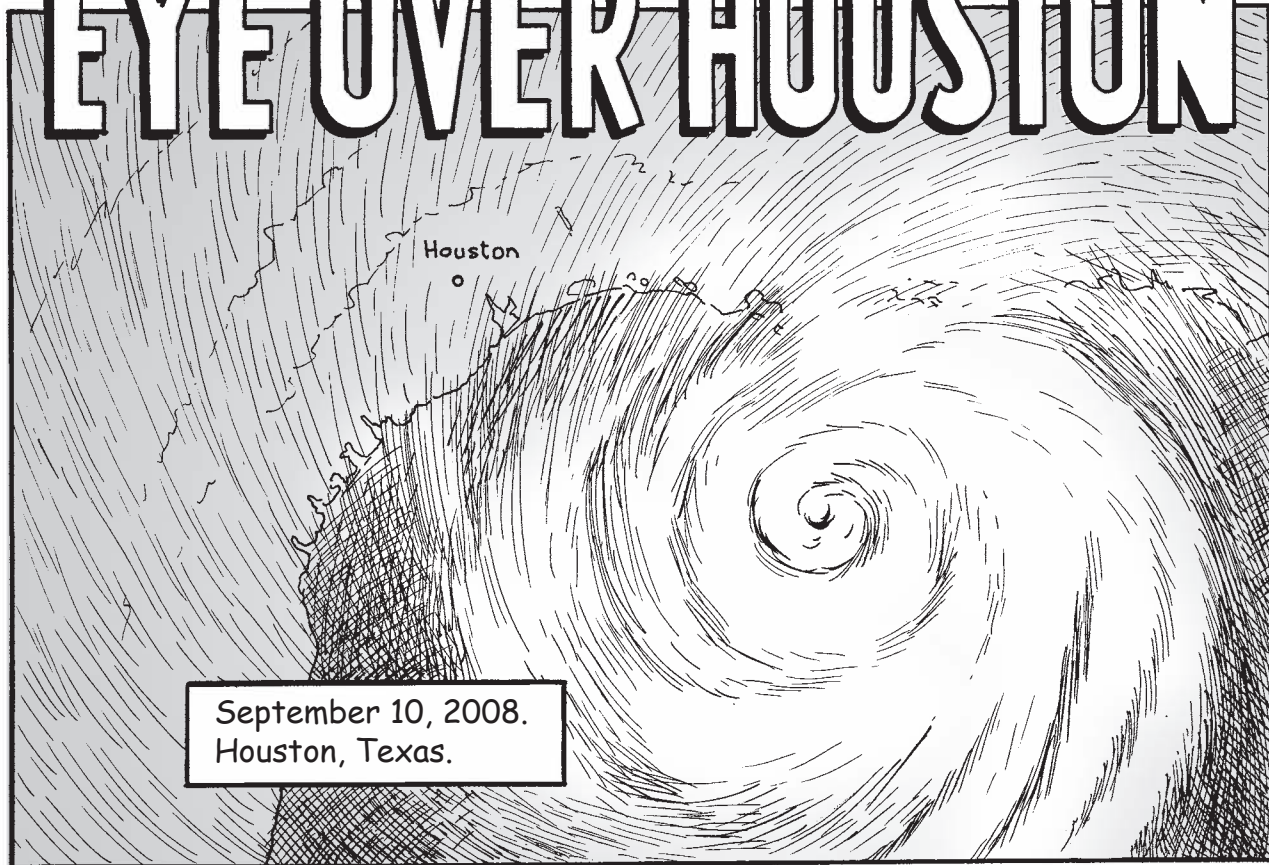


#2: In Deep Water



#3: Aftershocks

EYE OVER HOUSTON



One thing was for sure—
I couldn't stay in my third floor
apartment if there was a chance
we'd lose electricity.

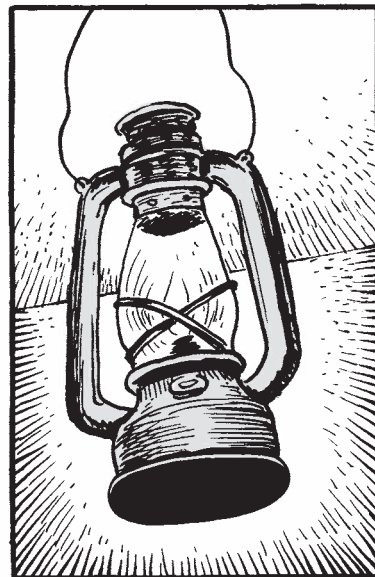
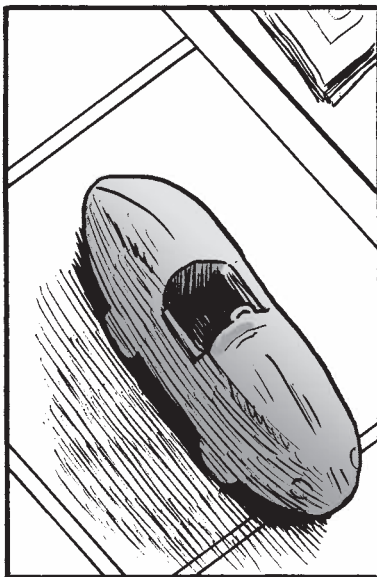


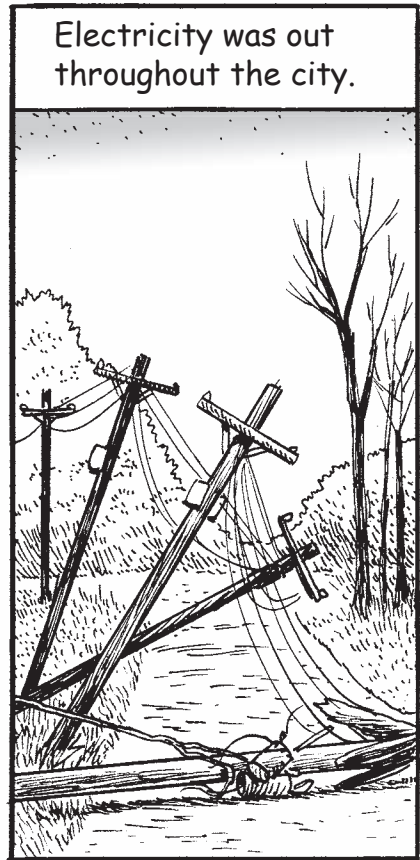
Thank goodness for our friends.
Michelle! Brian! Welcome!
It'll be a bit tight, but I think we can all
ride the storm out here.



Of course, no one could sleep.







And that wasn't all.
I hope no one was planning to take a bath.

It would be weeks before the electricity, phone lines, and the water came back.

But people got creative.

Are you going to try to drink pool water?

No, it's for flushing the toilet!

And we shared what we had. We had block parties to eat the refrigerated food before it spoiled.

Pork chops and chicken? It's a feast!

See if those folks next door want some.

I work for an organization that supports people with disabilities, so I knew I could play a role in helping others out.

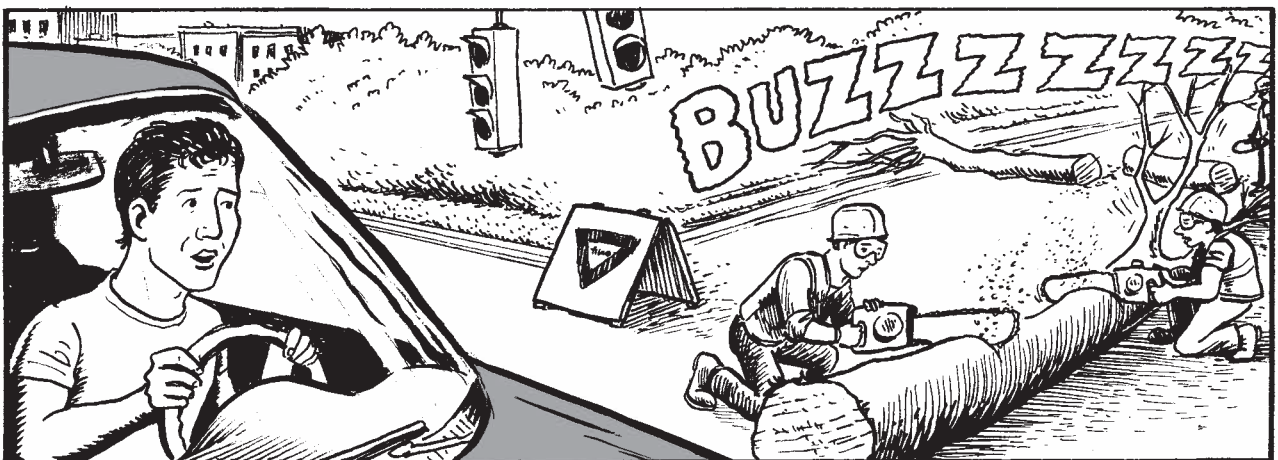
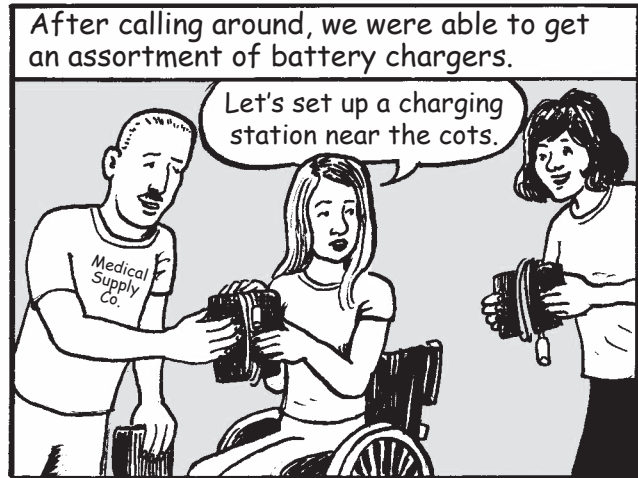
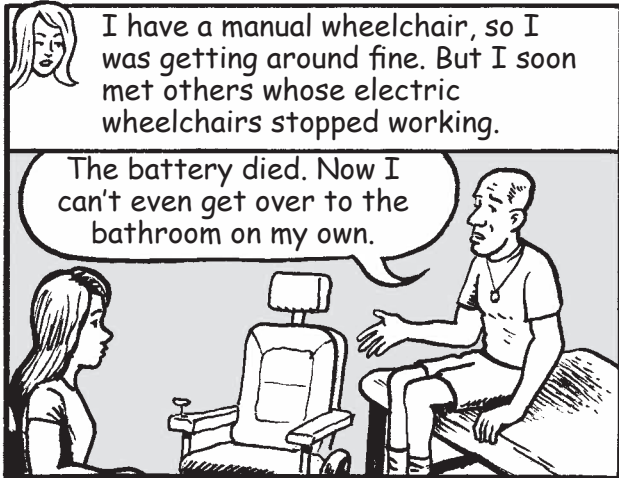
I headed to the convention center where many people had gone for shelter.

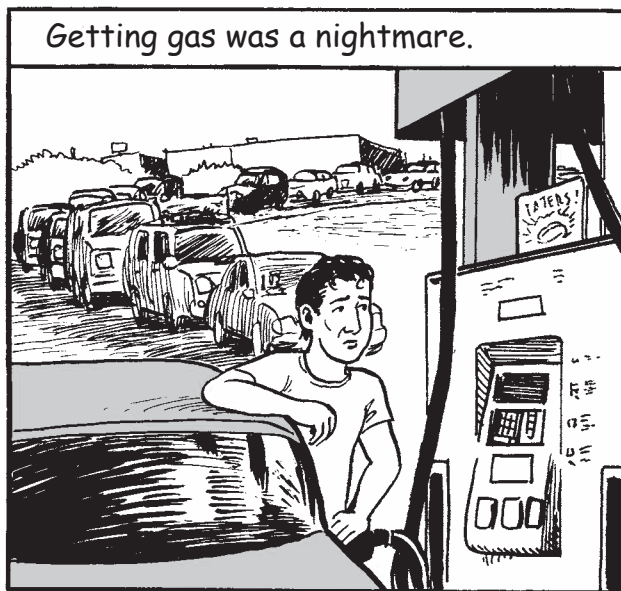
In one hall, people were checking in.

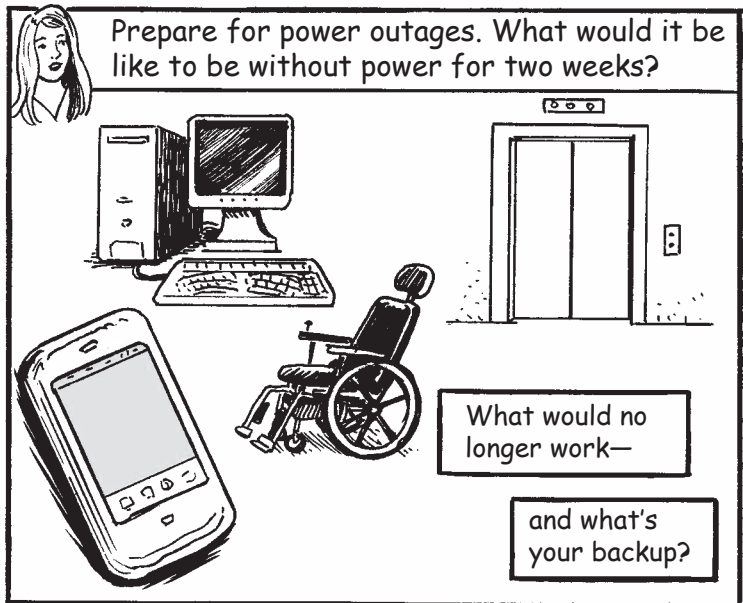
I'm bilingual. Do you need interpreters?

Another hall was set up for first aid...

And others were set up for people to rest or get food and water.







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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