



Surviving the Unexpected

2026

**Emergency Resources For
Independent Living Residents at**

Panorama[®]

Don't rely on someone coming to your rescue!

Independent living means we take care of ourselves.

Your preparation before a disaster, and your proactive attitude in the immediate aftermath, will make a big difference for you, your loved ones, and your neighbors.

*Prepared by the
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Introduction

This booklet will help you prepare for and respond to emergencies and disasters. Keep this with other supplies under your bed (see p. 4).

We define **emergencies** as events like short-term power outages and other localized disruptions. We define **disasters** as regional events such as earthquakes or major windstorms that could disrupt services and delay outside help for days or weeks. For more information, contact your PREP Rep or Kya/Community Living/Resident Emergency Resources.

My PREP Rep: _____

Address/Phone _____

My Porch Packet Gathering Site _____

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Preparing for Emergencies and Disasters

- Collect enough food, water, and supplies to be self-sufficient for at least two weeks (see next page for suggestions). This will prepare you for all but the worst disasters.
- Keep your SARA pendant handy.
- Learn first aid and encourage others to learn so they can help you.
- Secure items that might fall in an earthquake such as televisions, mirrors, and bookcases. Submit a work order for advice and installation.
- Get fire extinguishers and learn how to operate them.
- Contact your PREP Rep and attend training events.
- Learn how to participate in disaster response programs (if willing and able).
- Enable earthquake warning and severe weather alerts on your phone.
- Plan how to contact loved ones when communications are poor.
- Consider giving your house key to a neighbor for emergency access.
- Car emergency supplies include first aid kit, flashlight, food, water, plastic poncho, blanket, phone charger, flares, or reflective triangle.
- See more info, including publications and videos, on Kya at Community Living/Resident Emergency Resources.



Supplies for Emergencies and Disasters

Under Bed Kit (for earthquake, etc.)

- Helmet (bicycle ok)
- Goggles
- Mask-N95
- Gloves
- Sturdy shoes
- OK/HELP sign
- Flashlight or headlamp
- First Aid kit
- Whistle to call for help
- Contact list
- *Surviving the Unexpected* brochure
- Key phone numbers & contacts

Grab & Go Bag (for evacuation)

- Clothes
- Meds, prescription info
- Personal care items
- List of phone numbers
- Food for several days
- Power of Attorney
- \$100+ in small bills
- ID copy
- Phone backup battery
- Other—hearing aid batteries, CPAP supplies, oxygen
- Flashlight, batteries

Be “Two Weeks Ready” to stay in your home

Food and Water

Store food you like and rotate!

- Ready-to-eat canned meats, fruits, vegetables, & can opener
- Protein or fruit bars
- Dry cereal, granola, crackers
- Peanut butter
- Dried fruit, nuts
- Canned juice
- Non-perishable pasteurized milk
- High-energy food
- Comfort/stress food
- Utensils, paper towels
- Water - 14 gallons/person
- Water purifier

Supplies

- First Aid kit
- Fire extinguisher
- LED Flashlight/headlamp
- LED lantern
- **No candles—fire hazard!**
- Battery weather radio
- Multi-tool
- Whistle
- Warm clothing/bedding/mylar sleep bag
- Meds
- Personal hygiene supplies
- Spare batteries
- Phone backup battery
- Sanitation—TP, hand sanitizer, moist towelettes, unscented bleach (not splash proof), soap, plastic bags for poop
- Oxygen backup
- CPAP backup power

Pets

- Water and food
- Waste bags
- Green info bag
- Leash, collar Emergency Checklist
- Kennel, carrier
- Meds
- Cat litter & box



Digital Resources

KYA: See the many articles, publications, maps, and videos about emergency preparation and response at Panorama.

Smart 911: Be prepared for any emergency by giving public safety agencies the info they need to help and communicate with you. Your information will only be seen when you call 911. If you call 911 in any area that has Smart911, your information will be displayed to the call taker. Sign up at Smart911.com.

Emergency: Android/iOS The Red Cross First Aid app has clear health related instructions. Learn how to control bleeding, treat a broken bone, perform CPR, etc.

First Aid: American Red Cross app. Step-by-step instructions are provided for over 20 kinds of injuries, with additional videos and the option to call 911 directly from the app.

FEMA: The FEMA app allows you to receive real-time weather alerts, locate emergency shelters in your area, prepare for common hazards, and more.

MyShake: Android/iOS app provides early warning alerts in California, Oregon, and Washington using the USGS ShakeAlert system, delivering notifications several seconds before shaking begins.

Android Earthquake Detection: Automatically detects earthquakes via the phone's movement-sensitive accelerometer. In Settings, go to Earthquake alerts and turn it on.

iPhone Earthquake Alerts: Go to Settings. Scroll down and tap on "Notifications." Look for "Government Alerts" or "Emergency Alerts." Wording might differ depending on version. Find option for "Earthquake Alerts" or similar and turn it ON.

iPhone Health App: Open the pre-installed Health app. Select Medical ID. Tap on your profile picture or icon in top right corner. Scroll and select Medical ID. Tap Edit in the top right corner. Enter your information. Enable "Show When Locked" to ensure your Medical ID can be accessed from the lock screen. Tap Done in the top right to save.

Android Emergency App: Open Settings. Scroll to find Safety & Emergency or Emergency Information (depending on Android version). Enter medical information, and conditions. Add emergency contacts. Enable the feature so your emergency information can be accessed from the lock screen.

Satellite access: Some newer phones can send emergency messages via satellite when cell service is unavailable. Check with your phone manufacturer to find if you have this capability and learn how to use it.

Volunteer Preparation and Response

Volunteers will begin disaster response as soon as we have taken care of ourselves and our households. Volunteers who are willing and able will go to our pre-assigned Porch Packet Gathering Sites. At these sites, we will organize to survey the neighborhoods for injuries and damage, set up a communication network, and help the injured. Here are the groups working to prepare and respond.

Panorama Resident Emergency Preparedness (PREP) educates residents to prepare for disasters, such as storing food and supplies, skills, and info to share with neighbors, and steps to take in a disaster.

PREP Reps in each neighborhood teach neighbors about disaster preparation and response.

Community Emergency Response Team (CERT) trains resident volunteers on basic first aid and search and rescue and coordinates CERT volunteers in disaster response.

Disaster Supply Center (DSC) stores supplies for resident use in emergencies. The DSC is located behind the Chalet.

Emergency Communications Center (ECC) (Ham radio) communicates with off-campus emergency responders.

Resident Emergency Resources Steering Committee (RERSC) coordinates preparedness and response among our volunteer groups and with Panorama management.

Key Phone Numbers

Resource	Internal Phone	Ext. Phone
Operator (365 days/year)	o (8am-9pm)	360-456-0111
Work Order Desk (Damage, utilities, etc.) (Mon-Fri, except holidays)	4205 (8am-5pm)	360-438-7542
Security (24/7)	7533	360-438-7533
Urgent Response Aide (24/7)	6000	360-413-6000
Recorded info updates	7777	360-438-7777
Disaster Supplies (Behind Chalet)	6023	360-413-6023
Injury or danger to person or property - 911 (9-1-911 from Pan phone)		

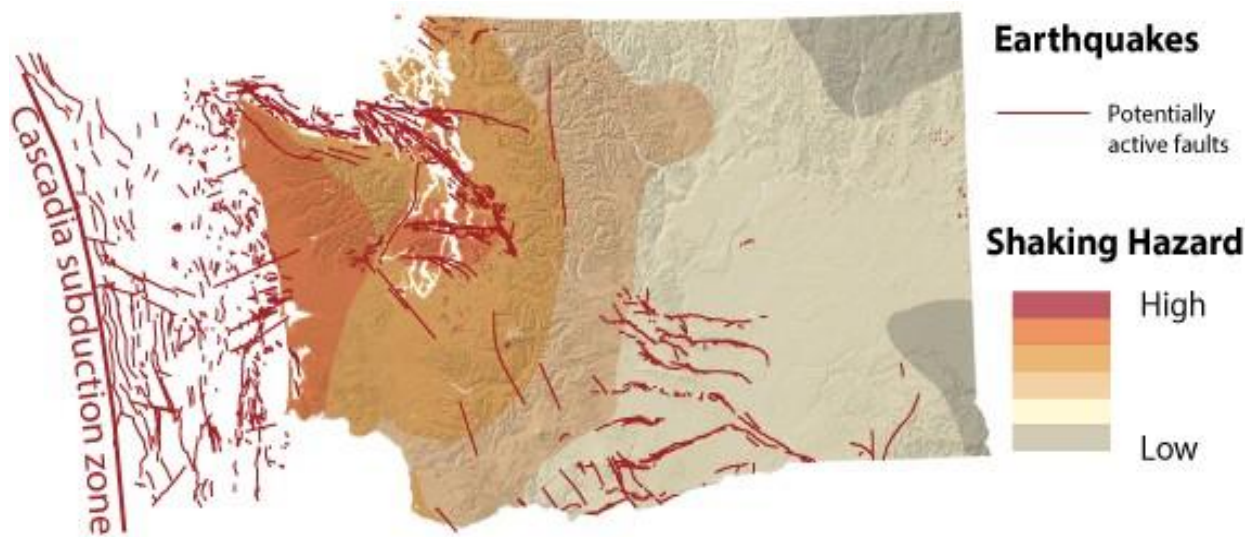
Earthquake Tips for All Independent Living



- DROP where you are, onto your hands and knees.
- COVER your head and neck with one arm and hand.
- Move under a desk or sturdy table, HOLD ON, and move with it.
- Avoid windows, bookcases, refrigerators, and objects that could fall.
- Don't go outside until the shaking stops. If leaving a building, watch out for falling debris.
- Check yourself and household for injuries and damage.
- Display your HELP or OK sign.
- If gas or propane is leaking, shut it off.
- If driving, pull over; avoid overpasses, power lines, and other hazards.
- If in a recliner or bed, cover your head and neck with your arms or pillow until shaking stops.
- If using a cane, DROP, COVER, and HOLD ON or sit on a chair, bed, etc. and cover your head and neck with both hands. Keep your cane near you for use when shaking stops.
- If using a wheelchair or walker, LOCK your wheels (if applicable). Get as low as possible. Bend over and COVER your head/neck with your arms, a book, or pillow. HOLD ON until the shaking stops.
- Expect aftershocks. DROP, COVER, and HOLD ON when you feel shaking.
- Don't use matches, lighters, appliances, or light switches (use flashlights instead) until you are sure there are no gas leaks.
- If willing and able, report to your Porch Packet site after determining that all in household are safe.

More Earthquake Tips for Apartments

- Display the “Help” or “OK” sign on both apartment door and balcony.
- Shelter in place if safe to do so; there may be aftershocks.
- After shaking has subsided, remain in your apartment if safe.
- Leave the building only if you hear shifting or unusual noises, as it may mean the building is unstable.
- If your apartment is unsafe, or if directed to evacuate by emergency response authorities, follow your building evacuation plan.
- Use the stairs, not the elevators.
- If evacuating, go to the Emergency Gathering Area.
- If willing and able, report to your Porch Packet site after determining that all in household are safe.



Fire Tips for All Independent Living

If a fire occurs, GET OUT, STAY OUT, and CALL 911.

- Leave your things where they are and save yourself.
- Yell "Fire!" several times.
- **Never go back inside for anything or anyone.** Smoke and gasses kill more people than flames.
- If you must escape through smoke, get low and go under the smoke to your exit. Close doors behind you.
- **Never open a door that is warm to touch.** If closed doors or door handles are warm or smoke blocks your primary escape route, use another way out.
- If smoke, heat, or flames block your exit, stay in the room with doors closed. Place a wet towel under the door and call the fire department or 911. Open a window and wave a brightly colored cloth or flashlight to signal for help.



More Fire Tips for Apartments

- Memorize the number of doorways from your apartment to the nearest exits. You may need to find your way in the dark in an emergency.
- Practice your building's evacuation plan including going to Emergency Gathering Areas.
- If your door feels warm to touch, don't open it.
- Block smoke from coming under the door with a wet blanket or towels.
- If the door feels cool, open it slowly; stay low and check for smoke or fire in the hallway.
- Exit the building using the closest stairway with no sign of smoke.
- Don't prop open exits or stairway doors.
- If hallway fire doors are closed, you may push through them to exit.
- If you can't evacuate, go out on your patio or balcony if it's safe to do so, closing the door behind you. Call 911.

Residents with Caregivers

- Tell your Social Service Advisor you have a caregiver and discuss your options for disaster response. Advisors keep a list of those IL residents who have caregivers. If you don't know your advisor, contact x7557.
- Prepare as if no one is coming to help you. Your caregiver may not be with you when the disaster hits or may be with another client. Fire Department and ambulance services will not function in a major disaster.
- Prepare for power outages. If you use supplemental oxygen, keep a backup power supply or spare tank. If your meds need refrigeration, plan for that.
- SARA pendants may not work. If they do, the response may be very slow.
- Don't depend on admission to the C&R. Don't depend upon Assisted Living or the C&R for replacement wheelchairs, oxygen, medication, etc. These things will not be available.
- Let your caregiver know about your disaster supplies and where they're stored.
- Tell your neighborhood PREP Rep you have a caregiver.

Weather and Emergency Relief Centers (WERC)



In emergencies these areas may open as Weather and Emergency Relief Centers (WERCs): Quinault Coffee Rm, Chalet LL, Chinook Social Rm, and Aquatic and Fitness Center (AFC).

PETS are ONLY allowed at the AFC WERC.

Panorama will announce when WERCs are open for use.

WERCs are not staffed. Bring what you need to make yourself comfortable.

WERC User Guidelines

- Record your name on the sign-in sheet displayed in each relief center.
- Transportation to/from the WERC may be available by calling Urgent Response x6000 or Social Services x7557. Let them know if you need special assistance.
- Bedding. When Panorama has authorized overnight use, you may request a cot from the Urgent Response Aide. Bring your own blanket, pillow, or sleeping bag.
- Rest rooms will be available at each WERC.
- Generators will provide electrical power for lights, heat, air conditioning, and air filtration as long as generator fuel lasts. Bring backup batteries for medical machines in case power fails.
- Food. Self-help coffee, tea, and microwaves are available at each WERC except at the AFC. Do not bring personal appliances such as crockpots. Bring your own meds or food. Seventeen51 Restaurant/Bistro is not a designated WERC and may not be open in an emergency.
- Electronics. Bring chargers. Reception may not be available at lower levels.
- Television and audio devices. Use the caring/sharing principle. Keep volume at moderate levels in consideration of those who may be resting or sleeping.
- PETS are only allowed in the Aquatic/Fitness Center WERC. Special assistance may be available from the Pet Partners Committee.

First Aid Tips

Assess Consciousness and Consent

- Identify yourself and say, “Hello, I can help you. Is that OK?”
- No response = implied consent; you may help

Assess for Shock

- Look for confusion; cool clammy skin; rapid, shallow breathing; rapid or weak pulse
- Treat - place on back, elevate feet at least 12 inches, keep warm

Bleeding	• Apply dressing or clean cloth • Apply firm direct pressure to wound • Layer more dressings as required • Continue pressure for 10 min.
Fragile Skin	• Use gauze bandage roll (roller bandage) to secure dressing instead of tape
Burn	• Cool with cold running water • Do not use ice • Cover burned area with sterile gauze or clean dry cloth • Don't bind or seal • Tape loosely
Eye Injury	• Don't rub • Flush with water and cover closed eye with sterile bandage • (Eye Kit in CERT backpack and at Disaster Supply Center.)
Fracture	• Don't straighten • Immobilize • Cover exposed bone with clean cloth • Check circulation
CPR	• Use rapid chest compressions: 100 beats/minute as in the song <i>Stayin' Alive</i>

Emergency and Disaster Sites on Campus



- 1 Aquatic & Fitness Center (Pets OK)
- 2 Chinook Social Room
- 3 Chalet Lower Level
- 4 Quinault Auditorium & Coffee Room
- 5 Disaster Supply Center & Emergency Communication Center

“We Are Safe” Message Form

Panorama ham radio operators can send emails in a disaster when phones and internet are not working. Use this form to share your status with family or friends.

AFTER a disaster happens, fill out this form and take it to the Emergency Communications Center (ECC) mail slot behind the Chalet. (See # 5 on map).

The ECC will only send messages received **after** a disaster.

One Way message. Fill completely. Write clearly.

Your Name _____ Phone ext. _____

Your Email _____

To _____ Email _____

To _____ Email _____

To _____ Email _____

(Your message in **15 words max**. Print clearly! One word per space.)

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() () () () ()

() () () () ()

Sender signature _____

For office use. Rec'd _____ Sent _____