

# Help Wahkiakum County Emergency Management HELP YOU!



**Beau Renfro**

**Department of Emergency  
Management Coordinator**

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## STAY INFORMED DAILY AND DURING AN EVENT

### YOU CAN stay informed:

- Wahkiakum Co. Emergency Info line

Call: (360)795-3911 or 1-877- 795-3910

This is a recorded message that includes severe weather information, current road conditions and any other important announcements from the Sheriff's Office and Department of Emergency Management (DEM).

- WSDOT (state roadway Info.)

Call: 1-800-695-ROAD (7623) or 511

- Wahkiakum Co. Ferry information line

Call: (360) 795-7867

- Other Public Services Information:

Call: 211

- Facebook

<https://www.facebook.com>

Search for: "Wahkiakum County Sheriff's Office" or "Wahkiakum County Department of Emergency Management"

- American Red Cross

Website: [www.redcross.org/](http://www.redcross.org/)

- Washington State Emergency Management Division:

Website: <http://emd.wa.gov/>

### WE CAN push out info TO YOU

- Emergency Community Notification System (ECNS): This system allows DEM to send recorded messages to residents. All hardwired landline telephone numbers are automatically added to the system. It is VERY IMPORTANT for all residents to register their V.O.I.P. and/or cellular telephones by visiting the DEM website or completing the attached form.
- WEA This system is used by Wahkiakum DEM & other State & Federal agencies to send residents & passersby who own compatible mobile devices geographically targeted, text-like messages alerting them of imminent threats to safety in their area.
- NOAA Weather radio network: This network allows Wahkiakum DEM and the National Weather Service to issue urgent and emergent messages through any weather radio equipped with tone alert capability and monitoring frequency 162.400. These radios are widely available and retailed for around \$20. Emergency Management recommends that all businesses and residents obtain one.
- Emergency Alert System (EAS): Allows Federal, State and Local Emergency Managers to issue alerts by preempting Cable TV and Radio.

# YOU MUST BE PREPARED BEFORE DISASTER STRIKES

## CREATE A PLAN

Your family may not be together when a disaster strikes, so it is important to plan in advance: how you will get to a safe place, how you will contact one another, how you will get back together; and what you will do in different situations.

- ◆ Know the safest route from your home, farm, or business to high, safe ground. Be aware of low-lying areas that flood early and cut off your escape route.
- ◆ If you have livestock or pets, devise a plan to move them to higher, non-threatened areas before a flood.
- ◆ Establish a family rendezvous location in case of separation.
- ◆ In case of evacuation, arrange for temporary housing in a non-flood area.
- ◆ Set up a neighborhood notification network with consideration for the elderly and handicapped.
- ◆ Know how to turn off utilities (gas, electricity, and water) before evacuation.
- ◆ Know the flood stages of rivers around you or between you and safety.

## BUILD A KIT

Recommended Items to Include in a Basic Emergency Supply Kit:

- ◆ Water: One gallon of water per person per day for at least fourteen-day
- ◆ Food: at least a fourteen-day supply of non-perishable food.
- ◆ Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both Flashlight and extra batteries
- ◆ First aid kit with prescription meds
- ◆ Whistle to signal for help
- ◆ Dust mask, to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place
- ◆ Moist towelettes, garbage bags and plastic ties for personal sanitation
- ◆ Wrench or pliers to turn off utilities
- ◆ Local maps
- ◆ Important Family Documents
- ◆ Include family pet supplies
- ◆ For a complete list, contact the Wahkiakum County Sheriff's Office DEM or The Red Cross



Register online at:

<https://www.co.wahkiakum.wa.us/DEM>

OR, you may complete the below form and drop it off at the Wahkiakum County Sheriff's Office (64 Main Street, Cathlamet)

- First Name: \_\_\_\_\_
- Last Name: \_\_\_\_\_
- Physical Street Address ( NO PO BOX )  
\_\_\_\_\_
- City \_\_\_\_\_, WA, ZIP: \_\_\_\_\_
- HOME Phone #: (     ) \_\_\_\_\_-\_\_\_\_\_

Would you also like to receive Urgent Weather Alerts at this number.( )YES ( ) NO

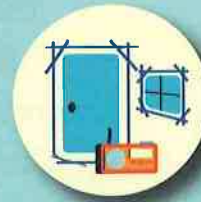
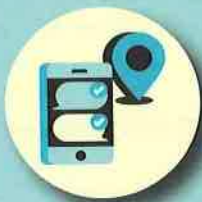
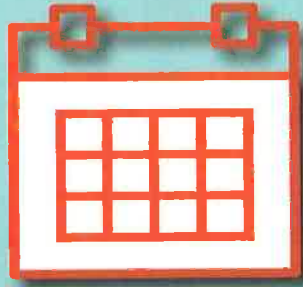
- Cell Phone #1: (     ) \_\_\_\_\_-\_\_\_\_\_

Would you also like to receive Urgent Weather Alerts at this number.( )YES ( ) NO

- Cell Phone #2: (     ) \_\_\_\_\_-\_\_\_\_\_

Would you also like to receive Urgent Weather Alerts at this number.( )YES ( ) NO

# Prepare in a Year



[www.DisasterReadyWashington.com](http://www.DisasterReadyWashington.com)

**1 HOUR** of planning and action each **MONTH**  
leads to successful **PREPAREDNESS**



**2 WEEKS  
READY**





# Our Prepare in a Year Guide

**B**eing prepared for disasters may seem daunting or intimidating, but it's actually simple and easy! This Prepare in a Year book will help walk you through 12 important steps for disaster preparedness. It's as simple as completing one activity a month. By the end of 12 months, you'll be much better prepared! Remember that everything you do to be prepared will help you in small emergencies, like a flat tire on your car, as well as large disasters, like a volcano eruption. Think of disaster preparedness not as a checkbox, something to do once and never again, but rather a continual process of learning, restocking supplies, and encouraging others to be prepared. This book is your first step—congratulations! You are now on your personal preparedness journey. Questions? Contact [public.education@mil.wa.gov](mailto:public.education@mil.wa.gov)

ONE HOUR of disaster preparedness activity EACH MONTH helps you be 2 WEEKS READY for disasters.

1. Communications Plan
2. Action Plan
3. Water
4. Grab & Go Kit
5. Important Documents
6. 2 Weeks Ready
7. Fire Safety
8. Utility Safety
9. Under the Bed
10. Drop, Cover, and Hold On
11. Shelter in Place
12. Home Hazard Hunt

► Download this book at [www.DisasterReadyWashington.com](http://www.DisasterReadyWashington.com)

For more information, contact your local emergency management office.



Credits: Content by Kiana Kabanje, Rosanne Garrand, Steven Friederich and Peggy LovellFord. Graphics by the Great ShakeOut, Washington Emergency Management Division, Pierce County Emergency Management, King County Emergency Management, Simpson Strong-Tie, California Office of Emergency Services, California Department of Forestry and Fire Protection.



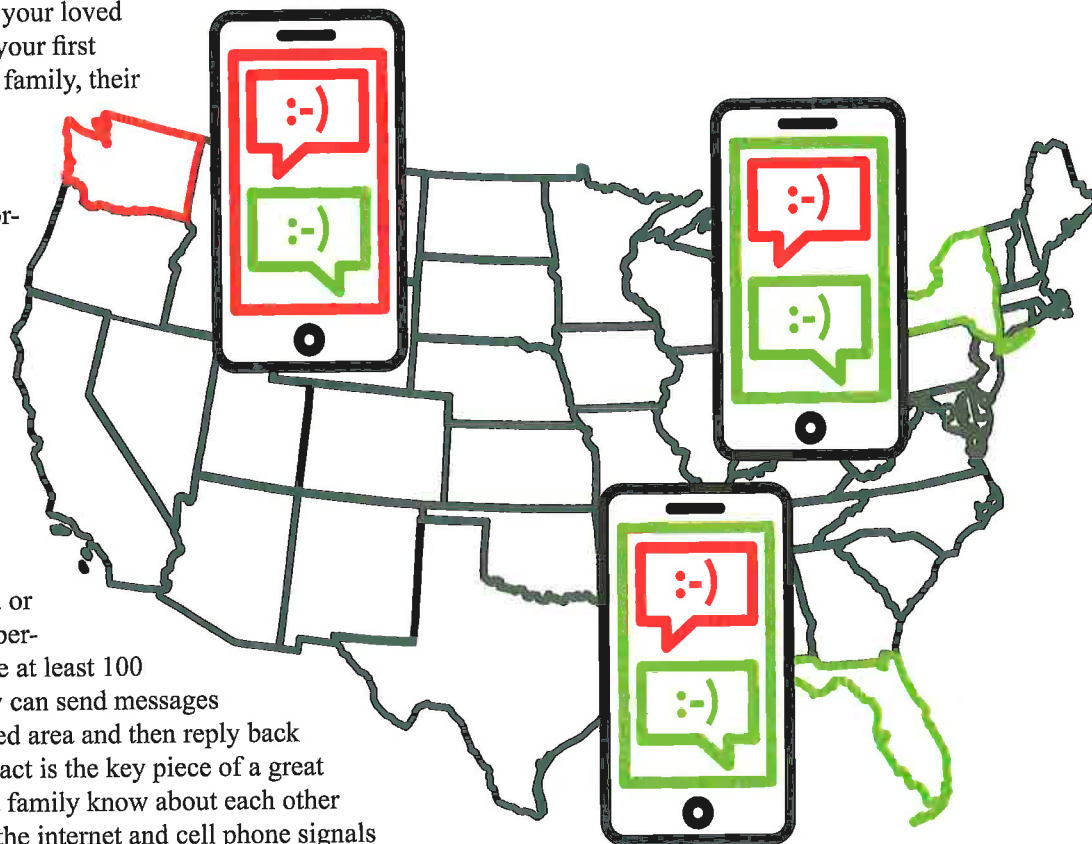
# Prepare to be separated from your loved ones

If you are separated from your loved ones when disasters strike, your first thoughts will be about your family, their location and condition.

The stress of the event may make it difficult to remember even routine information, like phone numbers. We recommend that every household member have an out-of-area contact card in a wallet, purse or backpack at all times.

## Out-of-area contacts

Ask an out-of-area friend or relative to be your contact person. This person should live at least 100 miles away from you. They can send messages to your family in the affected area and then reply back to you. An out-of-area contact is the key piece of a great communications plan to let family know about each other being safe — especially if the internet and cell phone signals are sparse following a major event, such as a big earthquake. It may be difficult to think during the stress of a disaster. Because normal routines have been disrupted, write down numbers and information ahead of time on an out-of-area contact card (See Action Plan for reference).



**QUICK TIP:** You may be able to send text messages to your loved ones on your cell phone. Keep these messages short.

## Use the Web

Make sure to let your family know that these websites are available so they know to check for each other there.

The American Red Cross has a website that lets you search for loved ones and register yourself as “safe and well.”

<https://safeandwell.communityos.org/>

Facebook has a “safety check” that can be implemented after a disaster.

<https://www.facebook.com/about/safetycheck/>

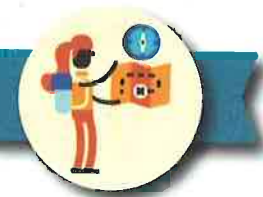
## Official Sources

Know how officials will communicate with you. Counties and cities often have their local alert systems, the state of Washington will use the Emergency Alert System and Wireless Emergency Alerts. This will come across all forms of media, TV, radio and smart phones. Sign up for your local emergency alerts at [mil.wa.gov/alerts](http://mil.wa.gov/alerts)

# Prepare in a Year



## 2. Action Plan



### What disasters can affect you?

Communities throughout the Pacific Northwest are subject to many types of disasters. While we hope that such occurrences never happen, it has been shown time and time again that being prepared for disasters is wise. Now is the time to do some research either online or by attending a preparedness fair or presentation hosted by your local jurisdiction or community group to learn about your local hazards.

#### Create a Disaster Plan

Meet with your family and discuss why you need to be prepared for disasters. Plan to share the responsibilities and work together as a team.

Develop a family/household communication and reunification plan so that you can maintain contact and take the best actions for each of you to re-unite if you are separated.

Discuss the types of disasters that are likely to happen. Explain what to do in each case. Discuss what to do in an evacuation. Pick two places to meet:

- Right outside your home in case of fire.
- Outside your neighborhood in case you can't return home.

Everyone must know the address and phone number.

#### Put your Plan into Action

Teach children how and when to call 911. Show them

how your cell phone works. Many counties in Washington allow Text to 911. Call if you can, text if you can't!

Post emergency telephone numbers in a visible location.

Show each family member how and when to turn off the water, gas and electricity at the main switches.

Other tips:

- Check for adequate insurance coverage.
- Install an ABC fire extinguisher in your home. Teach each family member to use it and where it is kept. (See Step Seven)
- Install smoke and carbon monoxide detectors on each level of your home, in appropriate areas.
- Stock emergency supplies and assemble disaster supply kits.
- Take a First Aid and CPR class.
- Determine the best escape routes from your home. Find two ways out of each room.
- Find a safe spot in your home for each type of disaster.

**DISASTER meeting place (if you cannot return home):**

\_\_\_\_\_

EXACT LOCATION

**HOUSE FIRE meeting place (near home, everyone is safely outside):**

\_\_\_\_\_

EXACT LOCATION

**LOCAL emergency contact (if you are hurt):**

\_\_\_\_\_

PRINT NAME PHONE

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**DISASTER meeting place (if you cannot return home):**

\_\_\_\_\_

EXACT LOCATION

**HOUSE FIRE meeting place (near home, everyone is safely outside):**

\_\_\_\_\_

EXACT LOCATION

**LOCAL emergency contact (if you are hurt):**

\_\_\_\_\_

PRINT NAME PHONE

**OUT OF AREA CONTACT PERSON**

*WHY?* Local phone systems may be shut down in a disaster. However, you frequently can place a long-distance call.

**Name (print):**

\_\_\_\_\_

**Phone number (with area code):**

\_\_\_\_\_

**Cell phone number (with area code):**

\_\_\_\_\_

*TIP:* You may be able to text message all your loved ones on your cell phone. Keep these messages short.

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## 2. Action Plan



### What to do NOW

Learn what types of disasters are likely to happen in your area.

Learn about your community's warning signals — what do they sound like and what should you do when you hear them? Also, learn which radio stations will provide emergency information for your area.

Learn about animal care in your area.

If you are disabled and unable to care for yourself, your planning needs to include your support network who will help you and your household.

Find out about the disaster plans at your workplace, your children's school or child-care center and other places your family frequently visits.

### Before an Evacuation

- Plan how you will leave and where you will go if you are advised to evacuate.
- Identify several places you could go in an emergency, such as a friend's home in another town or a motel. Choose destinations in different directions so that you have options during an emergency.
- If needed, identify a place to stay that will accept pets. Shelters may or may not be able to accommodate your pet. Have supplies ready to take.
- Be familiar with alternate routes and other means of transportation out of your area.
- Always follow the instructions of local officials and remember that your evacuation route may be on foot depending on the type of disaster.
- Assemble supplies that are ready for evacuation, both a "go-bag" you can carry when you evacuate on foot/ bicycle or public transportation and larger supplies for traveling in a personal vehicle.

### Practice and Maintain Your Plan

- Review your plans every six months so everyone remembers what to do.
- Conduct fire and emergency evacuation drills.
- Test and recharge your fire extinguishers, according to manufacturer's instructions.
- Test your smoke and carbon monoxide detectors every month; replace batteries every six months.
- Replace stored water and food every six months to a year, depending on expiration dates.
- Update plan as necessary.

### Evacuation Planning

A wide variety of emergencies may cause an evacuation. In some instances, you may have a day or two to prepare, while other situations might call for an immediate evacuation. Planning is vital to ensuring that you can evacuate quickly and safely, regardless of the circumstances.

### If you evacuate by car

Always keep a half tank of gas in case of an unexpected need to evacuate. Keep a full tank of gas if an evacuation seems likely. Gas stations may be closed during emergencies and unable to pump gas during power outages.

- Plan to take one car per family to reduce delay.
- Make sure you have a portable emergency kit in the car.
- If you do not have a car, plan how you will leave via other forms of transportation or on foot.

If evacuation is urgent, you will not have time to prepare, which is why it is important to plan ahead. Certain evacuations, like a tsunami, may require an evacuation by foot.

### During an Evacuation

During an evacuation you will want to consider the following items:

- A list of open shelters is typically announced on social



# Prepare

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Year



## 2. Action Plan



media or traditional media. But don't wait for a shelter to open; pre-arrange places to stay ahead of time.

- Listen to a battery-powered radio and follow local evacuation instructions.
- Take your emergency supply kit.
- Leave early enough to avoid being trapped by impending hazards — volcanic, flooding, tsunami or fire.

Follow your local official's messages in regards to bringing animals to shelters. If there is time:

- Call, text or email the out-of-area contact in your family communications plan. Tell them where you are going.
- Secure your home by closing and locking doors and windows.
- Unplug electrical equipment such as radios, televisions and small appliances. Leave freezers and refrigerators plugged in unless there is a risk of flooding. If there is damage to your home and you are instructed to do so, shut off water, gas and electricity before leaving.
- Leave a note telling others when you left and where you are going.
- Wear sturdy shoes and clothing that provides some protection such as long pants, long-sleeved shirts and a hat.
- Check with neighbors who may need a ride.
- Follow recommended evacuation routes. Do not take shortcuts; they may be blocked.
- Be alert for road hazards such as washed-out roads or bridges and downed power lines. Do not drive into flooded areas.

### After an Evacuation

- Check with local officials before you travel back to areas impacted by the disaster.
- If an area is closed, stay out! It is closed for your safety.
- Depending on the disaster, many residents may be in public shelters for an undetermined time frame.
- Residents returning to disaster-affected areas after significant events should expect and prepare for disruptions to daily activities, and remember that returning home before debris is cleared is dangerous.
- Some events may mean that there is not a home to return to, such as lahars, wildfires or tsunamis.
- Fill up your gas tank and consider downloading a fuel app to check for outages along your route.
- Bring supplies such as water and non-perishable food for the car/bus ride.
- Avoid downed power or utility lines; they may be live with deadly voltage.

### Potential Threats

**Avalanches** - Avalanches have killed more than 190 people in the past century.

**Drought** - In the past century, Washington State has experienced a number of drought episodes, including several that lasted for more than a single season.

**Earthquake** - More than 1,000 earthquakes occur in Washington each year. Some can be felt. Some go unnoticed.

**Flood** - Damage from flooding exceeds damage by all other natural hazards in Washington state.

**Landslide** - Landslide is the movement of rock, soil and debris down a hillside or slope. Landslides take lives, destroy homes, businesses and public buildings, interrupt transportation, undermine bridges, derail train cars and damage utilities.

**Severe Storm** - All areas of Washington state are vulnerable to severe weather.

**Tsunami** - Tsunamis are a series of powerful waves that threaten people and property along shorelines.

**Volcano** - Washington has five major volcanoes – Mount Baker, Glacier Peak, Mount Rainier, Mount St. Helens and Mount Adams.

**Wildfire** - Short-term loss caused by wildland fire can include the destruction of timber, wildlife habitat, scenic vistas and watersheds, and increase vulnerability to flooding. Long-term effects include smaller timber harvests, reduced access to affected recreational areas and destruction of cultural and economic resources and community infrastructure.

**Hazardous Material** - Hazardous material incidents are intentional and/or unintentional releases of a material, that because of their chemical, physical or biological nature pose a potential risk to life, health, environment or property.

**Radiological** - A radiological hazard is the uncontrolled release of radioactive material that can harm people or damage the environment.

More information: <https://mil.wa.gov/hazards>



# Prepare in a Year



## 3. Water



**W**ater quickly becomes a precious resource following many disasters. It is vital that all household members learn how to shut off the water at the main house valve so that you don't lose clean water which you could use. The effects of gravity may drain the water in your hot water and toilet tanks unless you trap it in your house by shutting off the main house valve (not the street valve in the cement box at the curb – this valve is extremely difficult to turn and requires a special tool).

Label this valve with a tag for easy identification, and make sure all household members know where it is located.

In addition to storing water, be aware of your surroundings and where you can find other sources of water. Available water sources include hot water heaters, toilet tanks, streams, lakes, rivers, etc. **Consider adding a water filter to your kits so that you can safely use water you find.**

### How much water should I store?

For your household, we recommend at least two weeks' worth of water. That's one gallon per person per day to take care of drinking, cooking and hygiene needs. You might need less depending on your cooking methods and if you're using wet wipes for hygiene. Plan to drink at minimum one quart of water per person per day. Remember to have water for your pets, too!

### Which containers should I use?

Plastic containers with a screw-cap lid, such as two-liter soda pop bottles or food-grade plastic jugs, work great.

Don't use glass bottles or old bleach bottles (or any container that has held a toxic substance).

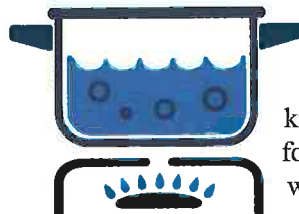
Avoid the use of plastic milk jugs. (They are difficult to seal tightly, and their plastic becomes very fragile and brittle over time).

### Storing Water

We know storing 14 gallons per person is difficult, especially for large families. Having food that will not use water is one way to minimize water storage.

Consider multiple locations to store water, especially if in an apartment or small house. Thoroughly rinse out the container and the lid with water and fill it to the very top of the container. For extra safety, thoroughly rinse the container with a weak solution of liquid chlorine bleach (8-10 drops in two cups water). Empty this solution out and fill the container right to the top with fresh water.

- Seal the container tightly.
- Label it "Drinking Water" and date it.
- Store it in a cool, dark place.



**Distillation** – One method of purification in addition to filters and purification tablets

1. Fill a pot halfway with water.
2. Tie a cup to the handle on the pot's lid so that the cup will hang right-side up when the lid is placed upside-down on the pot (make sure the cup is not dangling in the water).
3. Boil the water for 20 minutes. The water that drips from the lid into the cup is distilled.

This method allows the vapor resulting from boiling water to collect in the cup. This condensed vapor will not include salts or other impurities.

### Is adding liquid bleach recommended?

The Food and Drug Administration and the Environmental Protection Agency says that tap water does not need anything added to it before it is stored because it has already been chemically treated. Commercially purchased water does not need anything added to it. Keep it in its original, sealed container. It is recommended that stored tap water be rotated every 6 months. Commercially sealed water is safe for up to two years; some are labeled for longer storage. The only thing that should be used to purify water is liquid household bleach containing 6 percent sodium hypochlorite and no thickeners, soaps or scents.

Boiling water kills bacteria, viruses, and parasites that can cause illness. Treating water with chlorine bleach kills most viruses, but will probably not kill bacteria. Therefore, boiling and then adding chlorine bleach is an effective water purification method.

# Prepare in a Year



## 4. Grab and Go Kit



Everyone should have their own kit (some supplies are for the group). Encourage kids to make their own kits, too, because what's important to them, may not be as important to you. In the event of fire or rapid evacuation, you'll appreciate having more than just the clothes on your back.

### How to Store an Evacuation Kit

1. You should take proactive steps to create a kit that you can take with you in times of an emergency that will last you for two to three days as long as it's light weight and easy to carry or tow along.

2. Store these items in something that is portable and easily carried, like a backpack or tub/suitcase with wheels. Place items in plastic bags to protect against water. Plastic bags used for produce (like apples and oranges in a grocery store) could be a good choice. These can later be used for disposing of waste.

Locate these supplies as close to your primary house exit as possible. You may have to find it in the dark or after the upheaval of an emergency. A coat closet may be a good place or as part of a car kit may work as well. Consider keeping this kit in your vehicle. Then, you will always have supplies with you.



### Water

For this grab and go kit, keep a supply of water that will last you 2-3 days for each person in your household. This is different than the two-weeks-ready kit for your house.

Only pack drinking water, ~ 1 quart per person per day. (See Water, Step Three). You could also purchase portable water filters or water sterilizers. Remember, a gallon of water per day includes cooking. If you do not cook with grab and go supplies, carrying less water is an option.

### Food

Store a supply of food that will last you two to three days. Select foods that require no refrigeration or cooking, and little or no water. Purchase foods you like so it will be easy to rotate items near expiration and consider specific dietary needs as well as chemical/food sensitivity:

- High energy foods — peanut butter, granola bars, trail mix;
- Comfort foods — cookies, hard candy, etc.;
- Dry meats like beef sticks and jerky.

### Pet Grab and Go

Pets need a grab and go kit, too! Have two to three days of food, water, any of their medications, leashes and cages if reasonable.

### Kit supplies

- ▶ Food
- ▶ Water
- ▶ Flashlight
- ▶ Extra batteries
- ▶ Light sticks
- ▶ Radio (battery/crank)
- ▶ Whistle
- ▶ Toiletries & wet wipes (save water for drinking)
- ▶ Access to important documents
- ▶ First aid kit
- ▶ Multi-purpose tool and knife
- ▶ Garbage/plastic bag
- ▶ Cell Phone charging cord/extra battery
- ▶ Medications
- ▶ Pet items
- ▶ Duct tape
- ▶ A set of extra clothes
- ▶ Hat and gloves
- ▶ Items you need for children and other household members

If this kit is used for your car, add:

- ▶ Small shovel
- ▶ Jumper cables
- ▶ Tow chain
- ▶ Road flare
- ▶ Waterproof blanket
- ▶ Matches in a waterproof container
- ▶ Seasonal equipment
- ▶ Extra keys

**QUICK TIP: Rotate items annually. This includes making sure the clothes you have stored still fit!**



# Prepare in a Year



## 5. Important Documents



**A**fter a major disaster, you may need financial assistance and will want to document any property loss for insurance and income tax purposes. Having ready access to the documents necessary for completing application forms, as well as those which could be difficult to replace, will help reduce delay and frustration. Use a scanner or your cell phone's camera to take pictures of these important items and then put them on an encrypted flash drive. Password protection is important because you don't want private information to fall into someone's hands by accident.

**QUICK TIP:** Strengthen your financial preparedness for disasters and emergencies by downloading FEMA's Emergency Financial First Aid Kit at <http://bit.ly/EFFAK1>

1. Gather property insurance papers (home, renter's, auto, boat, etc.) and make copies.
2. Gather health insurance papers (medical provider, dental provider, life, extended disability, etc.) and make copies.
3. Gather financial papers (bank, investment, retirement, etc.) and make copies.
4. Gather wills, powers of attorney, and estate papers and make copies.
5. Take photos or videos of all valuables as documentation for insurance claims.

If you have physical copies, store these copies and photos in a safe deposit box, fire proof box or in a zipper storage bag in your freezer.

### Checklist of important documents:

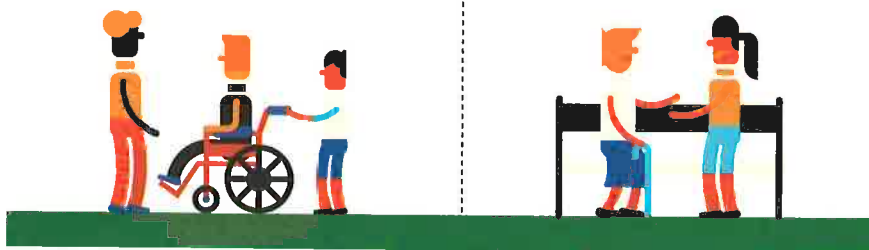
- Household (anything to help identify people in your household, children, pets): marriage/birth/death certificates, passport, social security cards, driver's licenses, green card, pet microchip information.
- Financial (anything to help you request insurance and disaster assistance after a disaster): lease/home ownership, vehicle registration, title, loan, utility bills, proof of address, banking accounts, retirement/investment accounts, insurance policies — home, auto, renter's, life, flood, sources of income-paystubs, proof of employer.
- Medical: health/dental insurance, medicare, medicaid, Veteran's benefits, lists of medications, doctor office phone numbers, medical power of attorney, disabilities documentation.
- Emergency contact info: doctor office, dental office, pediatricians, pet vets, employer, supervisor, schools.
- Valuables: photos of valuables, copies of family photos, photos of home.



# Prepare in a Year



## 6. Get 2 Weeks Ready



## Prepare to be on your own for two weeks

When a large disaster happens, it may take two weeks for resources to help us. You may be on your own! Coping with the impacts of a disaster is never fun. However, by planning alternative ways to take care of your needs, you can reduce much of the inconvenience and discomfort. Take things one step at a time. You can buy items at discount or dollar stores over multiple trips. Watch for sales over holidays.

**QUICK TIP: Being 2 Weeks Ready is as simple as adding one can of food to your cart every time you go grocery shopping to add to your disaster supplies. Don't forget about your pet, too!**

### Lighting



- Flashlight and extra batteries.
- Camping lanterns: (battery-operated only for inside use. Candles are not recommended and may cause fires).
- Light sticks: These can provide light for 1-12 hours and can be purchased at many department stores.
- Solar lights: Lights that can be recharged using the sun (still works to a degree when cloudy, too).

### Shelter

It is common for people to not want to sleep in their homes for a few days following a major earthquake. Having an alternate means of shelter will help you and your family be as comfortable as possible.

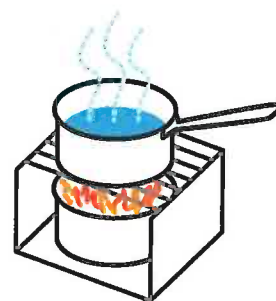


- Tent or waterproof tarp.
- Sleeping bags or blankets and pillows.
- Rain gear.
- Emergency/space blankets (compact and easy to store).
- Newspapers or magazines provide insulation from the cold or heat.
- If you have a van, camper or RV, it can be used as your alternate shelter.

### Cooking

Never burn charcoal or use camp stoves indoors. This could cause carbon monoxide poisoning.

- Camp stoves, sterno or butane stoves, barbecues – gas or charcoal.
- Fireplaces – After an earthquake, do not use until the chimney and flue have been inspected for cracks. Sparks may escape in to your attic through an undetected crack and start a fire.
- Since a lot of emergency food options are “Just add water/hot water,” use clean or filtered water or boil for appropriate time when cooking.
- Washing dishes won't be easy, but it's still doable. Warm water over a stove. Otherwise, use disposable utensils, cups and plates.



### Protecting food when the power goes out

- Keep refrigerator and freezer doors closed as much as possible. A full refrigerator will maintain safe temperatures for up to 6 hours.
- A full freezer will maintain safe temperatures for one or two days; a half-full freezer one day.
- Discard at-risk refrigerated foods that are warmer than 40 degrees Fahrenheit. If in doubt, THROW IT OUT.
- If you think the power will be out for several days, try to find some ice to pack inside the refrigerator and freezer.
- Remember to keep your raw foods separate from your ready-to-eat foods.

# Prepare in a Year



## REMEMBER!

When in doubt, throw it out.

## When do I save and when do I throw out food?

Refrigerated foods should be safe as long as the power is out no more than a few hours and the doors have been kept closed.

Frozen foods which are still frozen are not a problem.

If potentially hazardous foods are thawed but still have ice crystals you should use them as soon as possible.

## How do I know if the food is unsafe to eat?



You cannot rely upon appearance or odor. Never taste food to determine its safety.

Some foods may look and smell fine, but if they've been warm

too long, food poisoning bacteria may have grown enough to make you sick.

## What happens when the power comes back on?

Allow time for refrigerators to reach the proper temperature of lower than 40°F before restocking with all fresh foods.

Foods are categorized into groups:

A. Potentially hazardous foods are the most important to know. These include: meats, fish, poultry, dairy products, eggs and egg products, soft cheeses, cooked beans, cooked potatoes, cooked pasta, custards, puddings, etc.

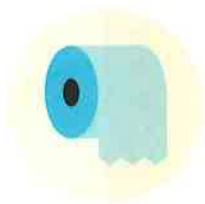
B. Some food may not be hazardous but the quality may be affected. These include:

salad dressings, mayonnaise, butter, margarine, produce, hard cheeses, etc.

C. Some foods are safe. These include: carbonated beverages, unopened bottled juices, ketchup, mustard, relishes, jams, peanut butter, barbecue sauces, etc.

## Sanitation

The lack of sanitation facilities following major disasters can quickly create secondary problems unless basic guidelines are followed.



If the water lines are damaged or if damage is suspected do not flush the toilet. Avoid digging holes in the ground. Untreated raw sewage can

pollute fresh ground water supplies. It also attracts flies and promotes the spread of diseases.

Store a large supply of heavy-duty plastic bags, twist ties, disinfectant and toilet paper. A good disinfectant that is easy to use and low cost is a solution of one-part liquid bleach to ten-parts water.

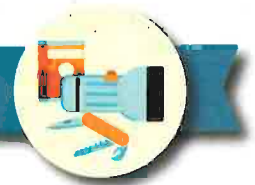
If the toilet is not able to be flushed, it can still be used. This is less stressful for most people than using some other container:

1. Remove all the bowl water
2. Line bowl with a heavy-duty plastic bag.
3. Add a small amount of deodorant or disinfectant.
4. Securely tie the bag and dispose of it in a large trash can with a tight-fitting lid. This large trash can should also be lined with a sturdy trash bag.

Portable camp toilets, small trash cans, or sturdy buckets lined with heavy-duty plastic bags can also be used. Those with tight fitting lids are best.

Large plastic bags and toilet paper should be kept at work and in the car for use if you are away from home. These can be wrapped in newspaper in preparation for future disposal.

## 6. Get 2 Weeks Ready



## Kit supplies

Your Grab & Go Kit can be a starter kit for home; add to it to be 2 weeks ready at home.

### Food:

- ▶ Canned Meats, Fruits, and Vegetables
- ▶ Canned Juices and Soups
- ▶ High Energy Foods - Peanut Butter, Granola Bars, Trail Mix
- ▶ Comfort Foods - Cookies, Hard Candy, etc.
- ▶ Dry Meats like Beef Sticks and Jerky
- ▶ Freeze dried "emergency food." Meals Ready to Eat.

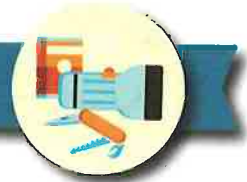
### First Aid Supplies:

- ▶ Sterile 4" Adhesive Bandages
- ▶ Sterile 4" x 4" Gauze Pads
- ▶ 4" Rolled Gauze Bandages
- ▶ Large Triangular Bandages
- ▶ Butterfly Bandages
- ▶ Adhesive Tape
- ▶ Scissors & Tweezers
- ▶ Moistened Towelettes
- ▶ Bar Soap
- ▶ Latex Gloves
- ▶ Aspirin
- ▶ Antacid
- ▶ Anti-Diarrhea Medication
- ▶ Instant Cold Packs
- ▶ Antibiotic ointment to dress wounds
- ▶ Safety pins
- ▶ Needle & Thread
- ▶ Sanitary Supplies
- ▶ Splinting Materials

# Prepare in a Year



## 6. Get 2 Weeks Ready



You likely already have many of these supplies at home. You don't need to go shopping and spend lots of money on supplies. Start with collecting what you have at home. Some communities recommend you have supplies for even longer than 2 weeks. Check with your local emergency managers.

### More kit supplies

#### Miscellaneous:

- ▶ Paper cups, plates, and plastic utensils
- ▶ Battery-operated NOAA Weather Radio
- ▶ Extra batteries
- ▶ Flashlight, Head Lamp or Solar Lantern
- ▶ Non-electric Can Opener
- ▶ ABC Fire Extinguisher
- ▶ Whistle
- ▶ Insect Repellent & Sunscreen
- ▶ Toilet Paper
- ▶ Toothpaste, toothbrush and other hygiene items
- ▶ Feminine Supplies
- ▶ Roll of Plastic and Duct tape to seal broken windows
- ▶ Plastic bags for waterproofing
- ▶ N95 Air Mask
- ▶ Cell Phone Charging Cord
- ▶ Portable Cell Phone Battery
- ▶ Pocket Knife/Multi-Tool
- ▶ Extra Eye Glasses
- ▶ Prescription Drugs and Medications
- ▶ A Family Picture
- ▶ Games and Books
- ▶ Contact Lens Solution
- ▶ Backups for assistive devices
- ▶ Wheelchair Repair Kit

**QUICK TIP: Choose significant dates 6 months apart from each other as reminders to rotate emergency supplies. Your birthday and half-birthday are one idea.**

#### Sanitation:

- ▶ Bucket toilet
- ▶ Heavy-duty garbage bags
- ▶ Bleach and Liquid Soap
- ▶ Baby Diapers

#### Clothing & Bedding:

- ▶ Multiple changes of clothes depending on the season (cold or warm)
- ▶ Blankets or Sleeping Bags
- ▶ Mylar (Emergency / Space) blankets
- ▶ Sturdy Shoes
- ▶ Warm Socks
- ▶ Hat and Gloves
- ▶ Poncho
- ▶ Waterproof jacket

#### Important documents:

- ▶ Copies of Insurance Policies
- ▶ Bank Account Numbers
- ▶ Inventory of valuables
- ▶ Family Records

### Pet Kit

- ▶ Sturdy leashes and harnesses
- ▶ Blankets & towels
- ▶ Printed photos to identify lost pets and prove ownership
- ▶ Medications and medical records stored in waterproof container
- ▶ First aid kit
- ▶ Food and water
- ▶ Bowls, cat litter, litter box and a manual can opener
- ▶ Information on feeding schedules, medical conditions, name and number of veterinarian
- ▶ Supplies to manage dog waste and grooming



Pet food



Bowl



Animal carrier



Medicine



Extra Leash & Collar



Water



Familiar toys & items



Important documents & photo of you and your pet



# Prepare in a Year



## 7. Fire Safety



### Know what to do before, during and after a fire!

Home fires can occur anytime. The fall and winter months see an increase of home fires. Fires in homes are most often caused by cooking accidents, smoking indoors, fireworks or unsafe use of woodstoves or space heaters. Smoke detectors and carbon monoxide detectors should be tested once a month and the batteries should be replaced every six months. Detectors should be replaced every 10 years. If the fire is too big for you to handle, immediately get out of the house. Don't stop to gather anything or to do anything. Call 911 from outside! Once outside, stay outside.

#### Smoke Detectors

Install outside bedrooms on the ceiling or high on the wall, away from corners, at the top of open stairways (or the bottom of enclosed stairs) and near (but not in) the kitchen. For free Red Cross smoke alarms, visit [GetASmokeAlarm.org](http://GetASmokeAlarm.org)

#### Carbon Monoxide Detectors

- Should be installed on every level of your residence
- About 18 inches from the floor
- In the area where your heating system is located
- Replace batteries when you rotate supplies in your kits!

#### Flammable Items

- Never use or store gasoline, kerosene or similar flammable liquids inside your home. (Store them in approved containers in well-ventilated storage areas).
- Discard all rags and materials that have been soaked in flammable liquids (Place them outdoors in a metal container).

#### Matches and Smoking

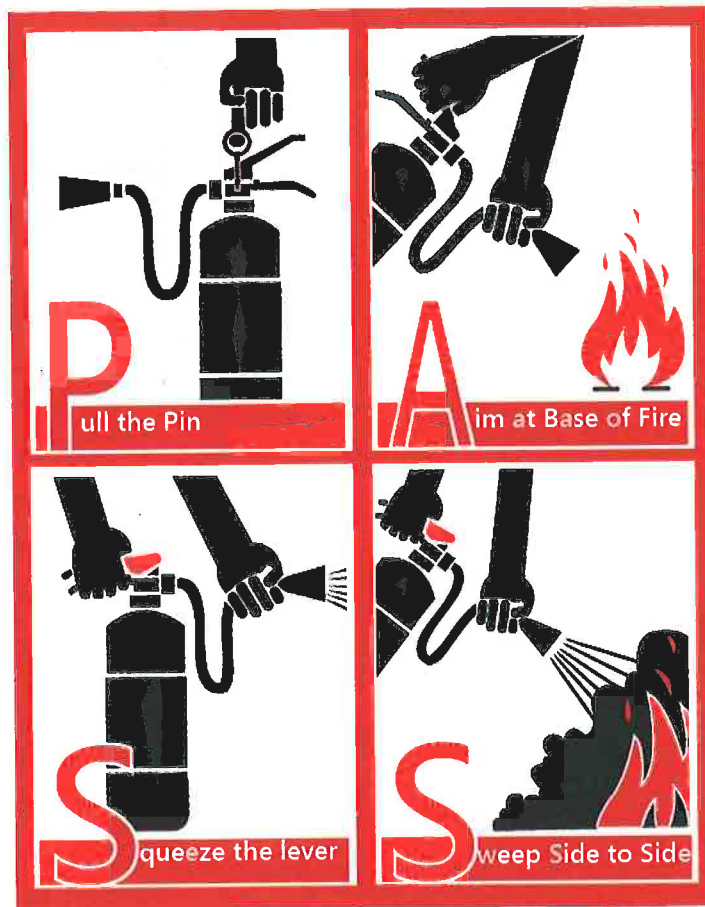
- Store matches and lighters up high, away from children and if possible in a locked cabinet.
- Never smoke in bed or when drowsy or medicated.
- Douse cigarette and cigar butts with water before disposal in an outdoor container.

#### Heating Sources

- Use alternative heat sources, such as woodstoves or space heaters, according to the manufacturer's instructions.
- Never use gas ovens, stoves, barbecues or propane heaters for indoor heating.
- Place heaters at least 3 feet away from flammable material.

#### Electrical Wiring

- Inspect extension cords for frayed or exposed wires and loose plugs.
- Make sure outlets have cover plates and that no wires are exposed.
- Do not overload extension cords or outlets.



#### Fire Extinguishers

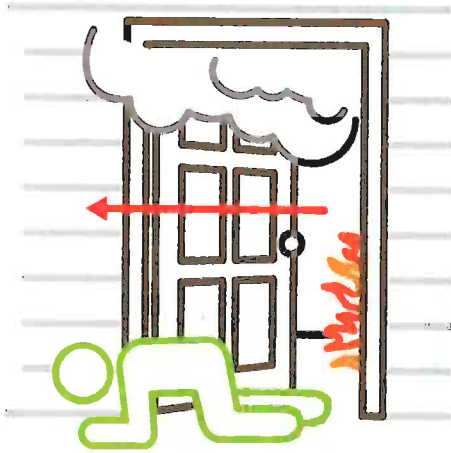
- Install ABC fire extinguishers in your home and teach family members how to use them using the PASS method (see graphic on this page).
- Have one extinguisher per floor in your home as well as one in the kitchen and one in the garage.
- Place the extinguisher away from the stove and near the door of the kitchen for easy access. The same for the garage.
- Even though the extinguisher may not match décor, do not place the extinguisher in a closet or behind drapes or curtains.

# Prepare

in a  
Year

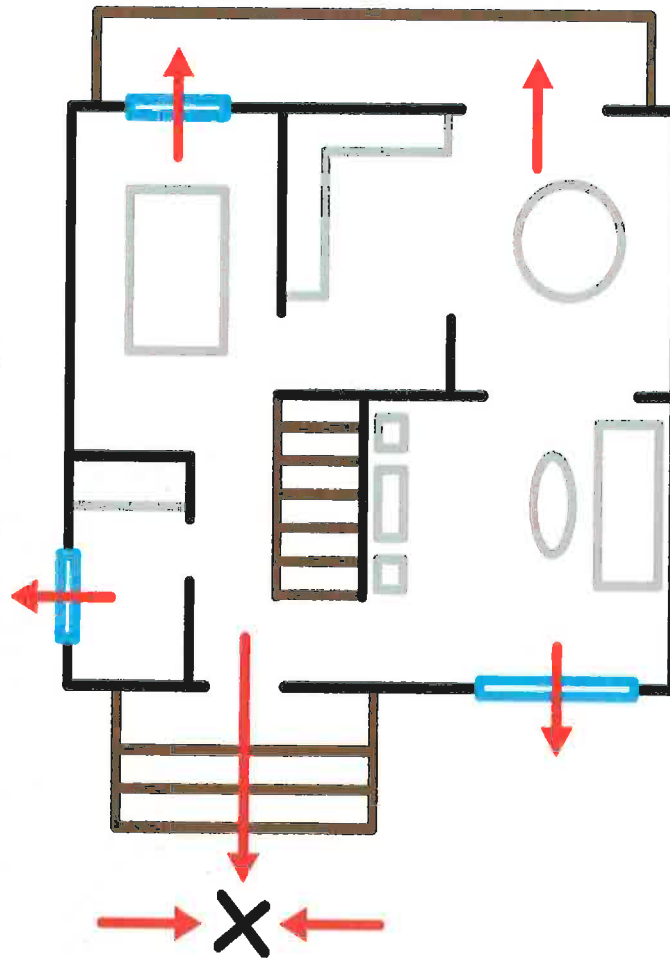


## 7. Fire Safety



### Exiting Buildings

- If there is a fire or when the smoke detectors or carbon monoxide detectors sounds, leave immediately!
- Do not try to fight the fire. Once outside, **do not re-enter the home for any reason!**
- Call 911 from a cell phone once outside, or from a neighbor's house.
- Know the location of all exits including the windows. (If you live in an apartment, count the number of doorways between your apartment and the two nearest exits. This will help you leave safely in the dark).
- If the nearest exit is blocked by fire, heat or smoke go to another exit.
- If you must escape through a closed door, check for heat before opening it. Use the back of your hand to feel the top of the door, the doorknob, and the crack between the door and door frame before you open it. If it is hot, do not open it and escape through a window.
- If your clothes catch fire, "stop, drop and roll" until the fire is out.
- If caught in smoke: drop to your



hands and knees and crawl, breathe shallowly through your nose and use your shirt or jacket as a filter.

- If you are in a room and cannot escape, leave the door closed, stay low to the floor and hang a white or light-colored sheet outside the window to alert firefighters of your presence.
- Always use an exit stairway, not an elevator. (Elevator shafts may fill with smoke or the power may fail, leaving you trapped).
- Stairway fire doors will keep out fire and smoke - if they are closed - they will protect you until you get outside.
- Close as many doors as possible as you leave. (This helps to confine the fire and gives you time to escape).

### Practicing fire safety

Choose a safe place outside your home to reunite with your family. Regularly remind all household members of the location. Draw the floor plan of your home and discuss two ways to exit each room. Hold a fire drill at least twice each year.

### Electrical Fires

1. Shut off the electricity at the main breaker.
2. Put out the fire by using an extinguisher, dirt, or water. **CAUTION:** If the electricity cannot be shut off, **DO NOT** use water on the fire.

### Oil or Grease Fires

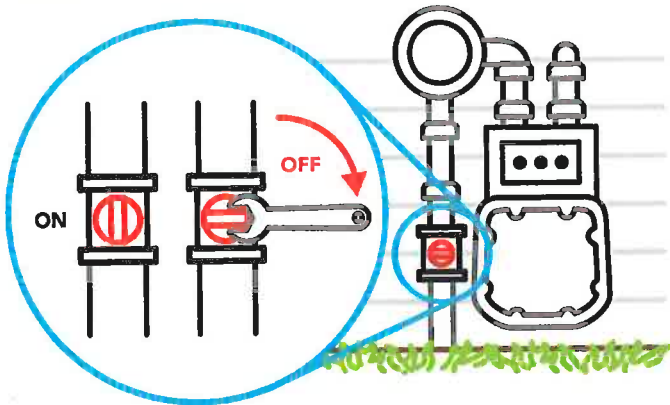
- Use baking soda, a lid, a bread board or a fire extinguisher to smother the flames.
- **NEVER** use water on a grease or an oil fire.

# Prepare

in a  
Year



## 8. Utility Safety



Remember: Right is Tight. Left is Loose.

### Natural Gas

Natural gas leaks and explosions are responsible for a significant number of fires following any major earthquake. Here are some steps to shut off the natural gas:

1. Locate the shut-off valve (make sure this valve will turn. To shut off the gas, turn the valve 90 degrees or 1/4 turn, so that it crosses the pipe).
2. If your valve is rusted open, do NOT put WD-40™ lubricant on it. It may corrode the O-rings that allow the valve to turn.
3. Attach a wrench to the meter or to the wall directly behind the meter.
4. Choose a crescent wrench that is at least 12-inches long.
5. Adjust it to fit your valve before hanging it behind the meter in case it rusts.

### Turn gas off after an earthquake

Shut off the gas immediately only if you:

- Smell the odor of gas (rotten eggs).
- Hear a hissing sound.
- The meter dials spin more rapidly than normal.

Do not use matches, lighters, open flame appliances or operate any electrical switches until you are sure no gas leaks exist. Sparks from electrical switches could ignite the gas.

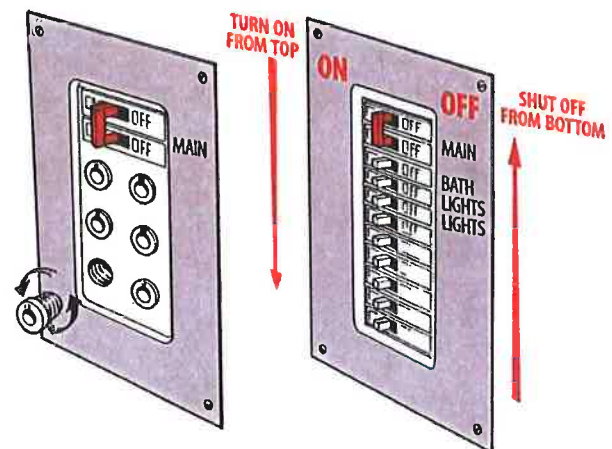
If you smell natural gas, immediately get everyone out of and away from the house. Open the windows and doors to provide ventilation. Shut off the gas at the meter.

### Propane

Have your home's propane tank properly installed by a qualified professional and serviced on a regular basis.

Propane tanks are extremely flammable.

- Do NOT store tanks in a building, garage, or enclosure.
- When not connected for use, keep tank valve turned OFF.
- Never store a spare tank beneath a grill.
- Always store tanks upright.
- Never store a tank in temperatures of 125 F degrees or more.
- Never use or store a propane tank indoors.
- Do not try to repair a damaged tank or tank valve.
- Do not use portable propane heaters, stoves, or lanterns in tents, campers, truck caps, RVs, or other unventilated enclosures, especially while sleeping.



Always shut off all the individual circuits before shutting off the main circuit breaker.

### Electricity

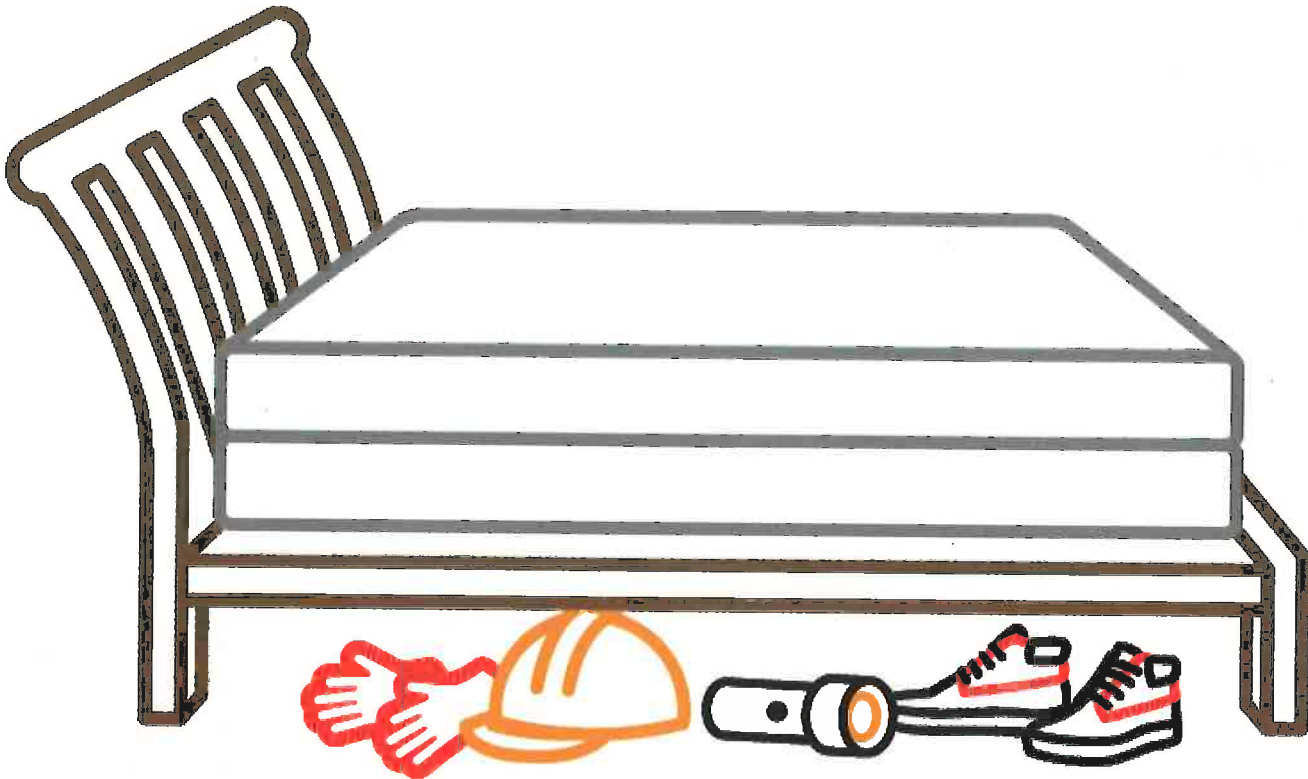
Electrical sparks have the potential of igniting natural gas if it is leaking. Preparing to shut off electricity:

- Locate your electricity circuit box
- Teach all responsible household members how to shut off the electricity to the entire house.

Check the cords of appliances in your home as well as the plugs and connectors. Make sure they are not frayed, cracked or damaged or placed under rugs or carpets, resting on furniture, or located in high traffic areas.

- Do not nail or staple cords to walls, floor, or any other objects
- Inspect all outdoor connections, appliances and tools for frayed cords, broken plugs and cracked or broken housings.





## Day or night: Ready to respond

**W**hen disaster strikes, it may be difficult to think as rationally as in normal conditions. The more procedures you have in place, and the easier they are to remember and implement, the more effective and efficient will be your response. We recommend that you keep these basic response supplies under the bed. That way, day or night, you'll know where to go to get the essentials.

### Critical Under the Bed Items

- Sturdy shoes — to protect your feet from broken glass
- Work gloves, preferably leather — to protect your hands from broken glass
- Flashlight & light sticks — essential for a nighttime response

**QUICK TIP: Keep it simple. Instead of throwing them away, put your old tennis shoes or garden shoes under your bed!**

### Additional Recommended Under the Bed Items

- Hard hat — to protect you from falling objects like chimney bricks, and downed trees and branches. Bicycle helmets also work.
- An OK/ HELP card or a sheet of paper and marker for you to write on yourself.
- Tape or adhesive bandages to hang the OK/ Help card in the window or on the front door.
- Place a copy of your out-of-area contact card in a plastic bag.
- A whistle (to call for help).



## Conquering the instinct to run

**D**uring earthquakes, many people's fight/flight instinct urges them to run — even when they know they should “Drop, Cover and Hold on.” We learn to counter the human tendency to run by practicing doing the safe thing. Studies show that people tend to be hurt by falling objects, not collapsing structures. If you are on your feet trying to move in an earthquake, you are in danger of being thrown to the ground and/or injured from toppling book cases, breaking windows, flying dishes, falling TVs, collapsing fireplaces or shifting furniture. Safety comes from quickly stopping or moving to a place of safety. Facades of buildings or glass from windows can be falling and injure those running out during an event.

### Drop, Cover and Hold On — what does it mean?

**DROP** – Where you are, onto your hands and knees. (This position protects you from being knocked down and also allows you to stay low and crawl to nearby shelter).

**COVER** – Your head and neck with one arm and hand. If a sturdy table or desk is nearby, crawl underneath it for shelter. (If no shelter is nearby, crawl next to an interior wall away from windows. Stay on your knees; bend over to protect vital organs).

**HOLD ON** – Until shaking stops. (Under shelter: hold on to it with one hand; be ready to move with your shelter if it shifts. No shelter: hold on to your head and neck with both arms and hands.) Drop, cover, hold on is the national standard for earthquake safety in our country.

#### If driving:

- Pull over to the side of the road, stop, and set the parking brake.
- Avoid overpasses, bridges, power lines, signs and other hazards.
- Stay inside the vehicle until the shaking stops, then proceed carefully by avoiding fallen debris, cracked or shifted pavement and emergency vehicles.
- If a power line falls on the car, stay inside until a trained person removes the wire.

#### If you're near the coast and you feel shaking:

- As soon as the shaking has stopped and it's safe to do so, head to high ground immediately.
- Follow properly marked tsunami evacuation signs.
- Do not wait for a siren or someone to tell you to head to high ground.



Visit <http://dropcoverholdon.org/> to find advice for persons with access or functional needs.



# Washington is earthquake country!

More than 1,000 earthquakes are registered in Washington state each year. An earthquake is a sudden release of pent-up energy along a fault line in the earth's crust. Without warning, the ground under your feet will begin to shake and roll. A timely response is critical. Gas leaks may have occurred, which could lead to fire and explosions. People may sustain injuries. What YOU do in the first hour following an earthquake can save lives, reduce the severity of injuries, and save property.

### What to do during a quake if you are indoors:

- Drop, Cover and Hold On — Take cover under a sturdy desk, table, bench, or against an inside wall, and hold on. If there is no desk or table near you, cover your face and head with your arms and crouch in an inside corner of the building.
- If in a wheelchair or you use a walker, do the same with a safe wall or tall chair that may protect you. Avoid windows and doorways.
- Do not use elevators.
- Stay away from glass, windows, outside doors and walls, and anything that could fall, such as light fixtures and furniture.
- Be aware that electricity may go out or that sprinkler systems or fire alarms may turn on. In that case, move to the nearest safe place.
- If you are in bed when the earthquake strikes, stay there. Hold on and protect your head with a pillow, unless you are under a heavy light fixture that could fall.
- Stay inside until the shaking stops and it is safe to go outside. Most injuries during earthquakes occur when people are hit by falling objects while entering or leaving buildings. **Don't run outside when the ground is shaking!**

### What to do during the quake if you are outdoors:

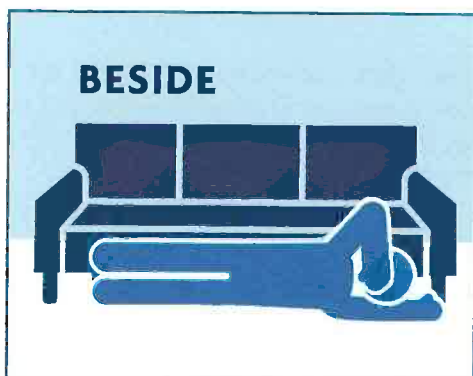
- Stay there.
- Move away from buildings, trees, streetlights and utility wires.
- Text your out-of-area contact telling them you are okay or injured and describe where you are.
- Proceed cautiously after the earthquake has stopped, watching for road and bridge damage.
- Stay at least 30 feet away from downed lines.
- 

### If you are in a car:

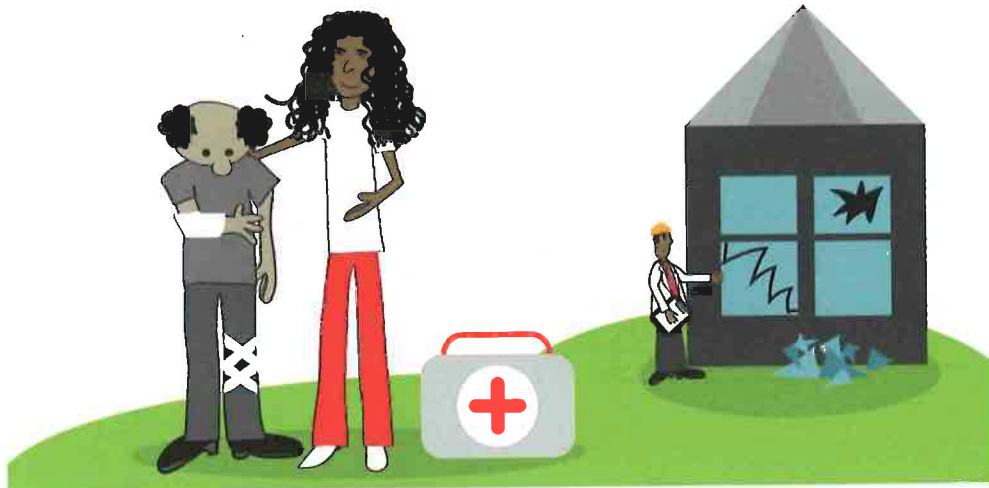
- Stop as quickly as safety permits, pull to the side of the road, and stay in the car. Avoid stopping near or under buildings, trees, overpasses and utility wires.
- Know how to exit a car with energized power lines; do so only if car is on fire.

### If you are trapped under debris:

- Do not light a match.
- Cover your mouth with fabric or clothing. Do not move about or kick up dust.
- Tap on a pipe or wall so that rescuers can find you. Use a whistle if one is available. Shout only as a last resort — shouting can cause you to inhale dangerous amounts of dust.







Three steps to take after an earthquake:

- 1) Check yourself for injuries.
- 2) Check the people around you for injuries.
- 3) Check your environment. Is it safe for you to stay where you are?

## When the Ground Stops Shaking

### Check for Injuries

Bleeding needs to be stopped immediately, then treat for shock (Take a First Aid class or Stop the Bleed class!)

- Be aware of possible tsunamis if you live in a coastal area. (See Tsunami Section on next page).
- Activate your communications plan (see action step one).
- Text out-of-area contact.
- Only call 911 for life threatening event—not to inform them that an earthquake has happened.
- Do not use your car, unless there is an emergency. If in your car, roads may not be passable; approach with caution to reach a safe destination.
- Keep a battery-powered radio with you so you can listen for emergency updates and news reports.
- Listen to officials for information regarding the impacts of the quake and what to expect from first responders.

### Indoors after the quake

- Dress for safety: protect your head, hands, and feet. Wear shoes in areas near fallen debris or broken glass.
- Leather gloves will protect your hands from sharp debris.
- A hard hat will protect your head from falling objects, like chimney bricks teetering on roof edges.
- Check your natural or propane gas and shut it off if necessary.
- Shut off your water at the house master shut-off valve. If water pipes have broken, this will help keep the water in your water heater safe from pollutants.
- Post an OK/Help card in your front window or on your front door. Signs on your front door signals your status

to your neighbors. (TIP: simply write OK or HELP on a piece of a paper and post it on the door.)

- Place your fire extinguishers outside on the sidewalk or street edge so they are visible and available for immediate use should anyone in the neighborhood experience fire. In a big disaster, 911 dispatchers and fire responders will likely be unavailable.

### Check status of home

- If possible, put out small fires. If this is not possible, leave your home immediately, notify the fire department if possible and alert your neighbors.
- Use a battery-powered flashlight to inspect your home if the event occurred at night.
- Be prepared for aftershocks.
- Switch off electrical power if there is damage to your home's electrical wiring. If the situation is unsafe, leave your home and seek help.
- Check the building for cracks and damage, particularly around chimneys and masonry walls.
- Check to see that water and sewage lines are intact before using the toilet.
- Do not touch downed power lines or broken appliances.
- Check closets and cupboards. Open doors cautiously. Beware of objects tumbling off shelves.
- Clean up spilled medicines, bleaches, gasoline and other flammable liquids.
- If you smell gas or see a broken line, shut off the main valve from the outside. A leak of piped natural gas will smell like rotten eggs. Do not search for gas leaks with a lighted match.

# Prepare

in a  
Year



## 10. Drop, Cover & Hold On



### The tsunami risk: Head to high ground when the shaking is over

Tsunamis that strike the Washington Coast are caused by earthquakes or landslides. These earthquakes and landslides might occur far away (distant tsunami) or near where you live (local tsunami).

- A tsunami consists of a series of waves. Often the first wave may not be the largest. The danger from a tsunami can last for several hours after the arrival of the first wave.
- Tsunamis move faster than a person can run.
- Anyone in Washington who lives near the ocean or a large body of water is at risk of a tsunami.

#### Prepare for a tsunami:

- Develop a family disaster plan and know if you live in an inundation zone and where your evacuation routes are from your home, work or school.
- Sign up for local emergency alerts. More information at [mil.wa.gov/alerts](http://mil.wa.gov/alerts)
- Prepare grab and go bags.
- Know how you'll receive tsunami alerts: sirens wailing, NOAA alert radio, wireless emergency alerts and/or local county alerts.

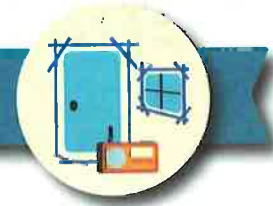
#### WHEN ON THE COAST:

- IF THE GROUND SHAKES...
- IF YOU HEAR A SIREN...
- IF THE OCEAN RECEDES FROM THE SHORELINE...
- TAKE YOUR PREPARED GRAB AND GO KIT,
- IMMEDIATELY - HEAD FOR HIGH GROUND!



Follow signs with this logo to get to safety. If you don't see a sign, but feel an earthquake, head to high ground anyway.

If you live on the coast or visit it, know your tsunami evacuation routes and inundation zones ahead of time at [mil.wa.gov/tsunami](http://mil.wa.gov/tsunami)



### What does shelter in place mean?

Shelter in place is not the same as “staying inside” a building. Sheltering in place is creating a “safe room” in your home. A true shelter-in-place order is because of a chemical, biological or radiological threat. If a chemical agent leak happens (i.e. ammonia, radiation, hazardous materials), authorities will instruct people to either shelter where they are and seal the premises (shelter in place) or evacuate immediately. A chemical release is an accidental release of harmful chemicals into the air. It can occur at manufacturing plants, from accidents involving transport trucks or trains, from terrorist acts or even as a result of a fire at an industrial area. Generally, shelter where you are unless directed otherwise by response officials. It is only natural to want to be with your loved ones, but it is safer to stay where you are. Do not attempt to get your children from school or daycare. Instead, ask your school ahead of time what their plans are.

#### Before an Incident

To properly shelter-in-place you will need to prepare a “safe room” in advance. You will likely need to stay inside several hours, but not several days, so choose a room and stock supplies to get you through the time. A good example of this includes a master bedroom with an attached bathroom to give you access to a toilet and running water or a bathroom. Contact your local emergency management office to identify which chemical hazards may be present in your area. If you live near industrial areas or are within 2,000 feet of a major highway or train tracks that carry industrial materials, you are in an area that may be prone to chemical leaks. Shelter in place is a very short term protective action and at some point determined by public officials, you will be told to leave your home or to open everything up if the hazard has passed by. Know how to get an emergency alert notification. It will be on radio, TV and official’s social media. Find out from your local emergency management officials what alerts they would use. Be sure you are registered if that is required. More information at [mil.wa.gov/alerts](http://mil.wa.gov/alerts)

#### Preparing your Safe Room

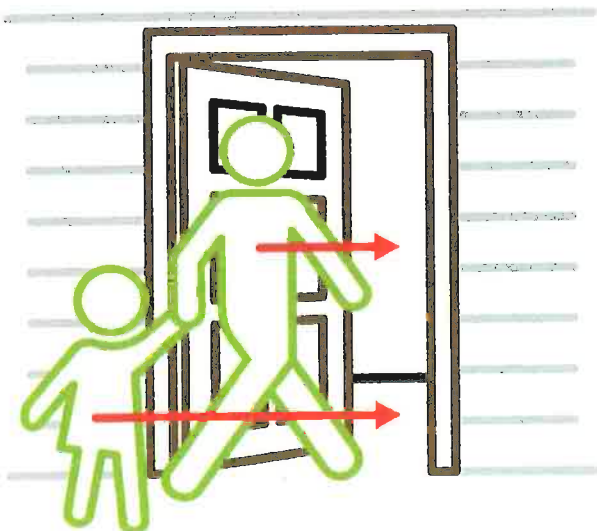
Purchase plastic sheeting and duct tape. Pre-cut the plastic to fit all windows, vents, and doors of this room, and label each piece. Create a box or container for your safe room to hold the pre-cut plastic, tape and these additional supplies:

- A battery-powered AM / FM radio (power may be out) with extra batteries
- Water and snacks
- Some towels and blankets (if this is another room than the bedroom)

If you haven’t prepared a room ahead of time, don’t panic. You can still safely use garbage bags instead of plastic tarp or your shower curtain to help cover windows, vents and doors.

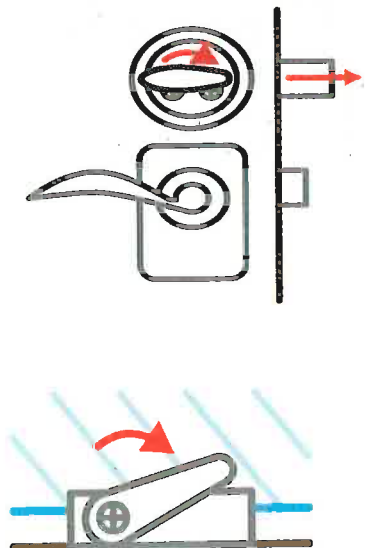
#### 1. Go inside immediately.

Remember your kids and pets.



#### 2. Tightly lock all doors and windows

The faster you do this, and the more tightly, the less likely contaminants will get inside.

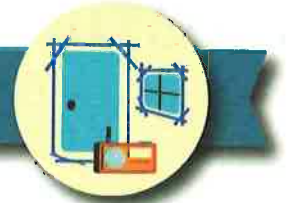




# Prepare in a Year



## 11. Shelter in Place



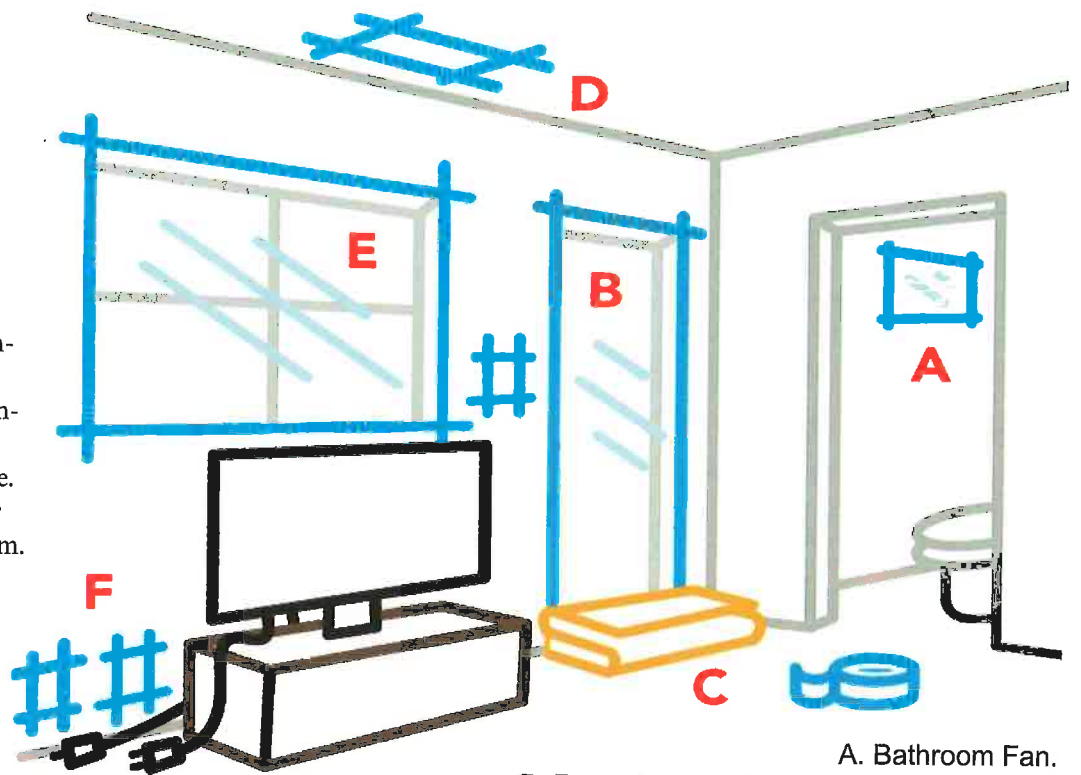
### 3. Shut off fans and devices that circulate air throughout your home.

- Shut off fans.
- If a fire is lit, put it out. Shut the vents and doors.
- Tightly close wood stove and fireplace dampers.
- Adjust thermostat or furnaces and air conditioners to shut off and stay off.

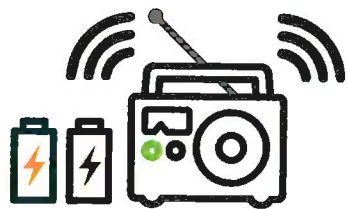


### 4. Get into your pre-selected room and seal it tightly.

- Tape plastic sheeting over windows, doors, vents, bathroom fans, electrical outlets. Remember, you are creating a tightly sealed room, so freely use tape.
- Place dampened towels under door cracks to tightly seal them.



- A. Bathroom Fan.
- B. Pre-cut plastic sheeting over door frame.
- C. Dampened towels under door to tightly seal.
- D. Tape forced-air registers (on ceiling and floor).
- E. Pre-cut plastic sheeting over window frame.
- F. Tape outlets, TV cables, switches, landline jacks.

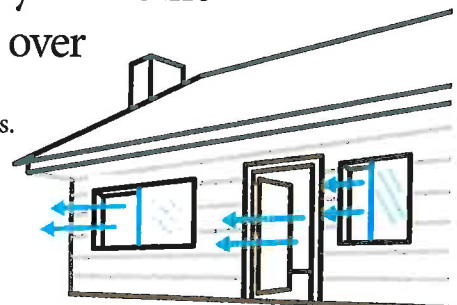


### 5. Listen to media for instructions.

- Use radio, TV or social media to check for official instructions on when it's safe to come out or whether to evacuate. On social media, only follow trusted sources.

### 6. Thoroughly air out your home once the emergency is over

- Open your doors and windows. This will allow small particles that may have gotten in to dissipate.



# Prepare

in a  
Year



## 12. Home Hazard Hunt



All of Washington State has the potential of being impacted by major disasters such as earthquakes. Take the time to identify and fix potential household hazards. Buildings — and their contents — are vulnerable to rocking and rolling caused by earthquakes. Fortunately, experts teach how to secure homes to their foundations and contents to wall studs. Check with your local building departments on regulations.

► How-to videos are available at [www.youtube.com/EMDPrepare](http://www.youtube.com/EMDPrepare)

### Identifying potential home hazards:

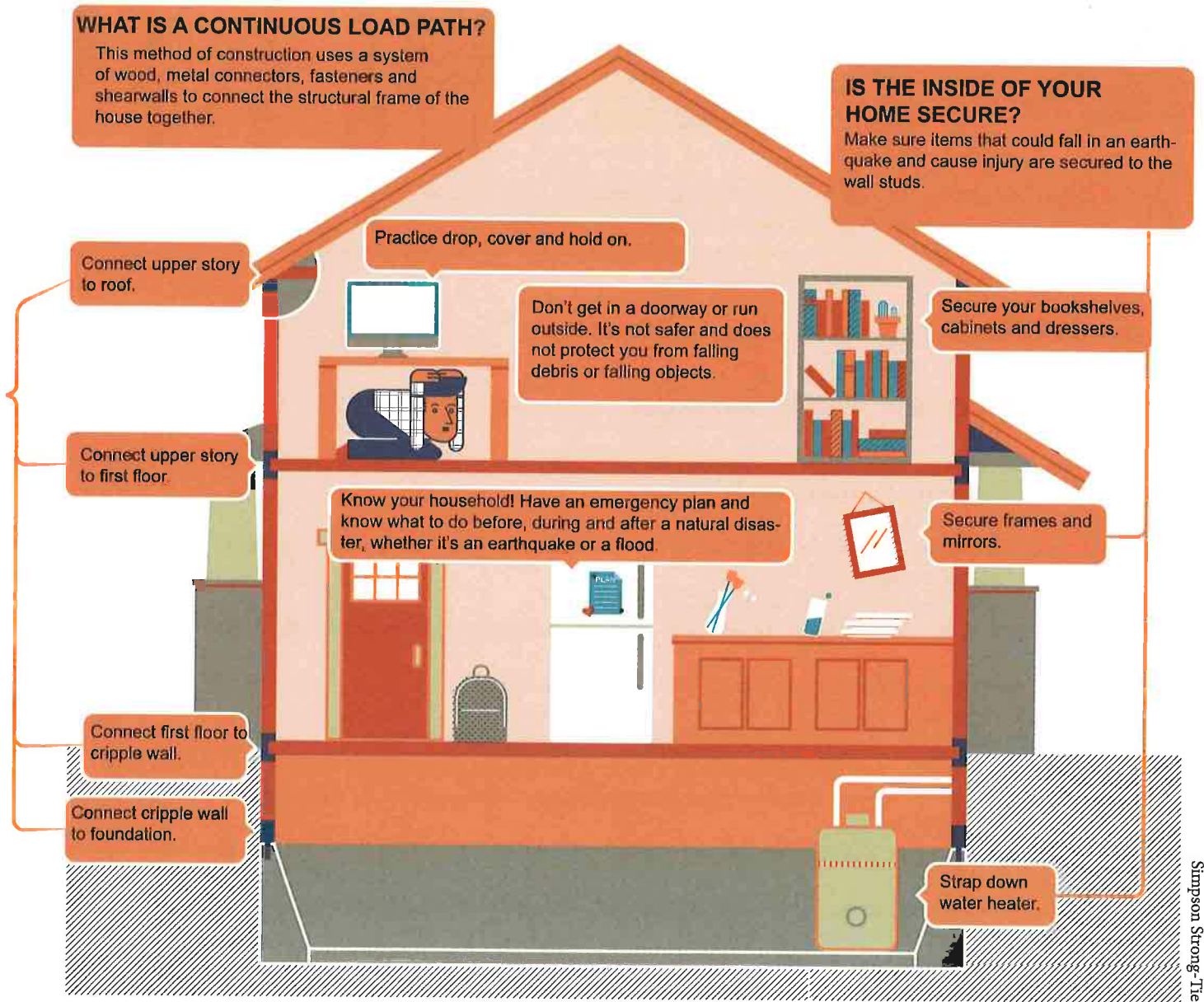
Take 30 minutes to walk through your home. Imagine the ground movement of a significant earthquake. Identify potential hazards and make a list of them so you can start fixing them.

- Check your water heater. Is it securely fastened to the wall studs with heavy-metal strapping at the top and bottom? Do not use metal plumber's tape.
- Does your water heater have flexible water and gas connectors?
- Tall pieces of furniture are especially vulnerable in earthquakes. Identify each bookcase, cabinet and armoire which needs fastening.
- Identify heavy or breakable objects on high shelves. Pay special attention to objects with sentimental value. Move heavy objects to lower shelves.
- Identify electronics, microwaves and other small appliances that need to be secured.
- Identify hanging objects, especially plants in heavy baskets and hanging lights near windows.
- Identify mirrors, framed artwork and other heavy hanging objects which needs to be secured to the wall studs. Pay special attention to items hung over beds.
- Identify kitchen, bedroom, and garage cabinets that need to be secured to keep their contents inside during the ground shaking.
- Check the foundation of your home. Is your home securely fastened to it? Check with your local city or county office, which issues building permits, for regulations.
- Does your chimney have loose bricks?
- Has your attic been reinforced with plywood to help prevent chimney bricks from falling into living areas?
- Identify poisons, toxics, or solvents in breakable containers that are located in high or dangerous locations, house, garage and sheds.



### Is your home structurally sound?

Homes that are tied together from the roof to the foundation are much more likely to remain standing during an earthquake. This creates a continuous load path that helps hold the house together. Most newer homes are built with a continuous load path, which is like a chain that ties the house together from the roof to the foundation.



### Has your home been retrofitted?

If your home was built prior to 1985, it may need to be retrofitted. A seismic retrofit strengthens your home's structural frame, including:

- ▶ Your home is bolted to the foundation.

- ▶ The cripple wall is reinforced.
- ▶ The cripple wall is attached to the first floor.

Research do-it-yourself projects to secure your house or contact a local contractor.



# READY, SET, GO!

YOUR PERSONAL WILDFIRE ACTION PLAN



WAHKIAKUM COUNTY DEPARTMENT OF  
EMERGENCY MANAGEMENT



# READY, SET, GO!

## Wildfire Action Plan

Saving Lives and Property  
through Advance Planning



**T**he fire season is now a year-round reality in many areas, requiring firefighters and residents to be on heightened alert for the threat of wildfire throughout the year.

Each year, wildfires consume hundreds of homes in the Wildland/Urban Interface (WUI). Studies show that as many as 80 percent of the homes lost to wildfires could have been saved if their owners had only followed a few simple fire-safe practices. In addition, wildfire-related deaths occur because people wait too late to leave their home.

Your fire department takes every precaution to help protect you and your property from wildfire. However, the reality is that in a major wildfire, there will simply not be enough fire engines or firefighters to defend every home.

Successfully preparing for a wildfire requires **you** to take personal responsibility for protecting yourself, your family and your property. In this publication, we hope to give you the tips and tools you need to prepare and be successful.

Fire is, and always has been, a natural occurrence in the wildland. Our brush-covered hills, canyons and forests burned periodically long before we built homes there. Wildfires, fueled by a build-up of dry vegetation and driven by seasonal hot, dry winds, are extremely dangerous and impossible to control. However, many residents have built their homes and landscaped without fully understanding the impact a fire could have on them, and few have adequately prepared their families for a quick evacuation.

It's not a question of **if** but **when** the next major wildfire will occur. That's why the most important person in protecting your life and property is not the firefighter, but you. Through advance planning and preparation, we can all be ready for wildfire. We hope you find the tips in the next pages helpful in creating heightened awareness and a more fire-safe environment for you and your family.

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EMERGENCY MANAGEMENT

# Living in the Wildland Urban Interface and the Ember Zone

Ready, Set, Go! begins with a house that firefighters can defend.

## Defensible space works!

If you live next to a natural area, the Wildland Urban Interface, you must provide firefighters with the defensible space they need to protect your home. The buffer zone you create by removing weeds, brush and other vegetation helps to keep the fire away from your home and reduces the risks from flying embers.



A home within one mile of a natural area is in the Ember Zone. Wind-driven embers can attack your home. You and your home must be prepared well before a fire occurs. Ember fires can destroy homes or neighborhoods far from the actual flame front of the wildfire.



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# What is Defensible Space?



Defensible space is the required space between a structure and the wildland area that, under normal conditions, creates a sufficient buffer to slow or halt the spread of wildfire to a structure. It protects the home from igniting due to direct flame or radiant heat. Defensible space is essential for structure survivability during wildfire conditions.

## ZONE ONE

Zone One extends 30 feet out from buildings, structures, decks, etc.

- Remove all dead or dying vegetation.
- Trim tree canopies regularly to keep their branches a minimum of 10 feet from structures and other trees.
- Remove leaf litter (dry leaves/pine needles) from yard, roof and rain gutters.
- Relocate woodpiles or other combustible materials into Zone Two.
- Remove combustible material and vegetation from around and under decks.
- Remove or prune vegetation near windows.
- Remove "ladder fuels" (low-level vegetation that allows the fire to spread from the ground to the tree canopy). Create a separation between low-level vegetation and tree branches. This can be done by reducing the height of low-level vegetation and/or trimming low tree branches.

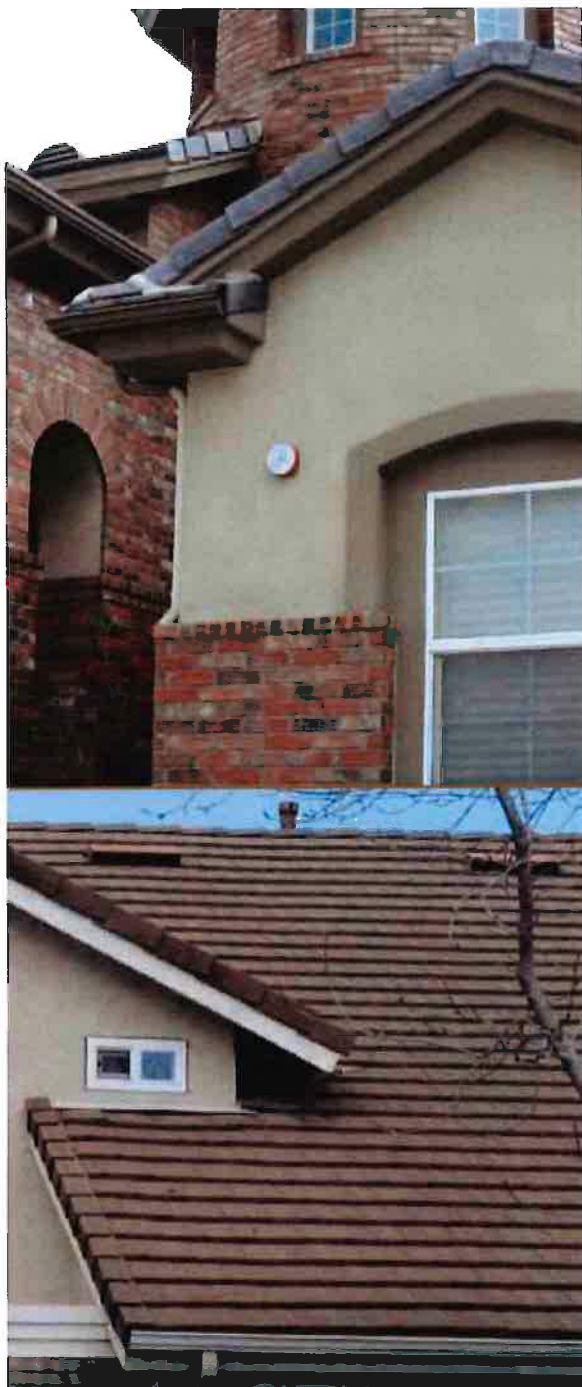
## ZONE TWO

Zone Two extends 30 to 100 feet out from buildings, structures and decks. You can minimize the chance of fire jumping from plant to plant by removing dead material and removing and/or thinning vegetation. The minimum spacing between vegetation is three times the dimension of the plant.

- Remove "ladder fuels."
- Cut or mow annual grass down to a maximum height of 4 inches.
- Trim tree canopies regularly to keep their branches a minimum of 10 feet from other trees.

# What is a Hardened Home?

Construction materials and the quality of the defensible space surrounding it are what gives a home the best chance to survive a wildfire. Embers from a wildfire will find the weak link in your home's fire protection scheme and gain the upper hand because of a small, overlooked or seemingly inconsequential factor. However, there are measures you can take to safeguard your home from wildfire. While you may not be able to accomplish all the measures listed below, each will increase your home's, and possibly your family's, safety and survival during a wildfire.



## **ROOFS**

Roofs are the most vulnerable surface where embers land because they can lodge and start a fire. Roof valleys, open ends of barrel tiles and rain gutters are all points of entry.

## **EAVES**

Embers can gather under open eaves and ignite exposed wood or other combustible material.

## **VENTS**

Embers can enter the attic or other concealed spaces and ignite combustible materials. Vents in eaves and cornices are particularly vulnerable, as are any unscreened vents.

## **WALLS**

Combustible siding or other combustible or overlapping materials provide surfaces or crevices for embers to nestle and ignite.

## **WINDOWS and DOORS**

Embers can enter gaps in doors, including garage doors. Plants or combustible storage near windows can be ignited from embers and generate heat that can break windows and/or melt combustible frames.

## **BALCONIES and DECKS**

Embers can collect in or on combustible surfaces or the undersides of decks and balconies, ignite the material and enter the home through walls or windows.

To harden your home even further, consider protecting your homes with a residential fire sprinkler system. In addition to extinguishing a fire started by an ember that enters your home, it also protects you and your family year-round from any fire that may start in your home.



# Tour a Wildfire Ready Home

**Home Site and Yard:** Ensure you have at least a 100-foot radius of defensible space (cleared vegetation) around your home. Note that even more clearance may be needed for homes in severe hazard areas. This means looking past what you own to determine the impact a common slope or neighbors' yard will have on your property during a wildfire.

Cut dry weeds and grass before noon when temperatures are cooler to reduce the chance of sparking a fire.

Landscape with fire-resistant plants that have a high moisture content and are low-growing.

Keep woodpiles, propane tanks and combustible materials away from your home and other structures such as garages, barns and sheds.

Ensure that trees are far away from power lines.

**Roof:** Your roof is the most vulnerable part of your home because it can easily catch fire from wind-blown embers. Homes with wood-shake or shingle roofs are at high risk of being destroyed during a wildfire.

Build your roof or re-roof with fire-resistant materials such as composition, metal or tile. Block any spaces between roof decking and covering to prevent ember intrusion.

Clear pine needles, leaves and other debris from your roof and gutters.

Cut any tree branches within ten feet of your roof.

**Vents:** Vents on homes are particularly vulnerable to flying embers.

All vent openings should be covered with 1/8-inch or smaller metal mesh. Do not use fiberglass or plastic mesh because they can melt and burn.

Attic vents in eaves or cornices should be baffled or otherwise protected to prevent ember intrusion (mesh is not enough).

**Windows:** Heat from a wildfire can cause windows to break even before the home ignites. This allows burning embers to enter and start internal fires. Single-paned and large windows are particularly vulnerable.

Install dual-paned windows with the exterior pane of tempered glass to reduce the chance of breakage in a fire.

Limit the size and number of windows in your home that face large areas of vegetation.

**Inside:** Keep working fire extinguishers on hand. Install smoke alarms on each level of your home and near bedrooms. Test them monthly and change the batteries twice a year.

**Address:** Make sure your address is clearly visible from the road.



**Walls:** Wood products, such as boards, panels or shingles, are common siding materials. However, they are combustible and not good choices for fire-prone areas.

Build or remodel with fire-resistant building materials, such as brick, cement, masonry or stucco.

Be sure to extend materials from foundation to roof.



**Garage:** Have a fire extinguisher and tools such as a shovel, rake, bucket and hoe available for fire emergencies.

Install a solid door with self-closing hinges between living areas and the garage. Install weather stripping around and under door to prevent ember intrusion.

Store all combustibles and flammable liquids away from ignition sources.

**Driveways and Access Roads:** Driveways should be designed to allow fire and emergency vehicles and equipment to reach your house.

Access roads should have a minimum 10-foot clearance on either side of the traveled section of the roadway and should allow for two-way traffic.

Ensure that all gates open inward and are wide enough to accommodate emergency equipment.

Trim trees and shrubs overhanging the road to a minimum of 13 1/2 feet to allow emergency vehicles to pass.

**Non-Combustible Fencing:** Make sure to use non-combustible fencing to protect your home during a wildfire.

**Non-Combustible Boxed In Eaves:** Box in eaves with non-combustible materials to prevent accumulation of embers.

**Raingutters:** Screen or enclose rain gutters to prevent accumulation of plant debris.

**Water Supply:** Have multiple garden hoses that are long enough to reach any area of your home and other structures on your property.

If you have a pool or well, consider a pump.

**Deck/Patio Cover:** Use heavy timber or non-flammable construction material for decks.

Enclose the underside of balconies and decks with fire-resistant materials to prevent embers from blowing underneath.

Keep your deck clear of combustible items, such as baskets, dried flower arrangements and other debris.

The decking surface must be ignition resistant if it's within 10 feet of the home.

**Chimney:** Cover your chimney and stovepipe outlets with a non-flammable screen of 1/4-inch wire mesh or smaller to prevent embers from escaping and igniting a fire.

Make sure that your chimney is at least 10 feet away from any tree branches.

# READY, SET, GO!

## Create Your Own Wildfire Action Plan

Now that you've done everything you can to protect your house, it's time to prepare your family. Your **Wildfire Action Plan** must be prepared with all members of your household well in advance of a fire.

Use these checklists to help you prepare your Wildfire Action Plan. Each family's plan will be different, depending on their situation.

Once you finish your plan, rehearse it regularly with your family and keep it in a safe and accessible place for quick implementation.

## GET READY

### Prepare Your Family

- Create a **Family Disaster Plan** that includes meeting locations and communication plans and rehearse it regularly. Include in your plan the evacuation of large animals such as horses.
- Have fire extinguishers on hand and train your family how to use them.
- Ensure that your family knows where your gas, electric and water main shut-off controls are and how to use them.
- Plan several different evacuation routes.
- Designate an emergency meeting location outside the fire hazard area.
- Assemble an emergency supply kit as recommended by the American Red Cross.
- Appoint an out-of-area friend or relative as a point of contact so you can communicate with family members who have relocated.
- Maintain a list of emergency contact numbers posted near your phone and in your emergency supply kit.
- Keep an extra emergency supply kit in your car in case you can't get to your home because of fire.
- Have a portable radio or scanner so you can stay updated on the fire.



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# GET SET

## As the Fire Approaches

- Evacuate as soon as you are set!
- Alert family and neighbors.
- Dress in appropriate clothing (i.e., clothing made from natural fibers, such as cotton, and work boots). Have goggles and a dry bandana or particle mask handy.
- Ensure that you have your emergency supply kit on hand that includes all necessary items, such as a battery powered radio, spare batteries, emergency contact numbers, and ample drinking water.
- Stay tuned to your TV or local radio stations for updates, or check the fire department Web site.
- Remain close to your house, drink plenty of water and keep an eye on your family and pets until you are ready to leave.

### INSIDE CHECKLIST

- Shut all windows and doors, leaving them unlocked.
- Remove flammable window shades and curtains and close metal shutters.
- Remove lightweight curtains.
- Move flammable furniture to the center of the room, away from windows and doors.
- Shut off gas at the meter. Turn off pilot lights.
- Leave your lights on so firefighters can see your house under smoky conditions.
- Shut off the air conditioning.



### OUTSIDE CHECKLIST

- Gather up flammable items from the exterior of the house and bring them inside (e.g., patio furniture, children's toys, door mats, etc.) or place them in your pool.
- Turn off propane tanks.
- Don't leave sprinklers on or water running - they can waste critical water pressure.
- Leave exterior lights on.
- Back your car into the driveway. Shut doors and roll up windows.
- Have a ladder available.
- Patrol your property and extinguish all small fires until you leave.
- Seal attic and ground vents with pre-cut plywood or commercial seals if time permits.

### IF YOU ARE TRAPPED: SURVIVAL TIPS

- Shelter away from outside walls.
- Bring garden hoses inside house so embers don't destroy them.
- Patrol inside your home for spot fires and extinguish them.
- Wear long sleeves and long pants made of natural fibers such as cotton.
- Stay hydrated.
- Ensure you can exit the home if it catches fire (remember if it's hot inside the house, it is four to five times hotter outside).
- Fill sinks and tubs for an emergency water supply.
- Place wet towels under doors to keep smoke and embers out.
- After the fire has passed, check your roof and extinguish any fires, sparks or embers.
- Check inside the attic for hidden embers.
- Patrol your property and extinguish small fires.
- If there are fires that you can not extinguish with a small amount of water or in a short period of time, call 9-1-1.



# Go! | *Early!*

By leaving early, you give your family the best chance of surviving a wildfire. You also help firefighters by keeping roads clear of congestion, enabling them to move more freely and do their job.

## WHEN TO LEAVE

---

Leave early enough to avoid being caught in fire, smoke or road congestion. Don't wait to be told by authorities to leave. In an intense wildfire, they may not have time to knock on every door. If you are advised to leave, don't hesitate!

## WHERE TO GO

---

Leave to a predetermined location (it should be a low-risk area, such as a well-prepared neighbor or relative's house, a Red Cross shelter or evacuation center, motel, etc.)

## HOW TO GET THERE

---

Have several travel routes in case one route is blocked by the fire or by emergency vehicles and equipment. Choose an escape route away from the fire.

## WHAT TO TAKE

---

Take your emergency supply kit containing your family and pet's necessary items.



## EMERGENCY SUPPLIES

---

The American Red Cross recommends every family have an emergency supply kit assembled long before a wildfire or other emergency occurs. Use the checklist below to help assemble yours. For more information on emergency supplies, visit the American Red Cross Web site at [www.redcross.org](http://www.redcross.org).

- Fourteen-day supply of water (one gallon per person per day).
- Non-perishable food for all family members and pets (Forteen-day supply).
- First aid kit.
- Flashlight, battery-powered radio, and extra batteries.
- An extra set of car keys, credit cards, cash or traveler's checks.
- Sanitation supplies.
- Extra eyeglasses or contact lenses.
- Important family documents and contact numbers.
- Map marked with evacuation routes.
- Prescriptions or special medications.
- Family photos and other irreplaceable items.
- Easily carried valuables.
- Personal computers (information on hard drives and disks).
- Chargers for cell phones, laptops, etc.

Note: Keep a pair of old shoes and a flashlight handy in case of a sudden evacuation at night.

Write up your Wildfire Action Plan and post it in a location where every member of your family can see it. Rehearse it with your family.

## My Personal Wildfire Action Plan

During High Fire Danger days in your area, monitor your local media for information on brush fires and be ready to implement your plan. Hot, dry and windy conditions create the perfect environment for a wildfire.

### Important Phone Numbers:

Out-of-State Contact: \_\_\_\_\_ Phone: \_\_\_\_\_

Work: \_\_\_\_\_

School: \_\_\_\_\_

Other: \_\_\_\_\_

Evacuation Routes: \_\_\_\_\_

\_\_\_\_\_

Where to go: \_\_\_\_\_

\_\_\_\_\_

Location of Emergency Supply Kit: \_\_\_\_\_

\_\_\_\_\_

Notes: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# READY, SET, GO!

## Residential Safety Checklist Tips To Improve Family and Property Survival During A Wildfire

<b>Home</b>	<b>Yes</b>	<b>No</b>
1. Does your home have a metal, composition, or tile (or other non-combustible) roof with capped ends and covered fascia?	<input type="checkbox"/>	<input type="checkbox"/>
2. Are the rain gutters and roof free of leaves, needles and branches?	<input type="checkbox"/>	<input type="checkbox"/>
3. Are all vent openings screened with 1/8 inch (or smaller) mesh metal screen?	<input type="checkbox"/>	<input type="checkbox"/>
4. Are approved spark arrestors on chimneys?	<input type="checkbox"/>	<input type="checkbox"/>
5. Does the house have non-combustible siding material?	<input type="checkbox"/>	<input type="checkbox"/>
6. Are the eaves "boxed in" and the decks enclosed?	<input type="checkbox"/>	<input type="checkbox"/>
7. Are the windows made of at least double-paned or tempered glass?	<input type="checkbox"/>	<input type="checkbox"/>
8. Are the decks, porches and other similar areas made of non-combustible material and free of easily combustible material (e.g. plastic furniture)?	<input type="checkbox"/>	<input type="checkbox"/>
9. Is all firewood at least 30 feet from the house?	<input type="checkbox"/>	<input type="checkbox"/>

<b>Defensible Space</b>	<b>Yes</b>	<b>No</b>
1. Is dead vegetation cleared to the recommended defensible space area? (Consider adding distance due to slope of property.)	<input type="checkbox"/>	<input type="checkbox"/>
2. Is there separation between shrubs?	<input type="checkbox"/>	<input type="checkbox"/>
3. Are ladder fuels removed?	<input type="checkbox"/>	<input type="checkbox"/>
4. Is there a clean and green area extending at least 30 feet from the house?	<input type="checkbox"/>	<input type="checkbox"/>
5. Is there a non-combustible area within five feet of the house?	<input type="checkbox"/>	<input type="checkbox"/>
6. Is there separation between trees and crowns?	<input type="checkbox"/>	<input type="checkbox"/>

<b>Emergency Access</b>	<b>Yes</b>	<b>No</b>
1. Is the home address visible from the street?	<input type="checkbox"/>	<input type="checkbox"/>
2. Is the home address made of fire-resistant materials?	<input type="checkbox"/>	<input type="checkbox"/>
3. Are street signs present at every intersection leading to the house?	<input type="checkbox"/>	<input type="checkbox"/>
4. Are street signs made of fire-resistant materials?	<input type="checkbox"/>	<input type="checkbox"/>
5. Is flammable vegetation within 10 feet of the driveway cleared and are overhanging obstructions removed?	<input type="checkbox"/>	<input type="checkbox"/>
6. If a long driveway is present, does it have a suitable turnaround area?	<input type="checkbox"/>	<input type="checkbox"/>

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