Personal Preparedness Information

In order to be prepared for a variety of emergencies that could occur, Western’s Emergency Management is providing a list of suggestions below. This is not an all-encompassing list, but should be considered a starting point.

**At work:**
- Snack foods
- Bottled drink
- Extra clothes, sturdy, comfortable shoes or boots, jacket
- Blanket
- Flashlight
- 3-5 day supply of any necessary medications (insulin, high blood pressure, etc).
- Work gloves
- Have a method to communicate with other family members to make sure all are ok, such as an out of area contact to call
- Have a plan where children will go and who will get them there

Please be familiar with Western’s [Suspending University Operations](#) policy, including sections pertaining to staff called to work to perform essential functions and compensation if you are a supervisor (sections 6 and 14 of the policy).

**At home:**
- Develop and practice your family plan
- Have at least a 3 day supply of food in the house, a week’s worth is better
- Have an emergency supply of required medications (insulin, oxygen, etc) for all family members
- Keep an emergency supplies kit
  - See for suggestions: [Washington State Emergency Management - Preparedness - Personal Preparedness](#)

**Additional Resources**

- [Whatcom Unified Emergency Management](#) website has local preparedness information, such as Community Emergency Response Team, public alert sign-up, and more.