

AFTER **NORMAL**

APARTMENT AND HIGH-RISE PACK

A calm, practical preparedness guide for people who live above the ground floor

KNOW YOUR BUILDING. KNOW YOUR WAY OUT. KNOW YOUR NEIGHBORS.

For: For people living in apartments, flats and high-rise buildings, including upper floors, renters and older residents.



KEEP THIS PAGE**THE ONE-PAGE SUMMARY**

- 1 IF THE ALARM SOUNDS:
 - 2 Feel the door with the back of your hand. If it is cool, take your keys and go. Close doors behind you.
 - 3 Pull the alarm on your way out. It may not call the fire department.
 - 4 Use the stairs, never the elevator. If there is smoke in the hall or stairs, go back. If you do not know your building's plan, leave by the stairs.
 - 5 Call 911 from outside, and give your address, floor and apartment number.
 - 6 If you cannot get out: close the door, seal the gaps with wet towels, call 911 and signal from the window.
 - 7 DO THESE FIRST, IN THIS ORDER:
 - 8 Alarms: put a smoke alarm in every bedroom and outside sleeping areas, add carbon monoxide alarms, and replace smoke alarms 10 years after their manufacture date.
 - 9 Fill in the Building Information Sheet: stairs, alarms, sprinklers, elevators and your manager's after-hours number.
 - 10 Send your manager the building safety questions in writing, and keep every reply with your lease.
 - 11 Think about renters insurance, and ask about flood and earthquake cover now. Flood policies usually have a 30-day wait.
 - 12 Walk your floor. Find every stair and count the doors from your door to each one.
 - 13 Draw your route from each room to your front door, then to two stairs. If a room has only one door, write your fallback: close the door and shelter in the room. Pick two meeting places outside.
 - 14 Time a practice walk twice a year, once at night. Aim to reach the stairs or a safe place in under 2 minutes.
 - 15 Meet one neighbor, swap numbers and agree a signal that means I am OK. Name a helper and a backup for anyone who needs help on stairs.
 - 16 Store water at 1 gallon (about 4 liters) per person per day: 3 days in the go bag, 7 days at home as a minimum, 14 days as the goal.
 - 17 Pack a go bag by the front door and a bed kit within reach of your bed.
 - 18 Plan for an outage: expect no elevator, use flashlights not candles, and decide now where you will go if home gets too hot or too cold. Review the plan every six months.
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PART 1**KNOW YOUR BUILDING**

Every choice in this guide depends on how your building is built and run. This section shows you how to find the answers and gives you a Building Information Sheet to fill in.

START HERE, BEFORE ANYTHING ELSE

Should you leave or stay? Take the stairs or wait? What happens when the power fails? The answers depend on your building. A new tower and an older one can be very different inside.

Most of us never learn these things. Nobody tells us, and we never ask. You can fix that in a week. Do the floor walk in one evening. Have one short talk with your manager. Then fill in the sheet at the end of this section.

You do not need to be an expert. You are only collecting answers and writing them down.

WHY THIS MATTERS

In tall buildings, fire and smoke spread upward. Getting down from high floors takes longer. Fire department ladders and aerial equipment can reach only some floors. That is why what you know and do in the first minutes matters so much.

WHY THIS MATTERS

High-rise fires are not common. NFPA (the National Fire Protection Association) found that in 2019 to 2023, US fire departments responded to about 14,830 reported high-rise structure fires a year. That is about 3% of all structure fires. They caused an average of 33 civilian deaths a year. The study counts a high-rise as seven or more stories. These numbers are a reason to be ready, not a reason to be afraid.

FREE SAMPLE

THAT WAS A TASTE

You have just read the opening of **Apartment and High-Rise Pack**. The full guide has 9 parts, including:

- ☐ Know Your Building
- ☐ Your Landlord, Your Lease and Your Insurance
- ☐ Fire Safety First
- ☐ Getting Out from Upper Floors: Children, Older Adults, Pets and Mobility Limits
- ☐ Water, Food and a Kit in a Small Space
- ☐ Neighbors and Building Community
- ☐ Power Outages, Heat and Winter in a High-Rise
- ☐ Shelter in Place, Earthquake and Flood
- ☐ After the Emergency, and Keeping Your Plan Alive

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