

The mission of the King County Housing Authority is to provide quality affordable housing opportunities and to build communities through partnerships. We encourage self-sufficiency and we protect the dignity of people with limited resources while safeguarding the public trust.

Medicare concerns

THE PAPER CHASE
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KCHA NEWS

April
2006

A resource for King County Housing Authority residents

Income tax credit could save you money

By VOICE STAFF

Low-income working individuals and their families may be eligible to receive a tax refund of between \$400 and \$4,400 if they apply for the federal Earned Income Tax Credit.

Congress originally approved the tax credit in 1975 as a way to offset the burden of Social Security taxes on low-income people and to provide an incentive to work.

When the EITC exceeds the amount of taxes a person owes, it results in a tax refund to those who claim and qualify for the credit.

To qualify, taxpayers must meet certain requirements and file a tax return, even if they did not earn enough money to be obligated to file a tax return.

United Way of King County and the King County EITC Campaign will help people claim the credit by providing free tax preparation services at sites across King County until April 15.

Taxes will be prepared by IRS-trained and certified volunteers and electronically

filed for a rapid refund.

Multilingual tax preparers will be available at several sites to serve customers who do not speak English.

In most cases, EITC payments are not used to determine eligibility for Medicaid, Supplemental Security Income (SSI), food stamps, low-income housing or most Temporary Assistance for Needy Families (TANF) payments.

You may be eligible for the tax credit if you:

- earned income in 2005;
- have children and earned less than \$37,350 in 2005;
- do not have children and earned less than \$13,750 in 2005;
- get less than \$2,700 a year from interest and investments;
- have a valid social security number for the purposes of work.

In order to qualify, you cannot file your taxes under the "married filing separately" **Please see "Tax credit" on page 3**

Waiting list for Section 8 vouchers to reopen

KING COUNTY HOUSING AUTHORITY

Do you have a friend or family member looking for a place to live but struggling to find a home that is affordable?

The King County Housing Authority will be accepting applications for the Housing Choice Voucher (Section 8) Rental Assistance Program waiting list for two weeks starting Wednesday, April 26 and ending Tuesday, May 9.

This opportunity allows eligible applicants to qualify for a rental subsidy through the Housing Choice Voucher program. That voucher can be used to help pay the rent of a privately-owned house or apartment.

Also known as Section 8, this program is

the primary means of housing assistance for low- and very-low-income people provided by KCHA. Currently, KCHA's Section 8 Program provides rental assistance to more than 15,712 residents in King County.

The waiting list has been closed since June 2002, when KCHA received nearly 7,000 applications to the program.

Because the previous waiting list is nearly four years old, KCHA is looking to create a more current list of applicants. Applicants from the existing list will automatically be included on the new list upon application.

Because resources of the Section 8 program are limited, KCHA will place no more than 2,500 names on the new waiting list. Successful applicants will be selected through a random drawing that will be held after May 9. Applicants not placed on the list will be notified following the drawing. Applicants must qualify for a housing preference to be eligible. The preferences are families that are homeless or about to become homeless through no fault of their own, families living in substandard housing, and families spending more than 50 percent of their incomes on rent.

For more information, please call the King County Housing Authority Section 8 Office at (206) 214-1300. Applications will be available at various locations around the county. Applications can also be submitted online at <http://www.kcha.org> starting Wednesday, April 26.

White Center Food Bank moves to a new home



PHOTO BY MORRIS MALAKOFF

The White Center Food Bank, located at 10821 Eighth Ave. S.W., opened this month.

By MORRIS MALAKOFF

King County Housing Authority

The White Center Food Bank has moved from St. James Lutheran Church to its permanent new home at 10821 Eighth Ave. S.W., next to Public Health - Seattle & King County's White Center Public Health Center.

The 3,700 square-foot building, built specifically for the food bank, will replace the basement of the St. James Parish Hall, which has been the home of the food bank for the last nine months. The food bank moved to the church hall from the Park Lake Homes community when construction of the Greenbridge project began.

"This will make a big difference for people using the food bank," said Richard Jump, the executive director of the White Center Food Bank. "People will be able to wait indoors, out of the rain and cold. There will be a built-in distribution line and we will have new walk-in freezers and refrigerators."

Jump says that the new building will

seem more like a grocery store than past food bank facilities have.

"It is a more dignified and respectful setting," he said. "At Park Lake Homes, we were operating in 1,100-square feet."

The new building also has a large garage door that will make deliveries easier.

It is also compliant with the Americans with Disabilities Act, making access quite easy for clients and volunteers who have difficulty navigating stairs and other non-flat surfaces.

The new facility is served by Metro bus line 128, which stops at the nearby corner of Eighth Avenue Southwest and Southwest 108th Street. Additional bus service is available a few blocks away on Fourth Avenue Southwest.

For now, the operating hours of the food bank will stay the same, from 11 a.m. to noon on Monday, Wednesday and Friday. The popular evening opening, from 6 to 7 p.m. on the fourth Wednesday of each month, will also continue.

"We have seen the number of families **Please see "Food bank" on page 3**

Stopping identity theft

Simple steps to keep you from being a victim

By JUDY LAWLER

King County Housing Authority

Every day, people are the victims of theft. Car theft and the theft of household and other personal items are the ones we hear about most often.

Lately, we are hearing more and more about "identity theft." This is the name for what happens when someone steals a credit card and other personal information.

The thief may use a stolen credit card and go on a spending spree. He or she may use the stolen card to get a new one, open a new account or take out a loan. Any of these things could leave unpaid bills in your name and you could be responsible for paying them. That could be extremely costly, and it might also ruin your good credit.

But there is some good news. There

are a few very simple things you can do to protect yourself, your belongings and your identity.

Keep your car locked—even when you are in it. Put packages and valuables (cell phone, CD player, spare change, books, etc.) in the trunk. Thieves are often attracted to what they see inside the car.

Keep your purse with you, especially in the grocery store or any place where you are using a shopping cart. Don't put it in the cart. People often turn away from the cart while shopping, even for just a couple of minutes. That is all the time a thief needs to grab a purse.

Do not carry your original Social Security card with you. Make a copy of it and leave the original at home. Although you should keep your vehicle registration and

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PREPARING FOR DISASTER MAKES SENSE

'Quick recovery' means energy savings



PHOTO BY MORRIS MALAKOFF

They may not have the appeal of the new entry way or wall surfaces, but these newly-installed "quick recovery" water heaters at Yardley Arms in White Center will supply residents with a continual supply of hot water while saving energy.

Shopping shuttle is back

KING COUNTY HOUSING AUTHORITY

In April, the new shuttle service that carries King County Housing Authority residents to neighborhood food banks and shopping centers will continue on its regular schedule.

To address gaps that were created when the in-house shuttle program ended last September, KCHA worked with community-based nonprofit agencies Senior Services and Hopelink to devise a three-month trial transportation program.

Since mid-December these agencies have been providing food bank and grocery shopping trips to KCHA residents. Because

of the success of this program, KCHA has decided to continue this service.

The Housing Authority's popular shuttle program ended last year when its driver moved to Florida and the van was deemed to no longer be operationally sound.

While KCHA staff members looked for a solution, service coordinators and residents were able to arrange alternative transportation for those most in need.

Please check the schedule below and remember to sign up in advance in your building. Rider usage will be a factor in making any adjustments to scheduling and the continuation of this service.

Shuttle schedule

Blvd Manor			Munro Manor		
Mon, Apr 3	Fred Meyer	10:30	Mon, Apr 3	Fred Meyer	9:30
Mon, Apr 17	Fred Meyer	10:30	Mon, Apr 10	Fred Meyer	10:15
Thu, Apr 27	Highline Food Bank	9:30	Mon, Apr 17	Albertsons	9:30
			Thu, Apr 27	Highline Food Bank	10:00
Briarwood			Northlake House		
Tue, Apr 4	Albertsons	12:30	Tue, Apr 4	Top Foods	1:00
	OR food bank			OR food bank	
Tue, Apr 18	Albertsons	12:30	Mon, Apr 10	Fred Meyer	9:50
	OR food bank		Tue, Apr 18	Top Foods	1:00
Brittany Park			Northridge		
Mon, Apr 10	Fred Meyer	10:00	Tue, Apr 4	Food bank only	11:00
Mon, Apr 17	Albertsons	9:15	Tue, Apr 18	Food bank only	11:00
Mon, Apr 21	DSM Food Bank	8:30	Northwood		
Burien Park			Tue, Apr 10	Fred Meyer	10:00
Mon, Apr 3	Fred Meyer	9:45	Mon, Apr 24	Top Foods	10:00
Mon, Apr 17	Albertsons	9:45	Paramount		
Thu, Apr 27	Highline Food Bank	10:30	Tue, Apr 4	Albertsons	10:30
				OR food bank	
Casa Juanita			Tue, Apr 18	Albertsons	10:30
Mon, Apr 10	Safeway	1:20		OR food bank	
Mon, Apr 17	Safeway	12:55	Park Lake		
Eastridge			Mon, Apr 3	Safeway	1:00
Thu, Apr 6	Fred Meyer	10:15	Mon, Apr 17	Safeway	1:00
Thu, Apr 20	Fred Meyer	10:15	Plaza 17		
Forest Glen			Fri, Apr 7	Albertsons	10:30
Mon, Apr 10	Fred Meyer	1:20	Fri, Apr 21	Auburn Food Bank	10:30
Mon, Apr 17	Fred Meyer	10:05	Wayland Arms		
Gustaves Manor			Fri, Apr 7	Albertsons	9:45
Fri, Apr 6	Albertsons	10:00	Fri, Apr 21	Auburn Food Bank	9:45
Fri, Apr 21	Auburn Food Bank	10:00	Yardley Arms		
Harrison House			Mon, Apr 3	Fred Meyer	10:45
Fri, Apr 7	Safeway	12:30	Mon, Apr 17	Fred Meyer	10:45
Fri, Apr 14	Safeway	12:30	Mon, Apr 24	White Center Food Bank	10:45
Fri, Apr 21	Safeway	12:30			
Fri, Apr 28	Safeway	12:30			
Issaquah					
Thu, Apr 6	Fred Meyer	10:15			
Thu, Apr 20	Fred Meyer	10:15			

Task force takes aim at human trafficking

By JESSICA BANKES BEATTIE
Special to the Voice

When Rani was seven years old, her life in southern India changed forever. Her father was sick and the family was financially strapped. Hearing about their situation, an acquaintance approached her family, offering to temporarily care for Rani.

Her offer, the woman said, would provide the family some financial relief. She told them their daughter would be nearby and promised they could visit her regularly. Rani's parents had no way of knowing that the woman was actually a child trafficker.

Rani's mother visited her for several months, but arrived one day to find that her daughter had "disappeared." Rani's traffickers had taken her across a border in India where she remained for the next few months. Traumatized and unable to speak the region's language, her physical and psychological health declined quickly. After some time, she was deemed "useless" by her traffickers and she was moved again. Eventually, Rani was internationally adopted, and she now lives near Seattle.

Rani's story is not uncommon. She and her family were the victims of human trafficking, a modern-day form of slavery. According to the U.S. Department of State, between 14,500 and 17,500 people—mostly women and children—are trafficked across international borders and into the United States every year.

Trafficking can happen anywhere. Some of us may live in the presence of trafficked individuals without realizing it.

Victims in the U.S. are typically from Asia, Central and South America and Eastern Europe. They may be forced to work in the sex trade, in domestic labor, in factories, hotels or restaurants or may also be exploited in mail order bride or child adoption schemes.

Trafficking victims may show signs of depression or physical abuse and they may have little-to-no English skills, a "companion" who does all the talking for them and an air of being controlled by another.

Carrie Schonwald, human trafficking outreach coordinator for Refugee Women's Alliance, part of the Trafficking Response Team, says that if you suspect that you are in the presence of a victim and can safely ask questions, the most important question to ask is, "Can you leave?"

Washington state's geography makes it an ideal locale for traffickers. According to a report by the Washington State Task Force Against Trafficking of Persons, our prox-

imity to Mexico, our international border with Canada, our many ports and our large agricultural business help make Washington a place where "the trafficking industry can not only exist but prosper."

But Washington is also one of the leaders in taking collaborative action against human trafficking. In 2002, Washington established the first Anti-Trafficking Task Force in the nation; and, in 2003, it was the first state to create a state law making trafficking a crime.

While new laws have been passed and trafficking programs exist, service providers working to help trafficked people have difficulty finding victims. In the last four years, a total of only 611 victims were found.

"Victims are paralyzed by fear," Schonwald said. "Not only do they fear for their own well-being, but they fear for other family members' safety as well. International victims often don't know where they are and don't speak the language. Traffickers lead them to believe that no one here will believe their story and that they have no rights. They are told they will be arrested and deported if they go to law officials. They remain isolated and controlled."

Even though it's hard to find trafficking victims, services are available to help them. Both the TRT and the Washington Anti-Trafficking Response Network provide intensive case management and coordination of services for victims.

Gillian Apfel, program coordinator of WARN stressed the importance of raising awareness about human trafficking. "Trafficking is an underground crime," she stated. Victims need to know that they have rights that are protected under federal law. The bottom line, people trafficked are victims, not criminals.

While some victims of human trafficking never escape (women have died in the brothels into which they were trafficked), some do. Rani was reunited with her biological mother in 1999. She said the experience inspired her to become an advocate for trafficking victims. She currently dedicates a lot of her time to public speaking and works with service providers who help victims. "It's so important that people understand that they are not alone," she shared. "I want to be a voice for all the children and victims who are out there."

If you are, or you suspect someone you know may be, a victim of human trafficking, call the Washington Anti-Trafficking Response Team at (206) 245-0782 or the Trafficking Response Team at (206) 898-4741.

April 22—a day to help the planet and your neighbors

By JOEL GREGORY

All around the world during the month of April, especially on the 22nd, people will participate in activities that celebrate the Earth.

Locally, people will be cleaning up the waterways, working on walking trails, pulling up invasive plants and starting gardens. To find out where you can lend a hand, go to <http://www.earthday.net>. The Web site provides descriptions of activities locally and around the world.

During the month of April, a new garden will be built at Wayland Arms Apartments, one of the King County Housing Authority's mixed-population buildings in Auburn.

The City of Auburn is changing the road use around Wayland Arms, displacing a

thriving garden built by residents many years ago. To replace the garden, the city has donated a parcel of land across the street.

Lots of folks will be involved in creating the new garden space in April, preparing the ground, bringing in the water, installing the rain barrels, supplying the seeds and garden plots and possibly even putting up the shed and fencing.

The project will involve the City of Auburn, KCHA Maintenance, Support Services, residents, Housing Management, AmeriCorps and other employees interested in getting their hands dirty in a worthwhile endeavor.

Looks like a great way to honor the earth during Earth Day!

Federal budget battle looms

KING COUNTY HOUSING AUTHORITY

The annual budget debate in Washington, D.C. has started again. It seems like we barely finished the struggle to restore funding to the FY2006 federal budget before a whole new round of cuts were proposed for FY2007.

For FY2007, President Bush has proposed reducing funding for critical Department of Housing and Urban Development programs by more than \$1 billion. The proposed level for public housing funding, for example, represents a cut of about 8 percent or \$459 million from the 2006 appropriation.

By HUD's own formula, the amount of money proposed to fund public housing operations is only 78 percent of what is needed. Keeping up with inflation, insurance, utility rate increases and other essential costs will be difficult for the King County Housing Authority, unless an additional subsidy is provided.

The Administration has also proposed a 10 percent decrease in capital funding. If enacted, this would represent the sixth straight year of reductions in capital funding. Capital funds are shrinking faster than KCHA's ability to keep up with the capital needs of our aging housing stock.

Proposed cuts to resident services pro-

grams are also severe. The Administration wants to reduce funding for the Resident Opportunity and Self Sufficiency Program. In the FY2007 budget, the Administration has proposed to fund ROSS at \$23.8 million, compared with \$55 million in FY2004.

Proposed budget cuts will also eliminate all funding for the Neighborhood Networks program. Together, these cuts mean fewer education, recreation, job referral, job training and wage progression assistance programs for public housing residents.

The Section 8 Housing Choice Voucher Program fares a little better. Funding for this program received a tiny boost. However, the proposal still only funds about 96 percent of the 2.165 million vouchers previously authorized. With rising utility costs and rising rents, however, this apparent increase in funding essentially vanishes.

Of course, this is only the beginning of the negotiating process.

The King County Housing Authority, housing authorities all across the country and national housing associations are already working to restore funding. Additionally, these groups are working closely with our Congressional delegation, especially Sen. Patty Murray, to develop a strategy to protect these critical programs.

Food bank

Continued from front page

served at the evening opening jump from less than 10 a year and a half ago to 162 in January of this year," Jump said. "We are considering adding another night in the future."

Also being studied are a possible opening one Saturday a month and extending operating hours on other days.

The food bank currently serves more than 1,200 families each month, a number Jump says increases each month. While that means a need for more food and cash donations to buy foodstuffs, it also fuels another critical need—volunteers.

"We especially need bilingual volunteers who speak Spanish, Vietnamese or Russian," he said.

For questions or to volunteer, contact the food bank at (206) 762-2848.

Tax credit

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status. If you're planning to go to one of the free tax filing sessions make sure to bring the following documentation:

- Photo identification.
- Social Security number(s) or Individual Taxpayer Identification Numbers for yourself and everyone claimed in your tax return.
- Dates of birth for all dependents claimed on the tax return.
- W-2s and other wage statements that you and your spouse received for the 2005

tax year.

- Last year's tax return, if available, and any additional items (such as mortgage statements) that may impact your tax return.
- 1099 forms for 2005.
- Co-pay statement(s) for day care for the year 2005, including the social security number or EIN of your day care provider, the provider's name and the day care address.
- Form 1098-T for tuition paid for higher education, such as college or a trade school.
- Blank check from your bank account for direct deposit refunds.

If you are filing jointly, both filer and spouse must be present to sign.

Tax Help Locations

Free tax preparation services in English are available at the following locations through April 15. Other languages, when offered, are noted.

Bellevue. Hopelink, 14812 Main St. Tuesdays from 5 to 8 p.m. Thursdays from 1 to 4 p.m. with services offered in Russian. Saturdays from 9 a.m. to noon with services offered in Spanish and Chinese.

Bothell. Hopelink, 18220 96th Ave. N.E. Wednesdays from 5 to 8 p.m. with services offered in Spanish. Saturdays from 10 a.m. to 2 p.m.

Burien. Burien Community Center, 425 S.W. 144th St. Tuesdays from 5 to 7:30 p.m. with services offered in Spanish. Thursdays from 5 to 7:30 p.m.

Federal Way. Multi-Service Center, 1200 S. 336th St. Wednesdays from 5 to 8 p.m. with services offered in Spanish. Thursdays from 5 to 8 p.m.

Kent. Alliance Center, 515 W. Harrison St. Tuesdays from 5 to 8 p.m. Thursdays from 5 to 8 p.m. with services

offered in Spanish.

Renton. Salvation Army/Renton Rotary Food Bank, 206 S. Tobin St. Thursdays from 5 to 8 p.m. with services offered in Vietnamese. Saturdays from noon to 3 p.m. with services offered in Spanish.

SeaTac. Airport Jobs office, Room 6447. Take elevator #1 from ticket counter level to Level M. Thursdays from 5 to 8 p.m. and Saturdays from 10 a.m. to 2 p.m.

White Center. White Center Assembly/Pasefika, 10237 16th Ave. S.W. Thursdays 5 to 8 p.m. and Saturdays 10 a.m. to 2 p.m. Services in Samoan are offered at both sessions.

New Start, 11216 16th Ave. S.W. Sundays, noon to 3 p.m. Tuesdays and Wednesdays 5 to 8 p.m. Services in Spanish are offered at all sessions.

New Medicare drug plan proves confusing to many

State to pick up co-pays for low-income people

BY VOICE STAFF

Last summer, Sandy Rose was in a horrible accident. A truck slammed into her car and pushed it into the vehicle in front of her. Her seat was broken, her body was tossed, and she suffered a head injury and broken bones along with nerve and muscle damage.

Now, she's among the millions of seniors and disabled people trying to figure out the new Medicare Part D prescription drug program. Rose was one of the over 24 million nationwide who, at the urging of the federal government, signed up for a drug plan at the end of last year. So far, she said, it has created nothing but headaches.

"It screwed up everything," she said in an interview last month. "My January money was gone because I was hit with so many payments. Now I'm waiting to find out what will happen in February."

There is some good news. In February, Gov. Christine Gregoire announced that the state will allocate \$14 million to cover drug co-pays for the state's poorest residents—those who previously had their prescription drug costs covered by Medicaid.

About 96,000 people fit into this category, and many take between seven and 15 prescription drugs per month, Gregoire said. To expect them to make the co-pays on a \$570 monthly Social Security check is not possible, she added.

The state will be using a one-time reimbursement from the federal government to cover the co-pays. Declining prescription drug costs meant that the state overpaid its federal Medicare bill last year, and the federal government has given Washington a \$14 million refund. The governor acknowledged that other funding sources will have to be identified if the co-pay coverage is to continue.



PHOTO BY STACY SCHWARTZ

Sandy Rose reviews some paperwork for the new Medicare prescription drug program.

The state started picking up the co-pays in February, however people who have already paid the fees out of pocket will not be reimbursed. The new Medicare Part D program has helped some people who don't qualify for Medicare save money on prescription drugs. Usually, those enrolled in a plan pay a premium, a deductible and a certain percentage of their drug costs. The plans are administered by private companies under contract with Medicare.

Rose said those who decide to enroll should be warned that they will receive a barrage of paperwork from other insurance companies. Know the name of the company you are enrolled with, and don't fill out paperwork you don't understand, she said. "It's just been such a confusing experience," she said. "It's just taken its toll."

You can get more information on Medicare prescription drug coverage by calling 1-888-435-3377.

Career Center can set you on the path to employment

KING COUNTY HOUSING AUTHORITY

The Seattle area job market is hot right now. But without the skills employers are seeking or knowing where to find employment that matches your needs, times can continue to be tough.

The YWCA Greenbridge Development Career Center can set job seekers on the path to success through its employment classes and workshops.

Programs at the center include free basic computer training needed for office work; keyboarding and typing skills classes; instruction in e-mail and Internet job research and the how-to's of submitting on-line job applications.

A special computer program is available to assist ESL students in learning English.

In addition, there is a weekly job club

that works to help job-seekers develop a resume, write a cover letter and learn good interviewing techniques.

Services are available to food stamp recipients, King County Section 8 residents, King County HOPE VI clients and all residents of Park Lake Homes and Greenbridge.

The center, located at 10048 Fourth Pl. S.W. in White Center, is open Monday through Thursday from 9 a.m. to 5:30 p.m. and on Friday from 9 a.m. to 4:30 p.m.

Computer classes are taught on Monday and Wednesday from 12:30 to 3:30 p.m. and on Thursday from 12:30 to 4:30 p.m.

For ESL students, the Computer Lab is open Monday through Friday from 9:30 a.m. to 4:30 p.m. For more information, drop by the center or call (206) 763-6922.

ID theft

Continued from front page

your insurance information in the car, do not keep the title for the vehicle in the car. Leave that at home too.

If you can, it is a good idea to keep all

valuable papers in a lockbox at the bank. This includes motor vehicle titles, wills, original social security cards, birth and marriage certificates and other valuable documents. That will virtually eliminate any opportunity a thief would have to steal your identity.

TRANSLATIONS

TRANSLATED ARTICLES FROM THE VOICE

Несчастье не должно застать вас врасплох

Стихийные бедствия могут произойти и у нас. Никто не может предсказать или предупредить ураганы, смерчи или землетрясения, поэтому мы должны быть к ним готовы. При стихийном бедствии могут отключиться основные источники жизнеобеспечения - вода, газ и электричество, поэтому надо иметь комплект вещей первой необходимости на случай несчастья.

Вам, возможно, нужно будет покинуть дом немедленно, поэтому очень важно иметь комплект всегда готовым под рукой.

Первым предметом в вашем списке необходимых вещей должен быть переносной радиоприёмник. Государственные представители не определяют здание под убежище до тех пор, пока не выяснят, какое из публичных строений подверглось наименьшему разрушению. Это сообщение наряду с другими будет передано по радио.

В вашем комплекте должно быть много предметов. Вы должны иметь запасы на три дня. Минимально ваши запасы должны включать переносной радиоприёмник, три галлона (примерно 10л) воды на человека в день, ручной фонарик с запасом батареек, консервированные мясо, овощи, фрукты, соки, молоко, а также мыло и пакет по оказанию первой медицинской помощи с необходимыми лекарствами, одежду и постельные принадлежности, а также огнетушитель.

Все эти запасы должны быть упакованы в сумку, которую можно схватить и унести - рюкзаки для этого хорошо подходят. Подготовьте сумку для каждого члена семьи, достаточно взрослого для того, чтобы нести её самостоятельно. Помните, что нельзя хранить эти сумки в подвале или в комнате, куда будет трудно попасть в спешке. Постарайтесь найти место возле входной двери для ящика, в котором будут лежать ваши запасы.

GIỮ CHO MÌNH AN TOÀN BẰNG CÁCH PHÒNG BỊ THIÊN TAI

Keep safe by planning for disaster

Những thiên tai cũng có thể xảy ra ngay cả ở đây. Không ai có thể đoán biết trước hoặc chống lại những trận giông bão, trốt xoáy hay những cơn động đất, do đó tất cả chúng ta phải chuẩn bị. Thiên tai có thể cắt đứt những phục vụ căn bản như - gas, nước, điện - do đó, đồ dụng cụ phòng bị cho thiên tai cùng với đồ dự trữ căn bản là điều cần phải có.

Quý vị có thể cần phải rời khỏi nhà ngay khi được thông báo, vậy thì có sẵn đồ dự trữ lúc ra đi khiến cho tình huống có khác hơn.

Nhất là trong danh sách số đồ dự trữ, quý vị nên có máy radiô xách tay. Nhân viên chính phủ sẽ không chỉ định nơi trú ẩn cho đến khi họ xác quyết được cao

ốc nào còn vững chắc và ít bị hư hại. Những thông báo đó cùng với các tin khác sẽ được loan ra bằng radiô.

Đồ dự trữ của quý vị nên có nhiều món. Quý vị cần phải có đồ dự trữ để dùng cho 3 ngày. Tối thiểu, là phải có radiô, 3 gallon nước cho mỗi đầu người dùng trong một ngày, một đèn bấm với pin đèn dự trữ, đồ hộp, trái cây, rau cải, hộp nước trái cây, sữa, hộp súp, hộp đồ cứu thương cùng với các loại thuốc uống quan trọng, quần áo, chăn mền và bình chữa lửa.

Các vật này nên để chung một chỗ trong một túi để dễ lấy đi- túi đeo sau lưng là tiện lợi hơn. Hãy làm ra một túi cho mỗi người lớn trong nhà mà họ có thể tự mang theo cho họ. Nên nhớ rằng đừng để túi xách ở tầng hầm, hay ở trong một căn phòng vì có thể khó lấy ra trong trường hợp khẩn cấp. Hãy nghĩ cách để những đồ dự trữ của quý vị trong cái thùng gắn cửa ra vào.

Ammaan u hay qorshaynta aafada

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Aafo way ka dhici kartaa halkaan xitaa. Qofna ma saalaadin karo ama ka hortagi kara Duufaanta, Dabeesha, ama Dhul gariirka, marka annaga dhammaan waa inaan u diyaar noqonaa iyaga. Aafada waxay jari kartaa dhammaan hawlaha wax qabadka iyo qalabkii khasabka ahaa.

Waxaad u baahan tahay inaad gurigaaga ka tagto

waqti, marka qalabka diyaar ha kuu ahaado si aad wax u baddesho.

Marka hore liis ka samayso waxa loo baahan yahay, Raadiyo la qaadi karo. Saraakiisha Dawladda ma samayn karaan Gurmada deg deg haddii adigu aadan u diyaar ahayn. Ku dhawaaqidda Raadiyaha ayuu ka imaanayaa.

Dambiishaada Aafada waa inay ku jirtaa wax kasta oo loo baahan yahay ilaa saddex maalmood ku filan. Ugu dambaystii Dambiisha waa inay ku jirtaa Raadiyo la qaadi karo, Saddex Gallaan oo biyo ah qofkiiba maalintii,

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ភាពខ្លាចស្រួលនឹងមានផែនការជាមុននៅពេលមានភាពអាសន្នក៏គួរឱ្យ

ភាពមហន្តរាយពិតមានឡើងត្រូវទឹកនៃទាំងអស់, គ្មាននរណាម្នាក់នឹងមិនឡើយនូវភាពពិតឡើងដូចជាច្បុះសង្ហារឹម ការរំជួលផែនដីដើមនោះ ។ ហេតុនេះគួរយើងត្រូវមានការប្រុងប្រយ័ត្នជាមុន ព្រោះភាពអាសន្នច្បុះសង្ហារឹមនោះលើមានឡើង ការកាត់ផ្តាច់ទឹក, ភ្លើងចរន្តអគ្គិសនីជាដើមពុំមានឡើងនៅទីកន្លែងពិតហេតុនោះ, ហេតុនេះគួរតែលោកអ្នកប្រុងប្រយ័ត្នតាមកម្មវិធីដូចតទៅ :

បើមានខ្លួនប្រុងប្រយ័ត្ននៅទីកន្លែងលោកអ្នករស់នៅ, លោកអ្នកត្រូវចាកចេញពីគេហដ្ឋានរបស់លោកអ្នកមួយរយៈសិន, បើយលោកអ្នកត្រូវមានសម្ភារៈខ្លះសម្រាប់ក្នុងគ្រួសារនៅក្នុងពេលមានភាពអាសន្ននោះ ។ លោកអ្នកត្រូវមានវិទ្យុសម្រាប់ស្តាប់ព័ត៌មាននៅពេលដែលលទ្ធភាពប្រើយន្តការព័ត៌មានផ្សេងៗដែលមានក្នុងហេតុពិតឡើងនៅកន្លែងដែលលោកអ្នករស់នៅដែលផ្សាយព័ត៌មានខ្លះខ្លះក្នុងតំបន់មួយៗ ។ ការទាំងអស់នោះត្រូវឱ្យមានគ្រប់គ្រាន់សម្រាប់ប្រើប្រាស់យ៉ាងតិចបីថ្ងៃក្នុងពេលមានអាសន្នសម្រាប់ក្រុមគ្រួសារលោកអ្នកដូចជាទឹកប្រើប្រាស់, ម្ហូបអាហារក្រៀម, ថ្នាំពេល, ម្ហូបកំពុង, ចំណីអាហារ ថ្នាំពេទ្យ របស់ផ្សេងៗទៀត, ដូចជាគ្រឿងបរិក្ខារសម្រាប់ដំណើរការ, ប្រដាប់ប្រើប្រាស់ទូទៅ, សម្ភារៈការពារពេលមានប្លុសនិងគ្រឿងប្រដាប់ត្រួតពិនិត្យជាដើម ។ល។

បើយលោកអ្នកត្រូវចាំថា ពេលមានភាពអាសន្នពិតឡើងលោកអ្នកត្រូវមានសម្រាប់ទាំងអស់នោះត្រូវដាក់ឱ្យមូលដ្ឋានដើម្បីនឹងងាយរក, បើយលោកអ្នកត្រូវមានស្បៀងសម្រាប់ដាក់សម្ភារៈទាំងនោះនៅជាប់នឹងខ្លួន។ សូមបញ្ជាក់ថាសម្ភារៈទាំងអស់នោះហាមកុំដាក់នៅឆ្ងាយពីកន្លែងដែលមិនងាយរកឃើញនៅទីកន្លែងឆ្ងាយ ពីរកកន្លែងណាដែលទុកដាក់ងាយស្រួលចាំ បើយលោកអ្នកសម្រាប់លោកអ្នកទាំងអស់គ្នានឹងបានដឹងផងព្រោះងាយស្រួលយកពេលមានភាពអាសន្នពិតឡើង ។

Nal ama toosh iyo batari, hilib qasacadeysan, qudaar, Juus qasacadaysan, caano iyo maraq qalabka gar gaarka oo daawooyinka muhimka wato, dhar iyo googol iyo dab demis.

Qalabkaan waa in la hayaa wadajir ahaan meel Baag ah taas oo sahal u ah qof kasta inuu qaato. Baagga u samee qof kasta oo qoyskaaga ka mid ah oo ku filan inuu qaadi karo baagga iyada ama isaga. Xusuusnow, ha ku hayn qalabkaan qolalka hoose ama qol dhib ah in laga soo saari karo waqtiga deg degga ah. U tixgeli haynta alaabtaan meel albaabka hortiiisa ah.