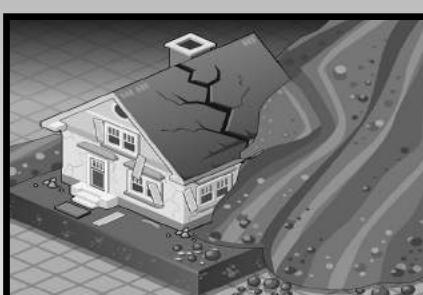


Emergency Preparedness Guide

For
Disasters

Disasters Happen: Are You Ready?



For area specific disaster information contact:
Your local Emergency Management Office

Website:

**Island County Department of Emergency
Management: <https://www.islandcountywa.gov/DEM>**



Table of Contents

County/City/Tribal Emergency Management Personal Contact Numbers

Alert & Warning Notifications	1-2
Disaster Planning Basics.....	3
Planning for Evacuation.....	4
Disaster Supplies.....	5
Disaster Kits & Important Documents.....	6
Disaster Kit - Pets	7
Extended Events	
• Food	8
• Supplies.....	9
• Sanitation	10
Storing Water.....	11-12
Map Your Neighborhood.....	13
Under the Bed	14
Home Hazard Hunt	15-16
Secure Wall Hangings	17
Secure Tall Furniture	18
Kitchen & Cabinet Safety	19
Securing the Water Heater.....	20
Garage & Storage Safety	21
Structural Mitigation.....	22
Earthquakes.....	23
Tsunami	24
Volcanoes.....	25
Volcanic Lahars	26
Floods.....	27
Landslides & Mud Flows.....	28
Hot Weather	29
Wildfires	30
Winter Storms	31
Winter Travel & Vehicle Safety	32
Windstorms.....	33
Thunder & Lightning Storms.....	34
Power Outages & Generators	35
Carbon Monoxide Safety	36
Utility Safety - Gas/Propane	37
Utility Safety - Electricity/Water	38
Fire Safety.....	39-42

Table of Contents

Terrorism	43
Active Shooter/Lockdown	44
Suspicious Packages	45
Bomb Threat	46
Chemical/Biological Threat	47
Radiological Threat	48
Shelter-in-Place	49-50
Germs & Coughing	51
Disease Outbreak	52
Take Care of Your Psychological & Emotional Needs	53
Helping Children After a Disaster	54
Disaster Tips for People with Special Medical Needs	55
Disaster Tips for People with Mobility Disabilities	56
Preparedness Tips for the Deaf & Hard of Hearing	57
Disaster Tips for People with Visual Disabilities	58

9-1-1

Call 9-1-1 only to report a life-threatening situation requiring police, medical or fire emergency assistance. Do not call 9-1-1 unnecessarily; lines must be kept open for people with true emergencies. **Information you will need to know:** *Location, Phone Number, Type of emergency, and name of those involved.*

8-1-1

Call Before You Dig: It's the Law! Call 8-1-1 before beginning any excavation to ensure that any publicly owned underground facilities will be marked according to the APWA color code so that you can dig safely. Knowing these locations will help prevent damage to underground facilities, service interruptions, and bodily injury. The Utility Notification Center is open 24 hours every day, and accepts calls from contractors, homeowners, or anyone planning to dig.

5-1-1

Travel / Road Information: State highway traffic and weather information is available by dialing 5-1-1 from most phones. **Receive:** *Statewide traffic and road incidents, including construction and maintenance activities *I-90 and I-5 express lane status *Mountain pass weather, road conditions and restrictions *Washington State Ferry information, including schedules, fares, wait times and *Wave to Go* fare pass information *Statewide emergency messages and alerts including AMBER Alerts.

4-1-1

Telephone Directory Assistance: Most phone companies allow you to access directory assistance service by dialing "4-1-1". Charges may vary depending on your service provider. Information you will need: city, state, street address, name and/or spelling of person or business.

2-1-1

Human Services: Operators will provide you telephone numbers/contact information for: *Basic Human Needs, *Physical and Mental Health Resources *Employment Support *Support for Older Americans and Persons with Disabilities *Support for Children, Youth and Families *Volunteer Opportunities and Donations.

County/City/Tribal Emergency Management Offices

Emergency Management Jurisdiction	Contact Number	Emergency Management Jurisdiction	Contact Number	Tribal Emergency Management Jurisdiction	Contact Number
Adams County	509-659-3337	Lincoln County	509-725-9263	Chehalis Tribe	360-273-5911
Algona	253-833-2743	Maple Valley	425-413-8800	Chinook Indian Nation	360-875-6670
Asotin County	509-243-2088	Mason County	360-427-7535	Colville Tribe	509-634-2468
Auburn	253-876-1925	Medina	360-490-3542	Cowlitz Tribe	360-577-7432
Bellevue	425-452-6813	Merger Island	206-275-7610	Duwamish Tribe	206-431-1582
Bellingham	360-778-8440	Monroe	360-863-4540	Hoh Tribe	360-374-6549
Benton County	509-628-2600	Normandy Park	206-248-7600	Jamestown S'Klallam Tribe	360-683-1109
Black Diamond	360-886-5700	North Bend	425-888-0486 x 1	Kalispel Tribe	509-999-7066
Bothell	425-806-6242	Okanogan County	509-429-2576	Lower Elwha Klallam Tribe	360-452-6252 x 7656
Buckley	360-829-1441	Olympia	360-753-8348	Lummi Nation Tribe	360-312-2000
Bucoda	360-278-3345	Pacific County	360-875-9340	Makah Tribe	360-645-2201
Centralia	360-330-7680	Pend Oreille County	509-447-3151	Muckleshoot Tribe	253-261-4724
Chelan County	509-667-6863	Pierce County	253-798-6595	Nez Perce Tribe	208-343-2253 x 3760
Cheney	509-498-9291	Port Angeles	360-417-4655	Nisqually Tribe	360-489-9250
Clallam County	360-417-2544	Pullman	209-334-0802	Nooksack Indian Tribe	360-592-5176
Clark County	360-696-4461	Puyallup	253-864-4170	Port Gamble S-Klallam Tribe	360-297-2646
Clyde Hill	425-453-7800	Redmond	425-556-2500	Puyallup Tribe	253-627-8368
Columbia County	509-382-3928	Renton	425-430-7000	Quileute Nation Tribe	360-374-0920
Cowlitz County	360-577-3130	San Juan County	360-370-7612	Samish Indian Nation	360-293-6404
Douglas County	509-884-0941	Sea-Tac	206-973-4500	Sammamish Tribe	425-392-6256
Ellensburg	509-933-7231	Seattle	206-233-5076	Sauk-Suiattle Indian Tribe	360-436-0131
Everett	425-257-8109	Shelton	360-426-3348	Shoalwater Bay Tribe	360-267-8120
Federal Way	523-835-2701	Shoreline	206-801-2271	Skokomish Tribe	360-426-4441
Ferry County	1-800-342-4344	Skagit County	360-416-1850	Snoqualmie Indian Tribe	428-888-6551
Fife	253-896-8241	Skamania County	509-427-8076	Spokane Tribe	509-315-6612
Franklin County	509-545-3546	Skykomish	360-677-2686	Squaxin Island Tribe	360-463-0903
Garfield County	509-843-3494	Snohomish County	425-388-5060	Steilacoom Tribe	253-584-6308
Gig Harbor	253-853-2420	Snoqualmie	425-888-5911	Stillaguamish Tribe	360-474-9111 x 107
Grand Coulee	509-633-1105	Spokane County	509-477-2204	Suquamish Tribe	360-598-3311
Grant County	509-237-2598	Stevens County	509-684-5296	Swinomish Tribe	360-466-7244
Grays Harbor County	360-249-3911	Sumner	253-299-5644	Tulalip Tribe	360-716-5945
Island County	360-679-7330	Tacoma	253-591-5798	Upper Skagit Tribe	360-854-7000
Issaquah	425-837-3470	Thurston County	360-867-2800	Yakama Nation Tribe	509-865-5121
Jefferson County	360-385-9368	Tukwila	206-575-4404		
Kent	253-886-4440	Tumwater	360-754-4170		
King County	206-296-3830	Vancouver	360-892-4323		
Kirkland	425-587-3650	Wahkiakum County	360-795-3242		
Kitsap County	360-307-5871	Walla Walla County	509-524-2900		
Kittitas County	509-962-7525	Wenatchee	509-664-3950		
Klickitat County	509-773-0582	Whatcom County	360-676-6681		
Lacey	360-459-4333	Whitman County	509-397-5606		
Lake Forest Park	206-957-2850	Woodinville	425-877-2281		
Lakewood	253-983-7853	Yakima County	509-574-1900		
Lewis County	360-740-1151	Yelm	360-458-5701		



Personal Contact Numbers



It may be difficult to think during the stress of a disaster and because normal routines have been disrupted.
Take a few minutes and write down these important phone numbers

You may also need financial and insurance policies, names, and numbers to file claims.

Out-of-Area Contact:

Name: _____

City: _____

Phone: _____

Email: _____

- After a disaster, **everyone** should send a text message or call your **Out-of-Area Contact** and report in. Let them know where and how you are; they will let other family members know when they check in. **Note:** Sending a text message uses less band-width than calling, therefore you may have a better chance of getting through to your contact person and other family members.

- Make small cards with this person's name and phone number for **every** family member to carry in their wallets, purses, or backpacks; you may not remember their phone number.

Relative That Lives Closest:

Name: _____

City: _____

Phone: _____

Email: _____

Local Contact:

Name: _____

City: _____

Phone: _____

Email: _____

Family Work Information:

Name: _____

Address: _____

Phone: _____

Email: _____

Insurance Agent:

Name: _____

Number: _____

Other: _____

School Information:

Name: _____

Phone: _____

Bus Phone: _____

Email: _____

Website: _____

Medical/Doctor:

Name: _____

Number: _____

Other: _____

Poison Control: _____ **1-800-222-1222**

Electric Company: _____

Gas Company: _____

Police (non-emergency): _____

Fire (non-emergency): _____

Emergency Radio Station: _____

Daycare Information:

Name: _____

Address: _____

Phone: _____

Email: _____

Website: _____



Alert & Warning Notifications

There are many Alert, Warning, & Notification Systems throughout the United States. To receive timely alerts and notifications, check with your local emergency management office to find out what systems are available in your area and how to sign up for them.

Local Jurisdiction Emergency Notification Systems:

Many jurisdictions have opt-in public alert and warning systems. An opt-in system means you must sign up to receive the alert. Once you have signed up, officials in your area can send you text or email messages about local emergencies. Most opt-in systems allow subscribers to choose the devices that receive alerts as well as the types of alerts. Because you may not be near a television or radio when something happens, a local text or email alert can be an extremely useful source of critical information. A small cost may be associated with receipt of text messages from your mobile device service provider.

To find out what alerts are available in your area, you can do an Internet search with your town, city or county name and the word "alerts"; you can go to the website of your local emergency management of public safety office; or you can contact these office by telephone.

Enhanced Telephone Notification (ETN) Systems:

In the event of an emergency, local officials in many local communities can send warning messages and instructions to individuals in an at-risk area through an ETN system, such as Reverse 911 system. Most systems include landline phone numbers, but some allow for message to Voice over Internet Protocol (VoIP) and mobile phone through an opt-in process. To sign up for emergency alerts in Island County go to: <http://public.alertsense.com/SignUp/?regionid=1137>

Outdoor Sirens and/or Voice Alert Systems:

Outdoor sirens and/or voice alert systems are used to alert people outdoors of an immediate danger so they can take cover. The system is not designed to be heard inside building walls. Note that some communities may still have the siren infrastructure in place but it may no longer be operable, so it is important to check with your local emergency management office to understand if this service is currently provided.

Local School or Organization Notification Systems:

Many workplaces, schools, and community- and faith-based organizations have notification systems to warn individuals of emergencies and provide tailored notifications. These may range from listservs to opt-in txt and email systems similar to those used by local jurisdictions.

The Emergency Alert System (EAS) is a national public warning system that requires broadcasters, cable television systems, wireless cable systems, satellite digital audio radio service (SDARS) providers and direct broadcast satellite (DBS) providers to provide the communications capability to the President to address the American public during a national emergency. The system also may be used by state and local authorities to deliver important emergency information such as AMBER alerts and weather information targeted to specific areas.

The local community's EAS broadcasts emergency related information that is time sensitive and possibly life-saving over the radio and television. When the EAS is activated, the television screen goes blank after a five (5) second audible tone. A voice message will then be broadcast. At the end of the message, the television will return to its regular programming.

EAS Station:

Local Radio Station:

<http://public.alertsense.com/SignUp/?regionid=1137>

Local Notification Alert (Apps): (text, email, phone)

To download the AlertSense App on your Apple device:
<https://itunes.apple.com/us/app/alertsense-my-alerts/id1102847004>

To download the AlertSense App on your Android device:
<https://play.google.com/store/apps/details?id=com.AlertSense.PublicApp>



Alert & Warning Notifications

Success in saving lives and property is dependent upon clear and timely dissemination of emergency information to persons in threatened areas. Alert, Warning, & Notification systems help authorities inform you of imminent threats and what actions you need to take.

Weather & Flood Alerts:

Advisory: Less serious conditions - can cause significant inconvenience; if caution is not exercised, could lead to situations that may threaten life and/or property.

Watch: The risk of hazardous flood or weather conditions have increased. It is usually issued 12- to 36-hours prior to the potential event. It is intended to provide enough lead time for emergency plans to be set in motion.

Warning: When hazardous flood or weather conditions are occurring, are imminent, or have a very high probability of occurrence. A *Warning* is typically issued within 12-hours of a life or property-threatening event.

Tsunami Alerts:

Warning: Danger, run to higher ground, follow emergency instructions.

Advisory: Possible strong and dangerous currents, be prepared to take action, stay off the beach.

Watch: Potential danger, be alert—listen to your radio.

Information Statement: Information only, no tsunami generated.

Volcano/Lahar Alerts:

- A system of All Hazards Alert Broadcast (AHAB) sirens are positioned on volcanoes in Washington State (Mt. Adams, Mt. Baker, Mt. Rainier, Mt. St. Helens, and Glacier Peak).
- Check with your local officials to find out what alert and notification systems are in your community.
- Sign up to receive notifications via your homes, email and other devices.

National Oceanic & Atmospheric Administration (NOAA) Weather Radio is a nationwide network of radio stations broadcasting continuous weather information directly from a nearby National Weather Service office to specially configured NOAA weather radio receivers.

Where can I purchase a weather radio?

The National Oceanic and Atmospheric Administration (NOAA) Weather Radio Receivers can be purchased at many radio electronic retailors and on the internet. Prices of weather radios range from \$20 to more than \$200.

How do they work?

NOAA/ NWS (National Weather Service) broadcasts conditions 24-hours a day, 7-days a week. They behave similar to smoke detectors - silently monitoring and then alerting you with initial warning messages, so you will have more time to respond.

www.weather.gov



WASHINGTON MILITARY DEPARTMENT
Emergency Management Division
Camp Murray, WA 98430-5122

Web site: www.mil.wa.gov/emergency-management-division
253-512-7000; (800) 562-6108

- High Wind Warning
- Marine Storm Warning
- Flood Warning
- Flash Flood Watch/Warning
- Tidal Flood Warning
- Severe Thunderstorm Watch/Warning
- Tornado Watch/Warning
- Winter Storm Warning
- Blizzard Warning
- Tsunami Watch/Warning
- Dam Failures
- Volcanic Activity including Lahars
- Enemy Attack/Nuclear Accident
- AMBER Child Abduction Alerts
- Secondary Hazards from Terrorism or Earthquakes
- Other Hazardous Events including Chemical Releases

Alert & Warning
Notifications



Disaster Planning - Basics

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 prudent.

What Disasters can affect you?

- Ask what types of disaster are most likely to happen in your area.
- Learn about your community's warning signals: what they sound like and what you should do when you hear them. Also, learn which radio stations will provide emergency information for your area.
- Ask about animal care.
- Find out how to help the elderly or disabled persons in your neighborhood.
- Find out about the disaster plans at your workplace, your children's school or childcare center and other places your family frequently visits.

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.
- Discuss the types of disasters that are most likely to happen. Explain what to do in each case.
- Discuss what to do in an evacuation. Plan to take care of your pets.
- Ask an out-of-area friend or relative to be your "contact". It's often easier to call long distance following a disaster.
- 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.

It is important to evaluate your location, family needs, and proximity to stores.

This will help you determine what supplies you will need to stockpile to help you make it through the next disaster.

Put your Plan into Action:

- Post emergency telephone numbers by phones.
- Teach children how and when to call 911 or your local emergency medical services number for emergency help. Show them how your cell phone works.
- Show each family member how and when to turn off the water, gas, and electricity at the main switches.
- 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.
- Install smoke and carbon monoxide detectors on each level of your home, in appropriate areas.
- Conduct a home hazard hunt.
- 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.

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.

HINT: You change your clocks in the spring & fall. This is a great time to review your plans, practice your drills, change the batteries in your detectors, and replace food and water.

WASHINGTON MILITARY DEPARTMENT
Emergency Management Division
Camp Murray, WA 98430-5122

Web site: www.mil.wa.gov/
emergency-management-division
253-512-7000; (800) 562-6108



Planning for Evacuation

Protect yourself and others from harm by leaving dangerous or potentially dangerous areas; go to a safer place.

Below are actions that will help you be ready to leave immediately.

Before Evacuating:

Contact your local emergency management office to identify which hazards are in your area and to learn about the warning systems in your hazard area.

You might have to evacuate for fires, floods, severe weather, earthquakes, lahars, tsunami, etc., so develop plans and procedures for each one which include:

- Choosing a safe place for your family to meet (assembly point).
- Identify multiple evacuation routes depending on the type of emergency. The routes may need to be changed for safety reasons.
- Prepare relocation site maps with written directions.

Primary Relocation Center:

Address: _____

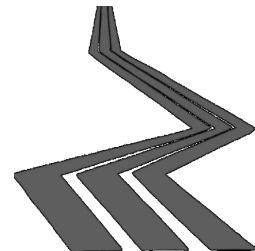
Phone #: _____

Secondary Relocation Center:

Address: _____

Phone #: _____

- Choose an out-of-area contact person; ensure all loved ones have this name and number.
- Put together a grab and go emergency kit; one you can easily carry.



Identify places to meet & evacuation routes; practice meeting & leaving.



Prepare a Grab & Go Kit for every member of your family, for your pet and for your vehicle.

During Evacuation/Relocation

Listen to your local radio/television stations or your NOAA weather radio to find out if you need to evacuate.

— — — —
This Guide has more specific information about what to do before, during, and after disasters:

- Earthquakes
- Floods
- Landslides/Mudflows
- Volcanoes/Lahars
- Tsunami
- Wild Fires
- Windstorms
- Winter Storms



**WASHINGTON MILITARY DEPARTMENT
Emergency Management Division
Camp Murray, WA 98430-5122**

Web site: [www.mil.wa.gov/
emergency-management-division](http://www.mil.wa.gov/emergency-management-division)
253-512-7000; (800) 562-6108



Disaster Supplies

It is recommended that you gather disaster supplies; enough to help you and your family thought the next disaster. To make this task manageable, choose just two or three items that you will purchase each month.

Basic Home Supplies:

When determining what supplies you need at home, you should consider the following:

- How long will the emergency last?
- How long before you will get assistance?
- How far do you live away from stores and will you be able to get to them?
- Will they still have food and other essentials?

Answering these questions will help you decide how long you need to prepare for and the amount of supplies you need.

Preparing for disasters is a long-term goal.

Water:

Keep at least a **fourteen-day** supply of water for each person in your household. Two-liter soda pop bottles work great. That means six two-liter bottles per person.

Food:

Store a supply of non-perishable food. Select foods that require no refrigeration or cooking, and little or no water, such as:

- Canned meats, fruits, and vegetables
- Canned juices and soups
- High energy foods – peanut butter, granola bars, trail mix, beef jerky

When the power goes out use refrigerator foods first and then the frozen foods; use them before they spoil. Use the canned and boxed foods last.

Clothing & Bedding:

- one complete change of clothes
- blankets or sleeping bags
- mylar blankets
- sturdy shoes, warm socks
- hat and gloves

Special Items:

- extra eye glasses
- prescription drugs and medications
- baby formula, food, and diapers
- a family picture
- games and books
- contact lens solution
- denture adhesive

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 and tweezers
- moistened towelettes
- bar soap
- latex gloves
- aspirin
- non-aspirin pain reliever
- antacid
- anti-diarrhea medication
- insect repellent
- hydrogen peroxide to disinfect wounds
- antibiotic ointment to dress wounds
- sunscreen
- safety pins
- needle & thread
- plastic bags
- sanitary pads
- instant cold packs
- pocket knife
- splinting materials



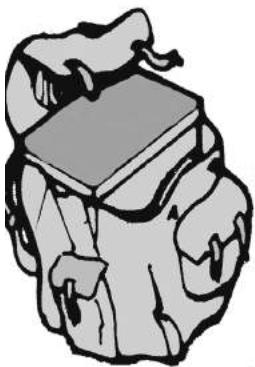
Tools & Supplies:

- paper cups, plates, and plastic utensils
- battery-operated AM radio, extra batteries
- flashlight
- non-electric can opener
- fire extinguisher
- whistle
- toilet paper and towelettes
- liquid soap
- feminine supplies
- roll of plastic
- duct tape to seal broken windows



WASHINGTON MILITARY DEPARTMENT
Emergency Management Division
Camp Murray, WA 98430-5122

Web site: www.mil.wa.gov/
emergency-management-division
253-512-7000; (800) 562-6108



Disaster Kits & Important Documents

Prepare a kit for each family member and one for your pets, in case you need to evacuate. Include copies of important documents. Take your personal disaster kit with you when you have to evacuate. Your vehicle should have a maintenance kit too.

Personal Disaster Kit

You should prepare an emergency kit with a three-day supply of necessary items for each member of your family. Family members should be able to carry their own kit, so keep the kit light and manageable in case you must evacuate on foot. Be sure to include special items for each person specific needs.

Possible supplies include:

- Maps showing safe routes to high ground with assembly areas.
- Non-perishable food: choose whole grain cereals, nuts, energy bars, and food with high liquid content; avoid food that make you thirsty.
- Cooking and eating utensils, including a can opener.
- Water and a water purification kit.
- First-aid kit and prescriptions.
- Plastic bags for water storage and waste.
- Dental and personal hygiene items: toilet paper, hand sanitizer/towelettes, soap, etc.
- Sturdy shoes, extra clothes, gloves, hat, rain gear.
- Mylar blanket, sleeping bag, and tent.
- Portable radio, headlamp/flashlight, and extra batteries.
- Cell phone and charger.
- Pocket knife, whistle, matches, duct tape, and leather/latex gloves.
- Copies of important documents & contact numbers.

Extra items for your child's kit:

- Games, favorite toy
- Reading books
- Coloring book, crayons
- Extra batteries for electronic games and cell phones
- Favorite food, candy, and drink.
- Infant diapers, wipes, formula, and food.

*Plan to rotate the items, annually.
This includes making sure the clothes you
have packed still fit!*

Important Documents

Remember to include important documents:

After a major disaster, you may need financial assistance and will want to document any property loss for insurance and income tax purposes. Have ready access to the documents necessary for completing application forms, as well as those which could be difficult to replace. This will help reduce delay and frustration.

At a minimum:

1. Gather property insurance papers (home, auto, boat, etc.) and make copies.
2. Gather health insurance papers (medical provider, dental provider, life - do not resuscitate, 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 video of all valuable as documentation for insurance claims.

Store these copies and photos in a safe deposit box or in a zip lock bag in your Personal Disaster Kit. You can also save copies on a USB drive. Make one for yourself and your Out-of-Area Contact.





Disaster Kit - Pets

Pets can be a big part of your family, therefore you need to think about their needs and prepare for their safe being. If you have to evacuate, many shelters will not allow you to bring your pets with you; you need to develop a plan of how you take care of them.

Before a disaster:

- Decide on safe locations in your house where you could leave your pet in an emergency. Consider easy to clean areas such as utility rooms or bathrooms. Avoid rooms with hazards such as windows, hanging plants, and pictures.
- Plan to set up a separate location for each animal. Disasters stress animals and even a gentle pet can exhibit distressed behaviors.
- If your pet is on medication or a special diet, find out from your vet what you should do in case you have to leave it alone for several days. Try to get an extra supply of medications.
- Make sure your pet has a properly fitted collar that includes the current license and rabies tags and your name, address, and phone numbers.

Emergency supplies for pets:

- Carrier for each pet with an envelope taped to the top of the carrier containing: a photo with your pet's name on it, vaccination records, information about prescription medications, and your vet's name and phone numbers.
- Train your pet to become comfortable being in the carrier.
- Food should be dry and relatively unappealing to prevent overeating.
- Towels or blankets for warmth.
- Water sufficient for three days.
- Waste cleanup bags.
- Spray disinfectant and latex gloves.

In addition, cats need:

- Plastic litter box.
- Jug of clumping kitty litter and a scoop.

During a disaster:

- Bring your pets inside immediately. Animals have instincts about severe weather changes and will often isolate themselves if they are afraid. Bringing them inside early can stop them from running away. Never leave a pet outside or tied up during a storm.
- If you evacuate and have to leave your pet at home, prepare a safe location for it.
 - Leave a three day supply of dry food, even if it is not the pet's usual food. Moistened food can turn rancid or sour. Put the food in a sturdy container the pet cannot overturn.
 - Leave water in a sturdy, no-spill container. If possible open a faucet slightly and let the water drip into a big container.
 - Replace a chain "choke" collar with a leather or nylon collar. Make sure the collar has tags and identification.

- Separate dogs and cats. Even if they normally get along, the anxiety of a disaster situation can cause pets to act unpredictably.
- If you evacuate and plan to take your pets, remember to bring your pets' medical records and medicines.

For health and safety reasons, pets will not be allowed in most public emergency shelters.

After a disaster:

- In the first few days after the disaster, leash your pets when they go outside. Maintain close contact since familiar scents and landmarks may be altered and your pet may become confused and lost.
- The behavior of your pets may have changed. Normally quiet and friendly pets may become aggressive and defensive.
- Leash dogs and place them in a fenced yard with access to shelter and water.



WASHINGTON MILITARY DEPARTMENT
Emergency Management Division
Camp Murray, WA 98430-5122

Web site: www.mil.wa.gov/
emergency-management-division
253-512-7000; (800) 562-6108



Extended Events - Food

Protecting stored foods 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 six 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° 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.

Foods to be concerned about:

Foods are categorized into groups:

- A. **Potentially hazardous foods** are the most important. 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 foods include salad dressings, mayonnaise, butter, margarine, produce, hard cheeses, etc.
- C. Some food are **safe**. These are carbonated beverages, unopened bottled juices, ketchup, mustard, relishes, jams, peanut butter, barbecue sauces, etc.

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

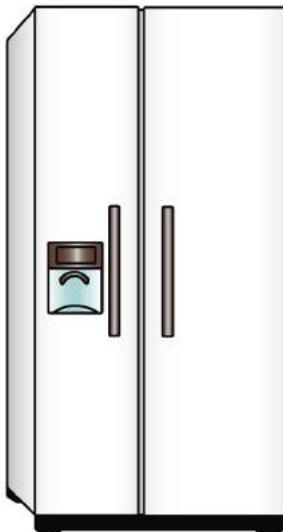
- Refrigerated foods should be safe as long as the power is out no more than a few hours and the doors have been kept closed. **Potentially hazardous foods** should be discarded if they warm up to above 40°F.
- Frozen foods which are still frozen are not a problem.
- If **potentially hazardous foods** are thawed but still have ice crystals you should use them as soon as possible.
- If **potentially hazardous foods** are thawed and warmer than 40°F you should discard them.

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.
- If possible, use a thermometer to check the temperature of foods. If potentially hazardous foods are cooler than 40°F they are safe.

What happens when the power goes back on?

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



REMEMBER!

***When in doubt,
throw it out.***



Extended Events - Supplies

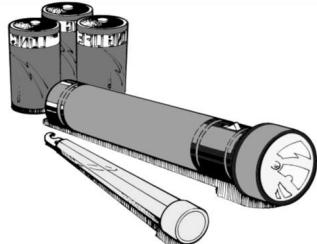
Choosing comfort over inconvenience:

Coping with the impact of a disaster is never fun. However, much of the inconvenience and discomfort can be reduced by planning alternative ways to take care of your needs.

Lighting:

Caution: The use of candles is no longer recommended as a source of emergency light. Experience shows they are responsible for too many secondary fires following the disaster. Additionally, they are very dangerous in the presence of leaking natural gas.

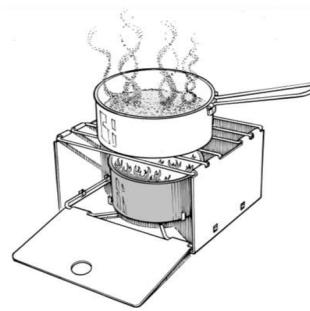
- Flashlight and extra batteries.
- Camping lanterns: battery operated, propane, or gas lanterns all work. Remember to purchase a supply of extra batteries, propane tanks, extra fuel, wicks, mantles, and matches.
- Light sticks - these can provide light for 1 to 12 hours and can be purchased at many department and camping stores.



Cooking:

Caution: Never burn charcoal indoors. This could cause carbon monoxide poisoning.

- Camp stoves, sterno stove, or barbecues - store extra propane, charcoal or sterno, lighter fluid, and matches.
- Fireplaces - 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.
- Paper plate and cups.
- Plastic utensils.
- Paper towels.



Shelter:

It is common for people to not want to sleep in their homes for the 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.
- Mylar blankets are compact and easy to store.
- Newspapers provide insulation from the cold or heat.
- If you have a van, camper, or RV it can be used as your alternate shelter.



WASHINGTON MILITARY DEPARTMENT
Emergency Management Division
Camp Murray, WA 98430-5122

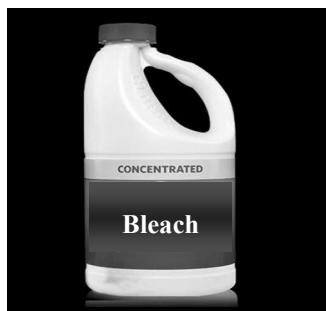
Web site: www.mil.wa.gov/
emergency-management-division
253-512-7000; (800) 562-6108



Extended Events - Sanitation

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 and using these. 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 is a solution of one-part liquid bleach to ten-parts water.



Note: Dry bleach is caustic and not safe for this type of use.

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



- Large zip lock 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.



- 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. Remove all the bowl water. Line bowl with a heavy-duty plastic bag. When finished, add a small amount of deodorant or disinfectant, 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.



WASHINGTON MILITARY DEPARTMENT
Emergency Management Division
Camp Murray, WA 98430-5122

Web site: www.mil.wa.gov/
emergency-management-division
253-512-7000; (800) 562-6108

Extended Events
Sanitation



Storing Water

Water is essential for survival. The ground trembling and shaking caused by earthquakes can crack or break the lines that bring fresh water to your house. You may have to rely for fourteen days or more on the water you have stored.

How much water should I store?

Store 1 gallon per day for each person in your household is the minimum amount required to take care of drinking, cooking, and hygiene needs for the first hours of a disaster.

Which containers are good?

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

You can use two-liter soda pop bottles, for ease of storage and handling.

Do not use glass bottles or old bleach bottles (or any container that has held a toxic substance). Glass breaks too easily. The plastic of old bleach bottles contains substances that, over time, get into the water and make it unfit for drinking.

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



Can I improve the taste of stored water?

Stored water will taste better if you put oxygen back into it by pouring the water back and forth between two clean containers several times.

Storing Water:

1. Choose containers that have a tight-fitting screw-cap lid. Two-liter pop bottles are a great choice.
2. 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.

3. Seal the container tightly.
4. Label it "drinking water" and date it.
5. Store it in a cool, dark place. Examples:
 - under the bed
 - in the corner of closets
 - behind the sofa

Hint: To make it easy to find many places to put your water, think about this activity as a priority rather than an inconvenience.

Is adding liquid bleach recommended?

In March, 1994 the Food and Drug Administration and the Environmental Protection Agency stated:

- 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.



WASHINGTON MILITARY DEPARTMENT
Emergency Management Division
Camp Murray, WA 98430-5122

Web site: www.mil.wa.gov/
emergency-management-division
253-512-7000; (800) 562-6108

Storing Water

(storing water continued on next page)

Storing Water



The treatments described below work only in situations where the water is unsafe because of the presence of bacteria or viruses. If you suspect the water is unsafe because of chemicals, oils, poisonous substances, sewage, or other contaminants do not use the water for drinking.

What about rotation?

It is recommended that water be rotated every six months.

Treating water of questionable purity:

- Filter the water to remove as many solids as possible. Coffee filters, cheesecloth, or several layers of paper towels work well.
- Bring the water to a rolling boil for a full 10 minutes.
- Let it cool for at least 30 minutes. Water must be cool or the chlorine you add next will dissipate and be rendered useless.
- **Add 1/8 teaspoon of liquid chlorine bleach per gallon of cool water or 8 drops per two-liter bottle.** The only active ingredient in the bleach should be 6.00% sodium hypochlorite and there should be no added thickeners, soaps, or fragrances.
- Let it stand for 30 minutes.
- If it smells of chlorine, you can use it. If it does not smell of chlorine, add 16 more drops of chlorine bleach per gallon, let it stand for another 30 minutes, and smell it again. If it smells of chlorine, you can use it.

If it does not smell of chlorine, discard it and find another source of water.

Distillation - A second method of purification:

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.

Additional information:

- The only thing that should be used to purify water is liquid household bleach containing 6.00% sodium hypochlorite and no thickeners, soaps, or fragrances.
- Other chemicals, such as iodine or products sold in camping or surplus stores have a short shelf life and are not recommended and should not be used.
- 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.
- The only accepted measurement of chlorine is the drop. A drop is specifically measurable. Other measures, such as "capful" or "scant teaspoon" are not uniformly measurable, and should not be used.
- There is no difference in the treatment of potentially contaminated water that is cloudy or that which is clear.

SOURCE: FDA and EPA Report, 1994



Distillation is an effective method of water purification.



WASHINGTON MILITARY DEPARTMENT
Emergency Management Division
Camp Murray, WA 98430-5122

Web site: www.mil.wa.gov/
emergency-management-division
253-512-7000; (800) 562-6108



Map Your Neighborhood (MYN)

In a disaster your most immediate source of help are the neighbors living around you.

Neighborhoods that are prepared for emergencies and disaster situations save lives, reduce the severity of injuries and trauma, and reduce property damage.

The purpose of the MYN program is to get neighbors together, so they can help each other in times of disaster.

It is designed to improve disaster readiness at the neighborhood level (generally neighborhoods = 15-20 urban homes; 5-7 in rural areas and can be implemented in condos and apartment complexes).

It teaches neighbors to rely on each other during the hours or days before fire, medical, police, or utility responders arrive.

It takes just one person to begin this process by inviting the neighborhood to his or her home.

During a 90-minute meeting, facilitated by the program DVD, you will:

1. Learn the first 9 Steps to Take Immediately Following a Disaster

- Secure your home and protect your neighborhood. It is hard to think clearly following disaster. These steps will help you to quickly and safely take actions that can minimize damage and protect lives.

2. Identify Skills and Equipment Inventory

- Each neighbor has skills that are useful in an effective disaster response. Knowing which neighbors have supplies and skills ensures a timely response to a disaster and allows everyone to contribute to the response in a meaningful way.

3. Create a Neighborhood Map

- Identify the locations of natural gas and propane tanks for quick response if needed.

4. Create a Neighborhood Contact List

- A list that identifies those with specific needs such as the elderly, those with a disability, or homes where children may be alone during certain hours of the day.

5. Learn to Work Together as a Team

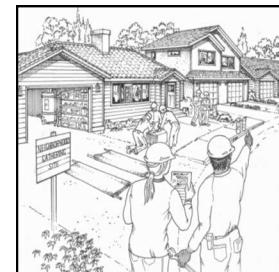
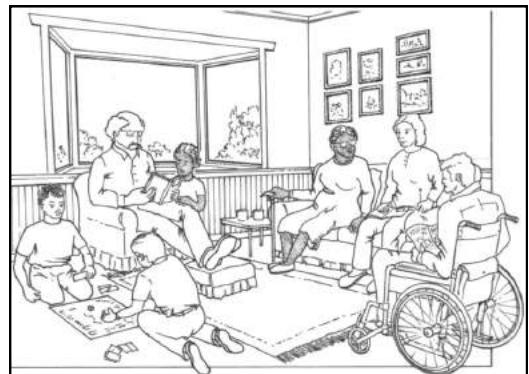
- Evaluate your neighborhood after a disaster and take the necessary actions.

The MYN Program is offered through your county/city emergency management office. Local offices track each organized neighborhood to meet planning and preparedness goals.

Once you are identified as a block leader/facilitator you will receive a MYN leader packet and enough workbooks for your neighbors who attend your organizational meeting.

The MYN packet the DVD, an instructor Discussion Guide, the workbooks and other materials that will enable you to conduct your meeting.

To find out more about MYN contact your local Emergency Management Office: Island County DEM - (360) 679-7370 or DEM@co.island.wa.us.



Map Your Neighborhood
(MYN)



WASHINGTON MILITARY DEPARTMENT
Emergency Management Division
Camp Murray, WA 98430-5122

Web site: www.mil.wa.gov/
emergency-management-division
253-512-7000; (800) 562-6108



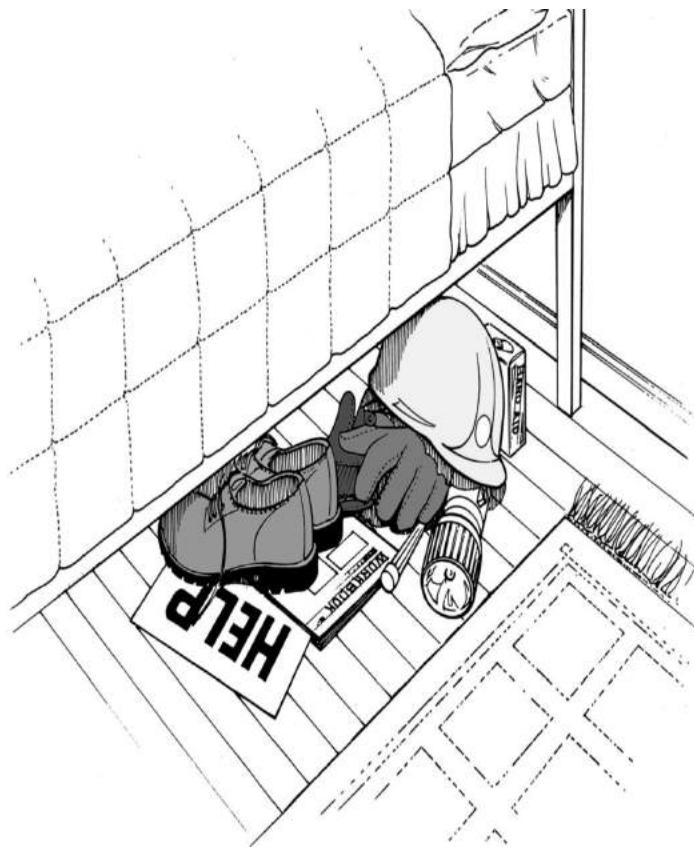
Under-the-Bed Items

Ready to respond - day or night:

When disaster strikes, it may be difficult to think as rationally and as quickly as you would like. Your response will be more effective and efficient if you have procedures already in place; they will be easier to remember and implement.

At a minimum:

Keep a pair of sturdy shoes to protect your feet by each loved one's bed at all times.



Critical under-the-bed items:

- Sturdy shoes - to protect your feet from broken glass. Injuries to feet are the number one injury after an earthquake. Windows, picture frames, lamps, and clocks can all produce glass shards that could cause injury.
- Work gloves, preferably leather - to protect your hands from broken glass.
- Hardhat - to protect you from falling objects like chimney bricks and downed trees and branches.
- Flashlight & light sticks - essential for a nighttime response.
- An OK/HELP card, found either in your MYN (Map Your Neighborhood) handout which is available from your local office of emergency management or one that you prepare yourself.
- A few bandaids - to hang the OK/HELP card in the window or front door.

Note:

The Under the Bed Kit is a part of your Map Your Neighborhood (MYN) activities which is described in this Guide.

Suggestion:

Place a copy all your important documents and phone numbers in your under the bed kit.



WASHINGTON MILITARY DEPARTMENT
Emergency Management Division
Camp Murray, WA 98430-5122

Web site: www.mil.wa.gov/
emergency-management-division
253-512-7000; (800) 562-6108



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.

Earthquakes strike suddenly and without warning. When they occur, they cause the ground to undulate and shake, perhaps violently. Buildings - and their contents - are vulnerable to this rocking and rolling. Fortunately, experts teach how to secure homes to their foundations and contents to wall studs.

Identifying potential home hazards:

Take 30 minutes to walk through your home. Imagine the ground movement of a significant earthquake. Identify potential hazards by completing this worksheet.

- Check your water heater. Is it securely fastened to the wall studs with heavy-metal strapping at the top and bottom? Not metal plumber's tape.

Yes No

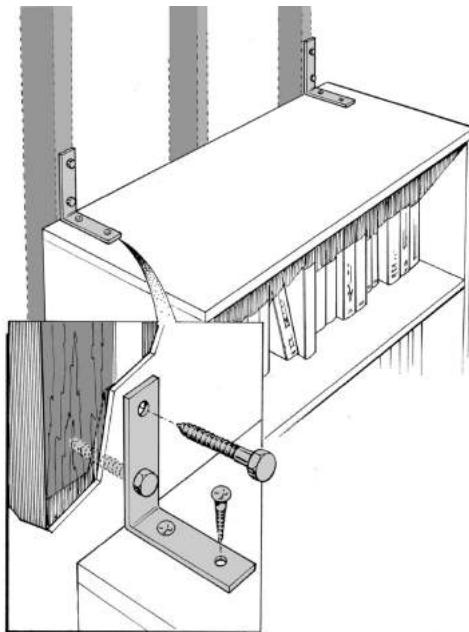
- Does your water heater have flexible water and gas connectors?

Yes No

- Tall pieces of furniture are especially vulnerable in earthquakes. Identify each bookcase, china hutch, 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 computers, stereos, televisions, microwaves and other small appliances that need to be secured.



WASHINGTON MILITARY DEPARTMENT
Emergency Management Division
Camp Murray, WA 98430-5122

Web site: www.mil.wa.gov/
emergency-management-division
253-512-7000; (800) 562-6108



Home Hazard Hunt

“How to” videos: www.youtube.com/user/EMDPrepare

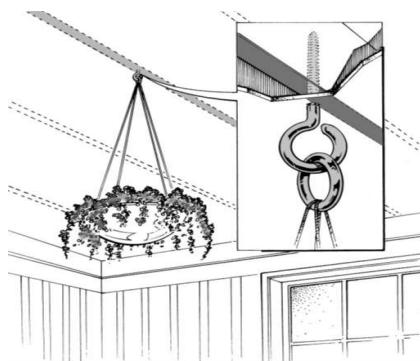
- Identify hanging plants, especially heavy baskets, and hanging lights near windows.

- Inspect the foundation of your home. Is your home securely fastened to it? Check with your local city office which issues building permits for regulations.

Yes No

Does your chimney have loose bricks?

Yes No



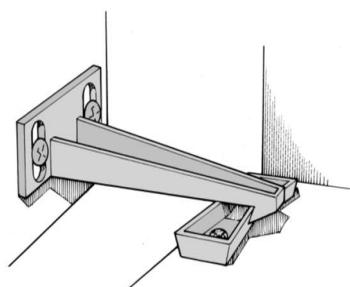
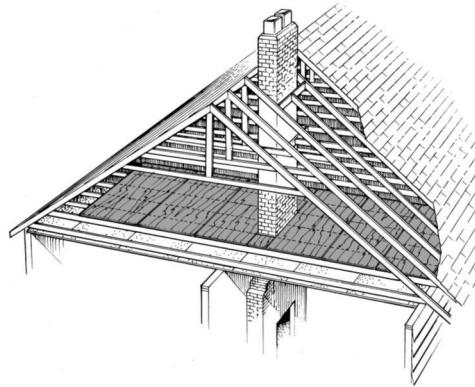
- Has your attic been reinforced with plywood to help prevent chimney bricks from falling into living areas?

Yes No

- Identify poisons, toxics, or solvents in breakable containers that are located in high or dangerous locations

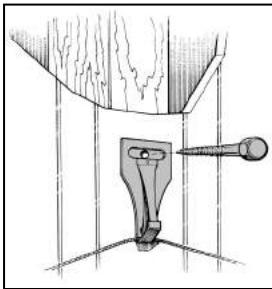
- Identify mirrors, heavily-framed pictures, and framed artwork that needs to be secured to the wall studs. Pay special attention to items hung over beds.

- Identify kitchen, bedroom, and garage cabinets that need to be secured to keep their contents inside during the ground shaking.



WASHINGTON MILITARY DEPARTMENT
Emergency Management Division
Camp Murray, WA 98430-5122

Web site: www.mil.wa.gov/emergency-management-division
253-512-7000; (800) 562-6108



Secure Wall Hangings

“How to” videos: www.youtube.com/user/EMDPrepare

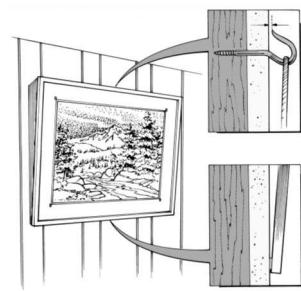
Framed pictures - securing them helps prevent cut feet:

The ground swells and rolls of major earthquakes easily can knock heavy pictures and mirrors off the walls. This can be especially dangerous in the night if these unsecured items are located close to your bed or during the day if they are located close to your favorite chair or sofa.

Cut feet from broken framing glass and mirrors is one of the most common injuries resulting from major earthquakes. Securing your pictures helps prevent this common injury.

Screw hook into wall, leaving just enough space to slide the wire onto the hook.

Secure the bottom corners of these items with Quake-Hold™ - type products .



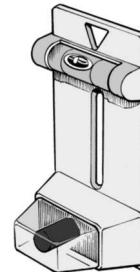
Securing artwork, pictures, and mirrors:

- Use a stud finder to find the closest wall stud.
- Place a screw hook into the wall stud so that there is barely enough room to slide the framing wired between the wall and the hook. This will help prevent the wire from jumping off the hook during potentially violent movement of an earthquake.
- If the artwork or mirror is large and/or heavy, you may want to consider securing it to two wall studs.
- Secure the bottom corners of these items with Quake-Hold™ - type products to keep them from banging against the wall. This helps keep the framing glass from breaking and damaging the artwork or photo.

Securing hanging objects:

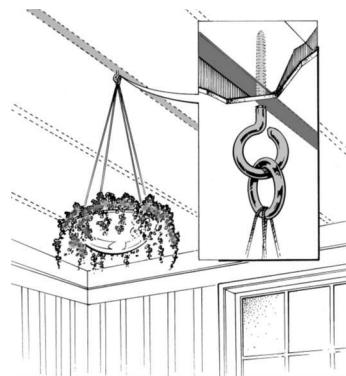
Carefully check the location of all hanging plants and other objects. Determine if these objects are close enough to windows to strike them in the wild motion of an earthquake. If they are, consider moving them.

- Find the ceiling stud by using a stud finder.



Example of a stud finder.

- Screw the hook directly into the ceiling stud.
- Hang the object from this hook.
- Close the opening in the hook with a pair of pliers to prevent the object from leaping off the hook during an earthquake.



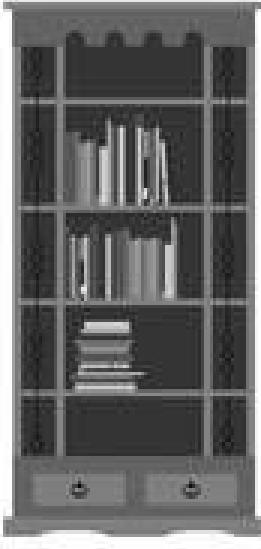
Picture hanging hooks that actually close are also a good choice for securing pictures.



WASHINGTON MILITARY DEPARTMENT
Emergency Management Division
Camp Murray, WA 98430-5122

Web site: www.mil.wa.gov/
emergency-management-division
253-512-7000; (800) 562-6108

Wall Hangings



Secure Tall Furniture

“How to” videos: www.youtube.com/user/EMDPrepare

Earthquakes: A Sudden Release of Energy:

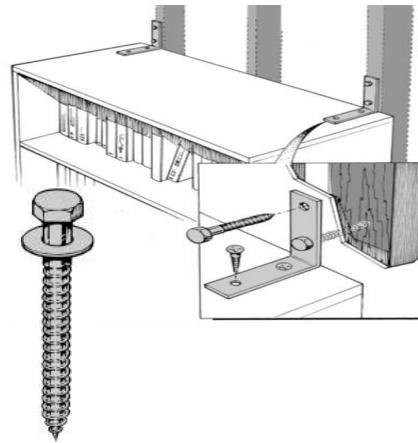
The forces that create earthquakes cause the earth to literally move producing:

- Ground rolling and undulating, from a few inches to a few feet in height.
- Ground shaking, from a few seconds to a few minutes in duration.

Tall pieces of furniture such as bookcases, china hutches, and armoires are very likely to fall when the ground is rolling and shaking. You can prevent them from falling on someone you care about and save their contents by completing these simple steps.

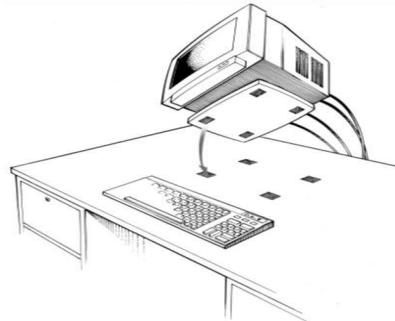
Securing bookcases and all things tall:

1. Secure the furniture item into the wall stud.
 - Locate the wall studs using a stud finder.
 - Secure each furniture piece to at least two wall studs, depending on the size and width, using 4" L-brackets and 3" lag screws, available at all hardware stores.
 - There are commercially available kits utilizing nylon strapping that also are recommended.

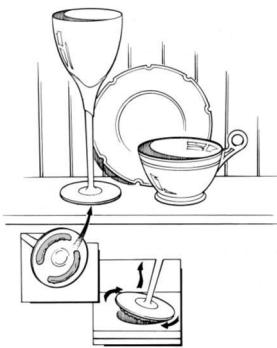


2. Place heavy and/or large items on lower shelves to prevent them from flying around the room.

3. The ground swells and rolls of an earthquake can cause anything resting on shelves or counter tops to fall - TVs, stereos, computers, microwaves, lamps, etc. An easy way to protect against these types of losses is to use Velcro™ or other similar products.
 - Choose a Velcro™-type product that has adhesive on the back.
 - Cut the Velcro™ into large squares. You will need four squares to secure most items, one for each leg or corner of the item.
 - Press the two sides of the Velcro™ together.
 - Remove the paper from the backs of the Velcro™ to expose the adhesive.
 - With the Velcro™ still pressed together, stick it on the legs or corners of the item, and then place the item on the shelf or counter top where you want it located.

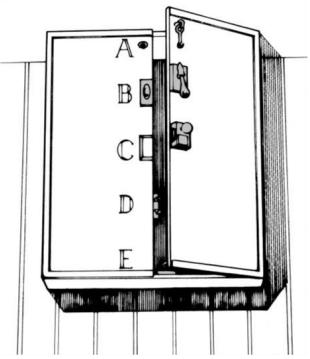


4. More delicate items, like knickknacks, pottery, crystal vases, etc. can be secured with products like Quake Hold™ or Museum Wax™, available at many hardware stores.



WASHINGTON MILITARY DEPARTMENT
Emergency Management Division
Camp Murray, WA 98430-5122

Web site: www.mil.wa.gov/
emergency-management-division
253-512-7000; (800) 562-6108



Kitchen & Cabinet Safety

“How to” videos: www.youtube.com/user/EMDPrepare

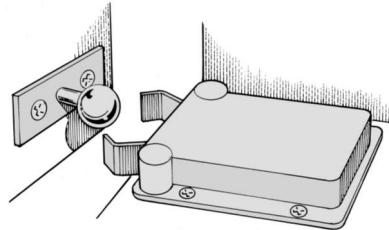
Kitchen Cabinets:

The ground undulation and acceleration of an earthquake can cause cabinet doors to fly open and contents to spill onto the floor. Glass jars and dishes can shatter and cause injuries and damage. Heavy objects can fly across the room, injuring anyone in their path or damaging counter tops, floors, or walls.

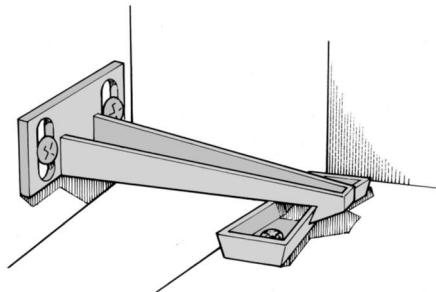
Securing Kitchen Cabinets:

To prevent cabinet doors from flying open, install one of the following types of latches:

- A. Hook and eye - inexpensive; you may not close it every time.
- B. Standard latch - mounts to the front of the door; you may not close it every time.
- C. Standard latch - closes automatically; mounts to the front of the door.
- D. Push latches - mounts inside the door; holds the door firmly shut; opens by being gently pushed inward.



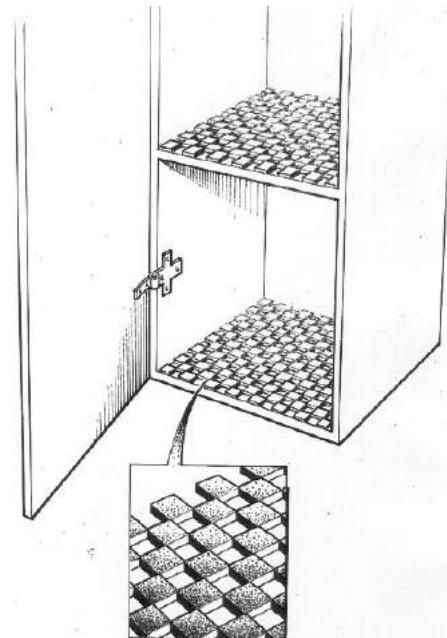
- E. Child-proof - inexpensive; closes automatically; require an extra action when you open the door; takes some getting used to.



Securing Cabinet Contents:

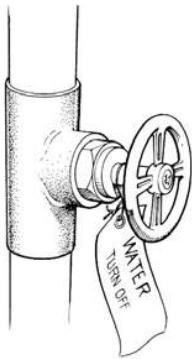
The contents of cabinets may shift and break in the movement of an earthquake. To help prevent this movement, line your cabinets with rubberized shelf mats. This typically is sold in rolls or pre-cut squares at hardware and variety stores. It is also available at recreational vehicle or boating equipment supply stores.

To **protect stacked china plates**, place a square of this rubberized matting between each plate in the stack.



WASHINGTON MILITARY DEPARTMENT
Emergency Management Division
Camp Murray, WA 98430-5122

Web site: www.mil.wa.gov/
emergency-management-division
253-512-7000; (800) 562-6108



Securing the Water Heater

“How to” videos: www.youtube.com/user/EMDPrepare

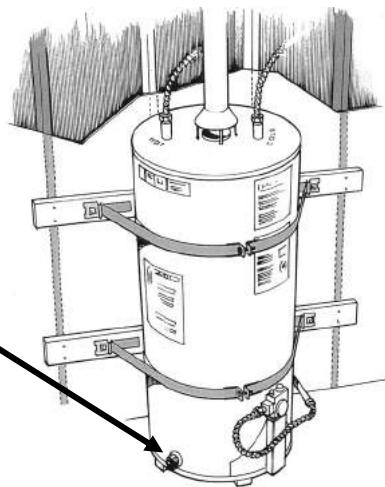
Protected source of water - or a puddle:

Fresh water after a disaster may be as close as your water heater - provided, of course, that it remains standing upright. A typical water heater holds 30-50 gallons of water.

However, this supply of water is extremely vulnerable to the ground undulation (swells and rolls) and ground acceleration of earthquakes, causing them to tip over.

You can protect this valuable resource by securing your water heater to the wall studs.

Water heaters are an excellent supply of emergency water; water can be accessed from the



Changes to strapping recommendations:

Experts have modified the recommended procedure for strapping water heaters because many tanks burst through their strapping in both the 1989 Loma Prieta (San Francisco) and the 1994 Northridge (Los Angeles) earthquakes. Experts recommend these two important changes.

1. Secure both the top and bottom of the hot water tank, not just the top or just the middle.
2. Use heavy-gauge metal strapping rather than plumbers tape. Many water heaters in both the 1989 and the 1994 earthquakes burst through the plumber's tape that was intended to keep them secure. Plumber's tape has been found to be too brittle to be effective.

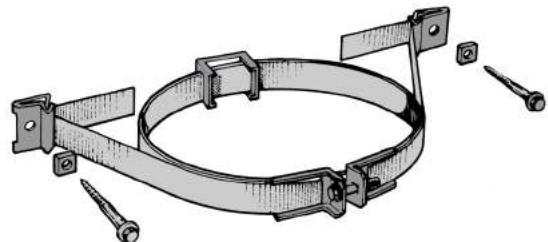
Secure your water heater:

There should be very little space between the water heater and the wall. If there is a more than 1 or 2 inches, attach a wooden block to the wall studs with long lag screws. The purpose is to prevent the tank from tipping backwards.

Wrap the heavy-gauge metal strapping 1 1/2 times around the tank. Start by placing the strapping at the back of the tank, bring it to the front and then take it back to the back wall.

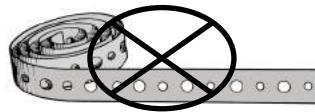
Secure this strapping to the wall studs of the wood block using several 1/4" x 3" or longer lag screws with oversized washers. If you are securing it directly into concrete use 1/4" expansion bolts in place of the screws.

Commercially available kits like this one come complete with strapping, lag screws, washers, spacers, and tension bolts. These kits can be purchase at many local hardware stores and are recommended.



Note

- Replace all copper and metal piping with flexible natural gas and water line connectors.



*Do NOT use this -
this is plumber's tape.
Use heavy-gauge strapping!*



WASHINGTON MILITARY DEPARTMENT
Emergency Management Division
Camp Murray, WA 98430-5122

Web site: www.mil.wa.gov/
emergency-management-division
253-512-7000; (800) 562-6108



Garage & Storage Safety

“How to” videos: www.youtube.com/user/EMDPrepare

Household Chemicals - potentially lethal:

The ground movement of earthquakes can cause the chemical products you have stored in the garage and under household sinks to spill and potentially mix. These materials can be silent killers or can cause serious injury.

Before a disaster - secure all chemicals:

Secure all chemicals so they cannot fall, break, and mix.

- Identify poisons, toxins, and solvents in breakable containers on open shelves.
- Remove all heavy objects from upper shelves, especially around the car.
- Secure open shelves with nylon webbing (available at hardware stores, boating supply stores, and many camping supply stores) or bungee straps. (*Do not use the regular bungee straps with the heavy metal hooks at either end. These may become dislodged and cause serious eye or other injuries.*)
- Store paints, gasoline, an other flammable liquids away from natural gas water heaters.
- Read the labels on all products you purchase.
- Separate the chemicals according to manufacturer's suggestions to prevent harmful interactions if broken containers allow the chemicals to mix. For example, household bleach mixed with ammonia creates extremely deadly chlorine gas.
- Know what steps to take if chemicals are spilled.
- Dispose of any hazardous materials that are no longer used.

After a disaster - safety with chemicals:

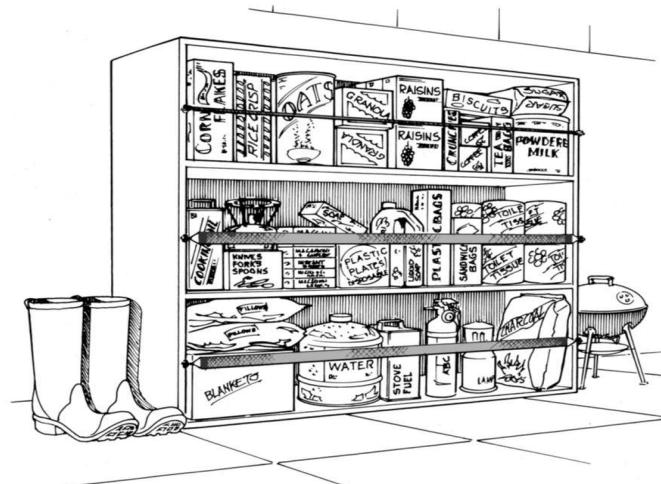
- Always assume that spilled chemicals are toxic.
- Do not immediately approach spilled chemicals in your haste to clean them up. Mixed chemicals can be extremely hazardous.
- Close off the room where the spill has occurred.
- Mark the outside of the room with the problem, for example, “spilled chemicals inside - use caution.”
- As soon as possible, notify the fire department that you have a chemical spill.

Ways hazardous materials enter the body:

- Inhalation (breathing) - the most common way.
- Absorption - through skin or eyes.
- Ingestion - swallowing.
- Injection - penetrating the skin or falling on something that punctures the skin.

Indicators that a spill has taken place:

- Pungent or noxious order - never intentionally get close enough to smell it.
- Bubbling liquid.
- Vapor - anything that is releasing a vapor is having a chemical reaction and should be avoided.



WASHINGTON MILITARY DEPARTMENT
Emergency Management Division
Camp Murray, WA 98430-5122

Web site: www.mil.wa.gov/
emergency-management-division
253-512-7000; (800) 562-6108



Structural Mitigation

“How to” videos: www.youtube.com/user/EMDPrepare

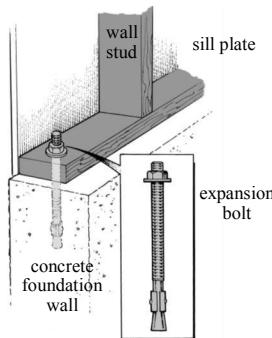
Wood-Framed Homes - safe & sound?

Homes that have been framed in wood are generally quite resistant to earthquake damage. While it is unlikely that conventionally framed houses will collapse, your assurances of safety are dramatically improved if the home remains on its foundation, and the roof, ceiling, and walls remain connected. If you have specific questions about your home, please contact an engineer experienced in seismic strengthening.

Securing your Foundation:

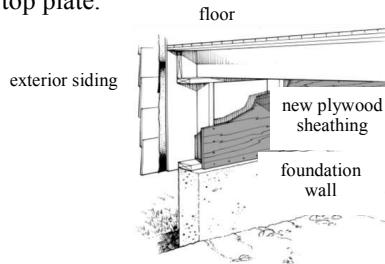
The majority of residential structural damage is caused by homes sliding off their foundations during major earthquakes.

- Check your house and garage for foundation bolts. These bolts secure the wood structure to the concrete foundation. They should be placed every six feet along the sill plate.
- Using a hammer drill and a carbide bit, drill a hole through the sill plate into the foundation. Place these holes every six feet.
- Drop a 1/2" x 8" expansion bolt into the hole and tighten the nut.



Cripple Walls:

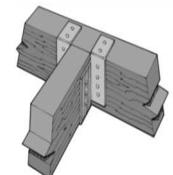
- Inspect the vertical studs that extend from the foundation to the first floor of your home. These are common in crawl space areas and are called cripple walls. If they are exposed (for example, without sheathing) on the inside, they could buckle in the ground motion that accompanies many large earthquakes.
- Strengthen the cripple walls by nailing plywood sheathing to the vertical studs, sill plate, and top plate.



Strengthening the Frame Body:

For a building to stay together in an earthquake, all its parts must be fastened together. Commercially available metal connectors are used to strengthen places where beams, posts, wall, the floor and the ceiling join.

- Strengthen the connections between ceilings, walls, and floors using the appropriate hardware.
- Inspect all exposed framing in garages, basements, porches, and patio covers. Strengthen this where necessary.



Brick & Masonry Facades:

- Check all brick, masonry, and stone facades to make sure they are securely attached to your home. Consult a structural engineer for advice on how to do this.

Chimney:

One of the most common types of damage suffered in earthquakes is a toppled chimney. This becomes extremely dangerous when bricks penetrate the roof and fall to the rooms below.

- Check the chimney for loose tiles and bricks.
- Reinforce the ceiling surrounding the chimney with 3/4" plywood nailed to the beams. This provides protection from falling bricks that might break through the roof.
- If your chimney is old and extends more than five feet above the roof, consider bracing it. Check the yellow pages in the phone book for engineers who are experienced in seismic strengthening.



Windows:

- Inspect all large plate glass windows to make sure they are safety glass.
- Consider adding a safety film to all windows. This does not prevent the window from breaking, but it does keep the glass from falling and injuring loved ones.

Caution: Retrofitting done improperly may actually cause damage to your home during an earthquake.

These pages are intended to illustrate the types of structural retrofitting houses need to be seismically safe. They are **NOT** intended to provide the specific directions on how to do the retrofitting.

Check with your local office responsible for issuing building permits for complete instructions.



WASHINGTON MILITARY DEPARTMENT
Emergency Management Division
Camp Murray, WA 98430-5122

Web site: www.mil.wa.gov/
emergency-management-division
253-512-7000; (800) 562-6108



Earthquakes

When you feel the ground begin to shake Drop, Cover, & Hold On. This is the national standard for earthquake safety in our country. Conquer the instinct to run; conduct earthquake drills and practice earthquake safety.

Be prepared for an earthquake:

- Prepare disaster kits for your home, workplace, and vehicle.
- Establish an “out-of-area” contact and keep the phone number handy. This is the person family members will call if you are separated.
- Know what emergency plans are in place at your work, school, and daycare.
- Find out who in your area might need special assistance: elderly, disabled, or non-English speaking neighbors.
- Check with your veterinarian for animal care instructions in an emergency.
- Conduct a home hazard evaluation to determine what can be done to improve your home to protect it against earthquake damage.

During an earthquake:

- If you are **indoors**. stay inside. Move under a desk or sturdy table and hold on to it. If it moves, move with it. Stay away from windows, bookcases, refrigerators, heavy mirrors, hanging plants and other objects that could fall. Do not go outside until the shaking stops.



- If you are in a **crowded store or public place**, do not rush for an exit. Move away from display shelves holding objects that could fall on you, and “drop, cover, and hold on.”
- If you are in a **theater or stadium**, stay in your seat, protect your head with your arms or get under the seat. Do not leave until the shaking stops.

- If you are **outdoors**, move to a clear area away from trees, signs, buildings or downed electrical wires and poles.

- If you are on a **sidewalk near a tall building**, get into a building’s doorway or lobby to protect yourself from falling bricks, glass, and other debris.

- If you are **driving**, slowly pull over to the side of the road and stop. Avoid overpasses, power lines and other hazards. Stay inside the vehicle until the shaking stops.

- If you are in a **wheelchair**, stay in it. Move to safe cover if possible, lock your wheels, and protect your head with your arms.

After the earthquake:

- Be prepared for aftershocks.
- Check yourself and those around you for injuries.
- Call 9-1-1 only to report a life-threatening emergency.
- Try to contact your out-of-area phone contact.
- Listen to your radio.
- If you were evacuated, wait until you are told it is safe before returning home or going back inside.
- Stay away from downed power lines.
- Do not drive unnecessarily.
- If you smell gas or hear a hissing sound - open a window and leave the building. Shut off the main gas valve outside.
- Check on neighbors, particularly elderly or disabled persons.

Join Us

World's Largest Earthquake Drill

Third Thursday in October!



WASHINGTON MILITARY DEPARTMENT
Emergency Management Division
Camp Murray, WA 98430-5122

Web site: www.mil.wa.gov/emergency-management-division
253-512-7000; (800) 562-6108



Tsunamis

A tsunami is a series of destructive waves affecting shorelines. Tsunamis are usually generated by earthquakes. Tsunamis may also be caused by underwater landslides or underwater volcanic eruptions.

Tsunami dangers:

- Tsunami waves can be created by events thousands of miles from beaches.
- Tsunami waves can be as tall as 30 feet when they come ashore; 60 feet in extreme cases. They can move inland from several hundred feet to several miles.
- A tsunami can cause a series of waves that arrive over several hours. Later waves can be larger than the first wave.
- Tsunamis move faster than a person can run.
- Tsunamis have enormous power - enough to move rocks weighing several tons, boats, and other debris. Homes and other buildings can be destroyed. People can be killed or injured by the force of the water.

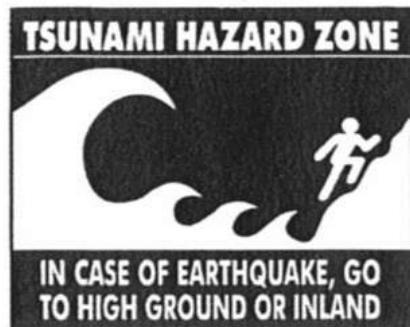
What to do at the beach:

Immediately head for higher ground: do not wait for a warning if:

- The ground shakes...drop, cover, and hold on, then run to high ground.
- You hear a siren...run to high ground.
- The ocean recedes dramatically from the shoreline...run to high ground.

Follow the tsunami evacuation signs:

- Tsunami evacuation route signs have been placed along coastal roadways to indicate the direction inland or to higher ground. In some places, there may be more than one route to safer areas. These routes may be marked with several signs showing you additional options for evacuation. You should know the evacuation routes for your area.



WASHINGTON MILITARY DEPARTMENT
Emergency Management Division
Camp Murray, WA 98430-5122

Web site: www.mil.wa.gov/
emergency-management-division
253-512-7000; (800) 562-6108

Tsunami definitions:

The National Oceanic and Atmospheric Administration (NOAA) can issue an official tsunami alert within minutes after an earthquake.

Tsunami Warning:

- A warning is issued when a tsunami with potential significant widespread flooding is imminent or expected.
- Move to higher ground or inland - immediately.
- If no higher ground is nearby, go to upper levels of reinforced buildings.
- Continue to monitor your local radio and NOAA Weather Radio for further information.

Tsunami Advisory:

- An advisory reports a threat of a tsunami that may produce strong currents or waves dangerous to those in or near the water.
- Stay away from beaches, ports, and harbors and listen to your radio, NOAA Weather Radio, or TV for updates.
- Know well in advance what your safest evacuation route will be.
- Local officials will determine appropriate actions such as closing beaches, evacuating people, repositioning ships, etc.

Tsunami Watch:

- A tsunami watch is issued about events that may later impact the area. The watch may be updated to a warning or advisory - or cancelled.
- Listen to your radio, NOAA Weather Radio, or TV for updates.
- Know well in advance what your safest evacuation route will be.

Volcanoes



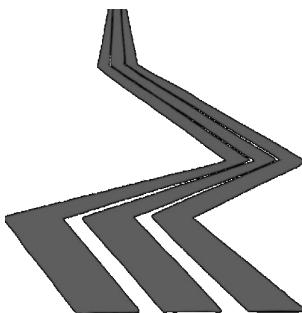
Volcanic dangers include not only an eruption of a mountain and associated lava flows, but also ash fall and debris flows, often called *Lahars*.
If you are near a mountain range, be familiar with your evacuation routes.

Before a volcanic eruption:

- Plan ahead. Have emergency supplies, food, and water stored.
- Plan an evacuation route away from rivers or streams that may carry mud or debris flow.
- Keep a battery-operated/wind-up radio available at all times. Have extra batteries.
- If there is an eruption predicted, monitor the radio or TV for evacuation information. Follow the advice given by authorities.

After a volcanic eruption:

- Do not approach the eruption area.
- Be prepared to stay indoors and avoid downwind areas if ash fall is predicted.
- Evacuate if ordered to do so by authorities.
- Be aware of stream and river channels when evacuating.
- Move toward higher ground if mudflows are approaching.
- Follow the evacuation signed posted along roads and highways.



Remember!
***Take your Disaster Kit with you
so you will have needed
supplies.***



WASHINGTON MILITARY DEPARTMENT
Emergency Management Division
Camp Murray, WA 98430-5122

Web site: www.mil.wa.gov
emergency-management-division
253-512-7000; (800) 562-6108

If there is ash fall in your area:

- Protect your lungs. Infants, the elderly and those who have respiratory conditions such as asthma, bronchitis, emphysema, or other chronic lung and heart disease should be particularly careful to avoid breathing ash.
- Stay inside. Close doors, windows, and dampers. Place damp towels at door thresholds and other draft sources.
- Those most at risk should limit outdoor activities. Keep children and pets indoors.
- When outside, wear a single-use (disposable) facemask. Remember that these masks may not fit small children properly. *Note: Masks may make breathing more difficult for people with respiratory conditions.*
- If you have asthma or another respiratory condition - or have a child with asthma - pay attention to symptoms such as sneezing and coughing, or more severe symptoms such as chest pain or tightness, shortness of breath and severe fatigue. Stay indoors and follow your asthma management plan. Contact your doctor if you have trouble breathing.
- Replace disposable furnace filters or clean permanent furnace filters frequently.
- If you wear contact lenses, protect your eyes by wearing glasses or protective goggles or by removing your contacts.
- If you find ash in your drinking water use an alternate source of drinking water such as purchased bottle water.
- Put stoppers in the tops of your drainpipes.
- Protect dust-sensitive electronics.
- Keep roofs free of ash in excess of four inches.
- Remove outdoor clothing before entering a building.
- Wash vegetables from the garden before eating them.
- Minimize travel - ash may be harmful to your vehicle, frequently change oil and air filters.



Volcanic Lahars

Lahar is an Indonesian term that describes a hot or cold mixture of water and rock fragments that flows down the slopes of a volcano and typically enters a river valley.

Lahars

A lahar is also called a volcanic mudflow or debris flow. A mixture of water and volcanic debris that moves rapidly downstream.

Consistency can range from that of muddy dishwater to that of wet cement, depending on the ratio of water to debris. They form in a variety of ways, chiefly by the rapid melting of snow and ice by pyroclastic flows, intense rainfall on loose volcanic rock deposits, breakout of a lake dammed by volcanic deposits, and as a consequence of debris avalanches.

Before a Lahar:

- Learn more about the volcanoes that affect you and locate volcano hazard zones.
- Contact your county geologist or county planning department, they may have specific information on areas vulnerable to lahars.
- Ask your local emergency management office, your school, your workplace about their plans for handling a volcanic eruption and potential lahar.
- Check with your insurance agent to see if your policy covers volcanic lahars. Is it part of your earthquake and flood insurance?

Make evacuation plans:

Lahars may cause roads to be blocked or closed. Plan at least two evacuation routes from every location where you would normally spend time (home, work, school, etc.)



WASHINGTON MILITARY DEPARTMENT
Emergency Management Division
Camp Murray, WA 98430-5122

Web site: www.mil.wa.gov/
emergency-management-division
253-512-7000; (800) 562-6108

If you are ON a volcano during an eruption:

- Move AWAY from hazard zones as fast as possible.
- You may be exposed to falling ash and volcanic rocks, lava flows, lahars, volcanic gases, and fast-moving torrents of hot rock and gas (pyroclastic flows).
- Your route to safety might be cut off. If you are on a snow and ice covered volcano, stay off valley floors and out of low-lying areas.
- Pay attention to closure signs and evacuation routes; they can save your life.

If you are NEAR or DOWNWIND of a volcano during an eruption:

- Stay out of valleys and low lying areas that lead away from the mountain.
- Listen carefully to official reports via emergency broadcasts.
- If officials warn of an approaching lahar, seek high ground off the valley floor as quickly as possible, such as moving up a hillside. Then, seek shelter.
- Evacuate if necessary.

After a Lahar:

Until a lahar deposit solidifies, the thick slurry may not support a significant amount of weight.

- Do not attempt to drive across a lahar by vehicle and be cautious in walking across the deposit. As it travels downstream, the lahar can incorporate sharp metal and other hazardous materials.
- Use gloves and tools to clean up lahar debris.
- Be aware that lahar sediments will be remobilized by rain and normal river drainage for years after a volcanic event, which may result in destructive flooding.

Floods



**Floods are the most common and widespread of all natural disasters.
Take preparedness action now to minimize your risk and reduce the time and effort it
takes to recover from a flood.**

What to do before a flood:

- Call your local building department or office of emergency management for information.
- Listen to your radio or television for reports of flood danger.
- Plan for evacuation including where you are going to go and the route you will follow.
- Purchase flood insurance.
- Keep all insurance policies and a list of valuable items in a safe place.
- Take photos or a videotape of your valuables you keep in your home.
- Keep your car filled with gas.

What to do during a flood:

- Do not try to walk or drive through flooded areas. Water can be deeper than it appears and water levels rise quickly. Follow official emergency evacuation routes. If your car stalls in floodwater get out quickly and move to higher ground.
- Stay away from moving water; moving water six inches deep can sweep you off your feet. Cars are easily swept away in just two feet of water.
- Stay away from disaster areas unless authorities ask for volunteers.
- Stay away from downed power lines.
- If your home is flooded, turn the utilities off until emergency officials tell you that it is safe to turn them on. Do not pump the basement out until floodwater recedes. Avoid weakened floors, walls, and rooftops.
- Wash your hands frequently with soap and clean water if you come in contact with floodwaters.

What to do after a flood:

- Wear gloves and boots when cleaning up.
- Open all doors and windows. Use fans if possible to air out the building.
- Wash all clothes and linens in hot water.
- Discard mattresses and stuffed furniture; they can't be adequately cleaned.
- Wash dirt and mud from walls, counters, and hard surfaced floors with soap and water. Disinfect by wiping surfaces with a solution of one cup bleach per gallon water.
- Discard all food that has come into contact with floodwater. Canned food is alright, but thoroughly wash the can before opening.
- If your well is flooded, your tap water is probably unsafe. If you have public water, the health department will let you know - through radio and television - if your water is not safe to drink. Until your water is safe, use clean bottled water.
- Learn how to purify water. If you have a well, learn how to decontaminate it.
- Do not use your septic system when water is standing on the ground around it. The ground below will not absorb water from sinks or toilets. When the soil has dried, it is probably safe to again use your septic system. To be sure, contact your local health department.
- When floodwaters have receded watch out for weakened road surfaces.



WASHINGTON MILITARY DEPARTMENT
Emergency Management Division
Camp Murray, WA 98430-5122

Web site: [www.mil.wa.gov/
emergency-management-division](http://www.mil.wa.gov/emergency-management-division)
253-512-7000; (800) 562-6108





Landslides & Mud Flows

Landslides and mudflows usually strike without warning. The force of rocks, soil, or other debris moving down a slope can devastate anything in its path.

Before a landslide:

- Contact your county geologist or county planning department, they may have specific information on areas vulnerable to landslides. Consult a professional geotechnical expert for advice on corrective measures you can take.

Minimize home hazards:

- Plant ground cover on slopes to stabilize the land and build retaining walls. Get expert advice in selecting the best ground cover for your area.
- Build channels or deflection walls to direct the flow around buildings.

Remember: If you build walls to divert debris flow and the flow lands on a neighbor's property, you may be liable for damages.

Make evacuation plans:

- Plan at least two evacuation routes since roads may become blocked or closed.

Purchase Insurance:

- Mudflow is covered by flood insurance policies from the *National Flood Insurance Program*. Flood insurance can be purchased through a local insurance agency.

Learn to recognize the landslide warning signs:

- Doors or windows seem to stick or jam for the first time.
- New cracks appear in plaster, tile, brick, or foundations.
- Outside walls, walks or stairs begin pulling away from the building.
- Slowly developing, widening cracks appear on the ground or on paved areas.
- The ground slopes downward in one specific direction and may begin shifting in that direction under your feet.
- Bulging ground appears at the base of a slope.
- Water breaks through ground surface.
- Fences, retaining walls, utility poles, or trees tilt or move.
- Underground utility lines break.



WASHINGTON MILITARY DEPARTMENT
Emergency Management Division
Camp Murray, WA 98430-5122

Web site: www.mil.wa.gov/
emergency-management-division
253-512-7000; (800) 562-6108

During a landslide:

• If inside a building:

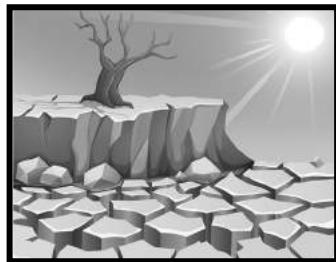
- Stay inside.
- Take cover under a desk, table, or other piece of sturdy furniture.

• If outdoors:

- Run to the nearest high ground in a direction away from the path.
- If rocks and other debris are approaching, run for the nearest shelter such as a group of trees or a building.
- If escape is not possible, curl into a tight ball and protect your head.

After a landslide:

- Remember that flooding may occur after a mudflow or a landslide.
- Stay away from the immediate slide areas; there may be danger of additional slides.
- Check for injured and trapped persons near the slide area. Give first aid. Call 9-1-1 if there are life-threatening injuries.
- Remember to help your neighbors who may require special assistance —infants, elderly people, and people with disabilities.
- Listen to a battery-operated radio or television for emergency information.
- Check for damaged utility lines. Report damage to the utility company.
- Check the building foundations, chimney, and surrounding land for damage.
- Replant damaged ground as soon as possible. Erosion caused by loss of ground cover can lead to flash flooding.

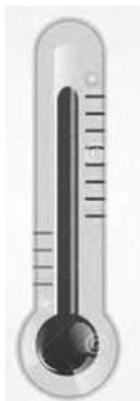


Hot Weather

Severe heat may cause illness or even death. When temperatures rise to extreme highs, reduce risks by taking the following precautions.

Hot weather precautions to reduce the risk of heat exhaustion and heat stroke:

- Stay indoors and in an air-conditioned environment as much as possible unless you are sure your body has a high tolerance for heat.
- Cover windows that receive morning or afternoon sun. Awnings or louvers can reduce the heat entering a house by as much as 80 percent.
- Drink plenty of fluids but avoid beverages that contain alcohol, caffeine, or a lot of sugar.
- Eat more frequently but make sure meals are balanced and light.
- Never leave any person or pet in a parked vehicle.
- Make sure pets have plenty of water.
- Avoid dressing babies in heavy clothing or wrapping them in warm blankets.
- Check frequently on people who are elderly, ill or who may need help. If you might need help, arrange to have family, friends, or neighbors check in with you at least twice a day throughout warm weather periods.
- Salt tablets should only be taken if specified by your doctor. If you are on a salt-restrictive diet, check with a doctor before increasing salt intake.
- If you take prescription diuretics, antihistamines, mood-alerting or antispasmodic drugs, check with a doctor about the effects of sun and heat exposure.



If you go outside:

- Plan strenuous outdoor activities for early or late in the day when temperatures are cooler; then gradually build up tolerance for warmer conditions.
- Wear a wide-brimmed hat, sun block and light-colored, loose-fitting clothes, when outdoors.
- Take frequent breaks when working outdoors.
- At first signs of heat illness (dizziness, nausea, headaches, muscle cramps), move to a cooler location, rest for a few minutes and slowly drink a cool beverage. Seek medical attention immediately if you do not feel better.
- Avoid sunburn: it slows the skin's ability to cool itself. Use a sunscreen lotion with a high SPF (sun protection factor) rating.
- Avoid extreme temperature changes. A cool shower immediately after coming in from hot temperature can result in hypothermia, particularly for elderly or very young people.



If the power goes out or air conditioning is not available:

- If air conditioning is not available, stay on the lower floor out of the sunshine.
- Ask your doctor about any prescription medication you keep refrigerated. If the power goes out, most medications will be fine to leave in a closed refrigerator for a least three hours.
- Keep a few bottles of water in your freezer; if the power goes out, move them to your refrigerator and keep the doors shut.



WASHINGTON MILITARY DEPARTMENT
Emergency Management Division
Camp Murray, WA 98430-5122

Web site: [www.mil.wa.gov/
emergency-management-division](http://www.mil.wa.gov/emergency-management-division)
253-512-7000; (800) 562-6108



Wildfires

Forest fires and wildfires threaten lives and destroy homes and natural resources. You can take action now that can help save lives and help prevent or reduce damage caused by wildfires.

What to do before a wildfire:

- Prepare your home for a wildfire. Clearly mark all driveways with names/addresses. Remove firewood, shrubs, and other combustibles away from the home. Call your local fire, forestry, or natural resources office, or go to www.firewise.org for more ideas on home design and landscaping.
- Talk to your neighbors about wildfire safety and working together during a wildfire.
- Always call your local fire department before burning outside or using gas-powered equipment on dry, windy days.
- Be careful when cooking outdoors
- Identify local television and radio stations. They will have the latest information about fires in your area.
- Have an evacuation plan. You may need to leave your home to go to a safe place. Know where you are going and the possible routes to get there.
- Designate a “safety zone” in case all evacuation routes are burning.
- Put together an disaster kit. Include water, food, protective clothing—sturdy shoes, cotton or wool clothing, long pants, long-sleeved shirts, gloves and a handkerchief. Store in easy-to-carry packs.
- Store copies of your vital records and lists/photos/videotapes of valuable items in a safety deposit box. Include updated insurance policies.
- Make emergency plans for your pets and livestock.
- Family members should have an out-of area contact they can call to let them know they are safe when they are separated. Prepare out of area wallet cards with the contact’s information.
- If you have special physical or medical needs, be sure to have an ample supply of medication and supplies to take with you if you evacuate. People with heart and lung disease must be especially careful around wood smoke. Discuss your emergency plans with your medical provider.



WASHINGTON MILITARY DEPARTMENT
Emergency Management Division
Camp Murray, WA 98430-5122

Web site: www.mil.wa.gov/
emergency-management-division
253-512-7000; (800) 562-6108

When wildfire threatens:

- Set up a ladder, garden hoses, and sprinklers on the roof. To conserve water, wait until the embers start falling.
- Put on protective clothing to protect your body, face, and lungs.
- Remain calm. Listen to the radio and television for fire reports and evacuation information. Follow the advice given by authorities. (however, if you feel threatened, do not wait to leave.)
- Phone/tell your family and friends you may need to evacuate and let them know where you are going. Use your out-of-area contact card.
- Pre-load your vehicle with emergency supplies, vital records, and other valuables. Face your vehicle in the direction of escape. Keep pets confined nearby.
- Prepare a note to post at your home that tells when you left and where you are going.

If advised to evacuate, do so immediately:

- If there is time - close all windows, vents, doors, and remove lightweight curtains. Shut off gas utilities.
- Turn on your home’s lights.
- Post your preparedness note on the main entrance.
- Lock your doors.
- Choose a route away from fire hazards. Drive with your lights on and watch for emergency vehicles.
- If your evacuation route(s) are burning - go to your designated “safety zone.”
- Do not attempt to re-enter the area until firefighters have declared it safe.

Wildfires

Winter Storms



Winter Storms can range from moderate snow over a few hours to blizzard conditions with blinding, wind-driven snow or freezing rain that last several days. The time to prepare is before the snowfall or ice forms.

Preparing for winter storms:

- Listen to your radio or television for winter storm forecasts and other information.
- Prepare your home for cold weather. Install storm windows, insulate outside walls, attics and crawl spaces. Wrap pipes, especially those near cold outer walls or in attics or crawl spaces. Repair leaks in the roof, around the doors, and in the windows.
- Have appropriate cold weather clothing available.
- If you have a kerosene heater, refuel your heater outside and remember to keep it at least three feet from flammable objects.
- Make sure your fireplace functions properly.
- Have rock salt and sand on hand for traction on ice.
- Fill your gas tank before the snow starts falling.

During a winter storm:

- Wear several layers of loose-fitting, lightweight, warm clothing rather than one layer of heavy clothing. Wear mittens rather than gloves. Wear a warm, woolen cap.
- Reduce the temperature in your home to conserve fuel.
- Heat only the areas of your home you are using. Close doors and curtains or cover windows and doors with blankets.
- Use alternative heat methods safely. NEVER use a gas or charcoal grill, hibachi, or portable propane heater to cook indoors or heat your home.
- Never use a generator indoors or in a garage or carport.
- Be careful when shoveling snow. Do not over exert yourself.
- Be sure to eat regularly. Food provides calories that maintain body heat.
- Do not drive unnecessarily.



WASHINGTON MILITARY DEPARTMENT
Emergency Management Division
Camp Murray, WA 98430-5122

Web site: www.mil.wa.gov/
emergency-management-division
253-512-7000; (800) 562-6108

- Watch for signs of frostbite and hypothermia — slurred speech, disorientation, uncontrollable shivering, stumbling, drowsiness, and body temperature of 95° Fahrenheit or less.

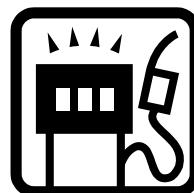
- If you become trapped outside, get out of the wind and stay dry. Build a lean-to or snow cave if nothing else is available. Do not eat snow; it will make you too cold.

If in your vehicle:

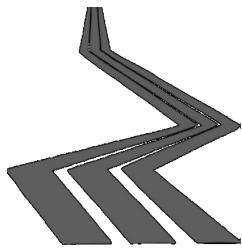
- Keep an emergency kit in your vehicle. Include a three-day supply of water and non-perishable food that can be eaten without being cooked. Include a blanket or sleeping bag for each passenger, a flashlight, cell phone, shovel, bag of sand or kitty litter, booster cables, flare, coffee can with lid and toilet paper.
- Make sure someone knows where you are going. Stay on the main roads.
- If you must stop, remain inside the vehicle. Use a bright distress flag or your hazard lights to draw attention to your vehicle.
- If trapped in a blizzard, clear your tail pipes and run your engine and heater for 10 minutes every hour. Open your window slightly.
- During night hours, keep the dome light on in the car so rescue crews can see your vehicle.

Important Reminder:

Keep your vehicle's gas tank at least half (1/2) full.



You may not be able to get to the gas station, the power may be out and you will not be able to pump gas, or the station may be out of gas.



Winter Travel & Vehicle Safety

Winter conditions call for different driving tactics.

Before leaving home make sure you have your Vehicle Maintenance Kit and your Personal Safety Kit in the vehicle.

Winter driving tips:

- Start early; give yourself extra time to reach your destination safely. It is not worth putting yourself and others in a dangerous situation just to save time.
- Make sure someone knows your travel plans. If possible, stay on main roads.
- Drive with your headlights on.
- Keep your windows free of fog and grime.
- Drive for conditions. Do not get overconfident with four-wheel drive. Remember the posted speed limits are for dry pavement.
- Look farther ahead in traffic. Actions by other drivers will alert you to problems and give you extra time to react.
- Trucks take longer to stop. Do not cut in front of them.
- Avoid using cruise control or overdrive.
- Winter road conditions often result in longer stopping distances. Drivers should allow additional room between their vehicles and others.
- Avoid abrupt actions while steering, braking or accelerating to lessen the chances of losing control of the vehicle.
- Slow down when approaching intersections, off-ramps, bridges or shady spots. These areas have the potential of developing black ice and can make driving hazardous.
- Stopping on snow and ice without skidding requires extra time and distance. If you have anti-lock brakes, press the pedal down firmly and hold it. If you do not have anti-lock brakes, gently pump the pedal.

If you become stranded:

- Stay in your car, turn on your flashers or use a bright distress flag to draw attention to your vehicle.
- Call for help and wait until it arrives.
- Listen to your portable radio for emergency messages.
- During night hours, keep the dome light on in the cars so rescue crews and see you.
- If trapped in a snow storm, clear your tail pipe and run your engine and heater for 10 minutes every hour. Open your window slightly to avoid vehicle fumes and carbon monoxide poisoning.



WASHINGTON MILITARY DEPARTMENT
Emergency Management Division
Camp Murray, WA 98430-5122

Web site: www.mil.wa.gov/
emergency-management-division
253-512-7000; (800) 562-6108

Winterize your vehicle:

- **Check systems:** ignition, fuel, exhaust, heating/cooling, and defroster.
- **Check fluid levels:** oil, antifreeze, windshield washer, etc.
- **Check** battery, belts, brakes, tire pressure and tread (purchase snow tires if needed).
- **Replace** non-working lights, keep them clean.
- **Replace** worn wiper blades.

Vehicle Maintenance Kit:

- Fire extinguisher, (*know how to use it*)
- Battery-operated/crank radio/extra batteries
- Cat litter/sand for traction on ice/snow
- Chains
- Flashlight/extra batteries/crank type
- Ice Scraper
- Jumper Cables
- Utility Knife
- Latex Gloves (2 pair)
- Light Sticks
- Map of Area
- Plastic Shelter Tarps
- Plastic Storage Bags
- Road Flares
- Shovel



Fill your gasoline tank before leaving.
Always keep it at least half full.

Remember: 1/2 tank means empty!

Winter Travel &
Vehicle Maintenance Kit

Windstorms



Every fall and winter, windstorms cause extensive damage, including the loss of electricity. By taking action now, you can save lives and reduce the damage caused by windstorms and other weather-related hazards.

What to do before a windstorm:

- Contact your local emergency management office or the National Weather Service to find out what types of storms are most likely to occur in your community.
- Assemble a disaster supply kit.
- If you have a home generator, make sure you know how to use it safely. Follow all instructions and contact the vendor, if necessary. Improper use of a generator can cause carbon monoxide poisoning.
- Find out who in your area might need special assistance, such as the elderly, disabled, non-English speaking neighbors.
- Check with your veterinarian for animal care instructions in a emergency situation.
- Know what emergency plans are in place at your workplace, school, and daycare center.
- If you have an electric garage door opener, locate the manual override.
- Conduct a home safety evaluation to find out which nearby trees could fall in a windstorm.
- If you live on a coastal or inland shoreline, be familiar with evacuation routes.
- Monitor your portable or weather radio for instructions .

What to do during a windstorm:

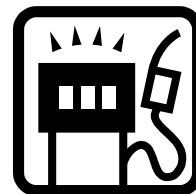
- Turn off the stove if you are cooking when the power goes out and turn off natural gas appliances.
- Never use a gas stove for heat.
- Never burn charcoal indoors.
- Never use a generator indoors or in a garage or carport.
- If you are indoors, move away from windows or objects that could fall. Go to lower floors in multi-story homes.
- If you are outdoors, move into a building. Avoid downed electric power lines, utility poles, and trees.
- If you are driving, pull off the road and stop away from trees. If possible, walk into a safe building. Avoid overpasses, power lines, and other hazards.

What to do after a windstorm:

- Check yourself and those around you for injuries.
- Call 9-1-1 only to report a life-threatening emergency.
- Evaluate damaged buildings, evacuate if necessary. Do not re-enter until declared safe by authorities.
- If you smell gas or hear a hissing sound - open windows and leave the building. Turn off the gas source and call your gas company. Do not use matches, candles, open flames or electric switches in doors.
- If the power goes out keep refrigerator and freezer doors closed to keep food frozen for up to two days.
- Provide assistance to your neighbors, especially the elderly or disabled.
- Try to make contact with your out-of-area phone contact, but avoid making local calls.
- Continue to monitor your portable or weather radio for instructions or an official "all clear" notice. Radio stations will broadcast what to do, the location of emergency shelters and medical aid stations, and the extent of the damage.

Important Reminder:

Keep your vehicle's gas tank at least half (1/2) full.



You may not be able to get to the gas station, the power may be out and you will not be able to pump gas, or the station may be out of gas.

Windstorms

WASHINGTON MILITARY DEPARTMENT
Emergency Management Division
Camp Murray, WA 98430-5122

Web site: www.mil.wa.gov
emergency-management-division
253-512-7000; (800) 562-6108



Thunder & Lightning Storms

**Go indoors if, after seeing lightning, you cannot count to 30 before hearing thunder.
Stay indoors for 30 minutes after hearing the last clap of thunder.**

All thunderstorms are dangerous. Every thunderstorm produces lightning. Dry thunderstorms that do not produce rain that reaches the ground are most prevalent in the western United States. Falling raindrops evaporate, but lightning can still reach the ground and can start wildfires. Although most lightning victims survive, people struck by lightning often report a variety of long-term, debilitating symptoms. Other associated dangers of thunderstorms include tornadoes, strong winds, hail, and flash flooding. Flash flooding is responsible for more fatalities - more than 140 annually - than any other thunderstorm associated hazard.

Before a thunderstorm strikes:

The following are guidelines for what you should do if a thunderstorm is likely in your area:

- Postpone outdoor activities.
- Get inside a home, building, or hard-topped vehicle (not a convertible). However, the steel frame of a convertible provides increased protection if you are not touching metal.
- Remember, rubber-soled shoes and rubber tires provide NO protection from lightning.
- Secure outdoor objects that could blow away or cause damage.
- Shutter windows and secure outside doors. If shutters are not available, close window blinds, shades, or curtains.
- Avoid showering or bathing. Plumbing and bathroom fixtures can conduct electricity.
- Use a corded telephone only for emergencies. Cordless and cellular telephones are safe to use.
- Unplug appliances and other electrical items such as computers and turn off air conditioners. Power surges from lightning can cause serious damage.
- Use your battery-operated NOAA Weather Radio for updates from local officials.



**WASHINGTON MILITARY DEPARTMENT
Emergency Management Division
Camp Murray, WA 98430-5122**

Web site: www.mil.wa.gov/
emergency-management-division
253-512-7000; (800) 562-6108

During a thunderstorm - if you are:

- In a forest: Seek shelter in a low area under a thick growth of small trees.
- In open area: Go to a low place such as a ravine or valley. Be alert for flash floods.
- On open water: Get to land and find shelter immediately.

Avoid the following:

- Natural lightning rods such as a tall, isolated tree in an open area.
- Hilltops, open fields, the beach, or a boat on the water.
- Isolated sheds or other small structures in open areas.
- Anything metal - tractors, farm equipment, motorcycles, golf carts, golf clubs, and bicycles.
- Anywhere you feel your hair stand on end (which indicates that lightning is about to strike) squat low to the ground on the balls of your feet. Place your hands over your ears and your head between your knees.

Make yourself the smallest target possible and minimize your contact with the ground. DO NOT lie flat on the ground.

Aid for victims of lightning: Call 9-1-1 for medical aid immediately.

The following are things you should check when you attempt to give aid to a victim of lightning:

- **Breathing** - if breathing has stopped, begin mouth-to-mouth resuscitation.
- **Heartbeat** - if the heart has stopped, administer CPR.
- **Pulse** - if the victim has a pulse and is breathing, look for other possible injuries. Check for burns where the lightning entered and left the body. Also be alert for nervous system damage, broken bones, and loss of hearing and eyesight.



Power Outages & Generators

“Safety” videos: www.youtube.com/user/EMDPrepare

Before a power outage:

- Register life-sustaining and medical equipment with your utility company.
- Consider buying a generator. When installing a generator, follow the instructions carefully. Keep your generator outside and run a cord inside. Don't connect your generator to main service panels - it's dangerous! Be sure to place carbon monoxide (CO) detectors indoors.
- Make sure your disaster preparedness kit contain light sticks, flashlights, a battery-powered radio with extra batteries and a wind-up clock.
- Have a corded telephone available - cordless phones will not work when the power is out.
- Have a safe alternative heat source and supply of fuel. Never burn charcoal or use a generator indoors.
- If you own an electric garage door opener, know how to open the door without power.

During a power outage:

- Turn off lights and electrical appliances except for the refrigerator and freezer. Even if it is dark, turn light switches and buttons on lamps or appliances to the “off” position. Leave one light on so you will know when the power is restored.
- Unplug computers and other sensitive equipment to protect them from possible surges when the power is restored.
- Wait at least 15 minutes after the power is restored before turning on other appliances.
- Conserve water, especially if you use well water.

- Never use gas ovens, gas ranges, barbecues or portable propane heaters indoors for heating - they use oxygen and create carbon monoxide that can cause suffocation.
- Using a kerosene heater, gas lantern, or stove inside the house can be dangerous. Maintain proper ventilation at all times to avoid a build up of toxic fumes. Be sure to have carbon monoxide detectors to detect fumes.
- Stay away from downed power lines and sagging trees with broken limbs.

Use a generator safely:

- If you plan to use a generator, install CO detectors in your home.
- Determine the amount of power you will need to operate items that you plan to plug into the generator.
- Place the generator away from windows, doors and vent that could allow CO to come indoors.
- **Never** use a portable generator indoors, in a garage, carport, basement, crawl space or other enclosed or partially-enclosed areas. Doing so may cause CO poisoning: sick, dizzy, weak. (**Get to fresh air fast.**)
- Plug appliances directly into the generator or use heavy duty, outdoor-rated extension cords that are rated (in watts or amps) at least equal to the sum of the connected appliance loads.
- Never try to power the entire house by plugging the generator into a wall outlet. This can cause ‘back feeding’ and can lead to electrocution of utility workers or neighbors served by the same transformer.
- The only safe way to connect a generator to house wiring is to have a qualified electrician install a power switch transfer.



WASHINGTON MILITARY DEPARTMENT
Emergency Management Division
Camp Murray, WA 98430-5122

Web site: www.mil.wa.gov/
emergency-management-division
253-512-7000; (800) 562-6108

Power Outages/
Generators



Carbon Monoxide (CO) Safety

“Safety” videos: www.youtube.com/user/EMDPrepare



Only use a generator outdoors; far away from open vents, windows and doors.



Cooking: Never use a gas cooking grill to cook inside your home.

Heating: Never try to heat your home with a gas grill.



Cooking: Never use a hibachi to cook inside your home.

Heating: Never try to heat your home with a hibachi.

What is carbon monoxide?

Carbon monoxide is a poisonous gas that cannot be seen or smelled and can kill a person in minutes. Carbon monoxide is produced whenever any fuel such as gas, oil, kerosene, wood, or charcoal is burned.

Hundreds of people die accidentally every year from carbon monoxide poisoning caused by appliances that are not used properly or that are malfunctioning.

Carbon monoxide can build up so quickly that victims are overcome before they can get help.

Once inhaled, carbon monoxide:

- Can cause permanent brain damage.
- Can cause chest pains or heart attacks in people with heart disease.

What are the symptoms of carbon monoxide poisoning?

- Headache
- Weakness
- Dizziness
- Confusion
- Fatigue
- Nausea

What should be done if you suspect someone has been poisoned by carbon monoxide?

- Move the person to a place with fresh air immediately.
- Take the person to an emergency room and tell them that you suspect carbon monoxide poisoning.

How can I prevent carbon monoxide poisoning?

- Never burn charcoal inside homes, tents, campers, vans, trucks, garages, or mobile homes. Do not burn charcoal in the fireplace in your home.
- Never use gasoline powered equipment indoors.
- Never use a gas oven to heat your home, even for a short time.
- Never sleep in a room while using an unvented gas or kerosene heater.
- Make sure that chimneys and flues are in good condition and are not blocked.
- Never idle a car in a garage, even when the garage door is open.
- Carbon monoxide warning devices may provide additional protection, but should not replace the other prevention steps.



WASHINGTON MILITARY DEPARTMENT
Emergency Management Division
Camp Murray, WA 98430-5122

Web site: www.mil.wa.gov/
emergency-management-division
253-512-7000; (800) 562-6108

Carbon Monoxide
Poisoning



Utility Safety - Gas/Propane

“Safety” videos: www.youtube.com/user/EMDPrepare

Natural Gas:

Natural gas leaks and explosions are responsible for a significant number of fires following any major earthquake. It is vital that all household members know how to shut off the natural gas.

Preparing to shut off the natural gas:

- Locate the shut-off valve (see illustration). Make sure this valve will turn. To shut off the gas, turn the valve 90° or 1/4 turn, so that it crosses the pipe (see illustration).

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.

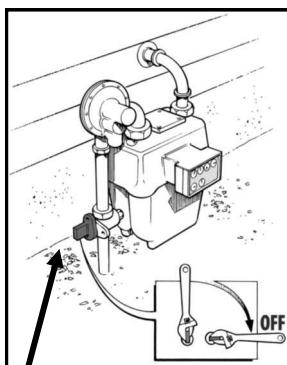
- Attach a wrench to the meter or to the wall directly behind the meter.



- Choose a crescent wrench that is at least 12" long.
- Adjust it to fit your valve before hanging it behind the meter in case it rusts.

Shutting off the gas after an earthquake:

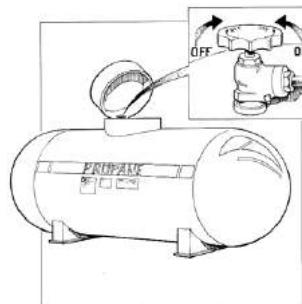
- Shut off the gas immediately only if you smell the characteristic odor of gas, you hear a hissing sound, and/or you notice the meter dials spinning more rapidly than normal.
- Do not use matches, lighters, open flame appliances, or operate any electrical switches until you are sure no gas leaks exist. 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.



The shut-off valve is located on the pipe that comes out of the ground.

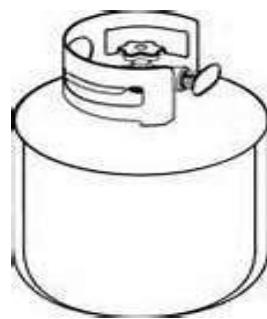
Propane:

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



Propane Tanks: (portable)

- Do not store tanks in a building, garage, or enclosure.
- When not connected for use, keep tank valve turned off.
- Propane tanks are extremely flammable.
- When transporting your tank, put it in a secure well-ventilated location in your vehicle. Tank should be upright with valve turned off. Tank should be taken directly to and from place of use. Do not leave unattended in any vehicle.
- Do not use portable propane heaters, stoves, or lanterns in tents, campers, truck caps, RVs, or other unventilated enclosures, especially while sleeping.
- Never store a spare tank beneath a grill.
- Always store tanks upright.
- Never store a tank in temperatures of 125F degrees or more.
- Never use or store a propane tank indoors.
- Do not try to repair a damaged tank or tank valve.



Utility Safety
Natural Gas / Propane

Remember

- Right is Tight -
- Left is Loose -

Prepare
in a
Year

WASHINGTON MILITARY DEPARTMENT
Emergency Management Division
Camp Murray, WA 98430-5122

Web site: [www.mil.wa.gov/
emergency-management-division](http://www.mil.wa.gov/emergency-management-division)
253-512-7000; (800) 562-6108

(Utility Safety continued on next page)



Utility Safety - Electricity/Water

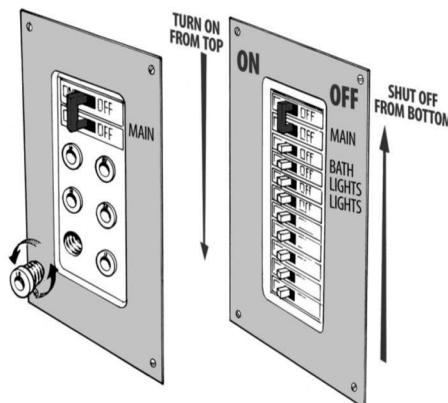
“Safety” videos: www.youtube.com/user/EMDPrepare

Electricity:

Electrical sparks have the potential of igniting natural gas if it is leaking. It is wise to teach all responsible household members where and how to shut off the electricity.

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.



FOR YOUR SAFETY: Always shut off all the individual circuits before shutting off the main circuit breaker.

- Check your electrical panel to make sure the breakers and fuses are properly rated for the circuit that they are protecting.
- If an appliance repeatedly blows a fuse, trips a circuit breaker or gives you an electrical shock, immediately unplug, repair or replace it.
- Check the cords of appliance in your home as well as the plugs and connectors. Make sure they are not frayed, cracked or damaged, 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, appliance, and tools for frayed cords, broken plugs, and cracker or broken housings.

Water:

Water 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.

- Cracked lines may pollute the water supply to your house. It is wise to shut off your water until you hear from the authorities that it is safe for drinking.
- 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).
- Locate the shut-off valve for the water line that enters your house. It may look like this:
- Make sure this valve can be completely shut off. Your valve may be rusted open or it may only partially close. Replace it if necessary.
- Label this valve with a tag for easy identification, and make sure all household members know where it is located.



Utility Safety
Electricity / Water



WASHINGTON MILITARY DEPARTMENT
Emergency Management Division
Camp Murray, WA 98430-5122

Web site: www.mil.wa.gov/
emergency-management-division
253-512-7000; (800) 562-6108



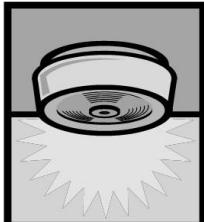
Fire Safety

“Carbon Monoxide” video: www.youtube.com/user/EMDPrepare

Fires in homes are most often caused by cooking accidents, smoking, or unsafe use of woodstoves or space heaters. Here are some things you can do to avoid a home fire.

Fire Extinguisher, Smoke Alarms, and Carbon Monoxide (CO) detectors:

- Install ABC fire extinguishers in your home and teach family members how to use them.
- Smoke alarms and carbon monoxide detectors should be installed on every level of your residence, outside bedrooms on the ceiling or high on the wall, at the top of open stairways (or the bottom of enclosed stairs) and near (but not in) the kitchen.
- Smoke alarms and CO detectors should be tested and cleaned once a month and the batteries should be replaced once a year.
- Smoke alarms and CO detectors should be replaced very 10 years.

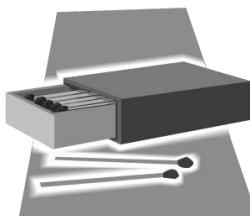


Flammable Items:

- Never use gasoline, kerosene or similar flammable liquids indoors. 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.



Heating Sources:

- Use alternative heat sources, such as woodstoves or space heaters, safely.
- Never use gas ovens, gas ranges, barbeques, or most portable or propane heaters for indoor heating.
- Before using an alternative heat source, read the manufacturer's instructions.
- Check with your local fire department on the legality of using kerosene heaters in your community. Fill kerosene heaters outside and ensure they are cool before filling.
- Place heaters at least three feet away from flammable materials. Make sure the floor and nearby wall are properly insulated.

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. If you need to plug in two or more applicants, get a UL-approved unit with a built-in circuit breaker.



WASHINGTON MILITARY DEPARTMENT
Emergency Management Division
Camp Murray, WA 98430-5122

Web site: www.mil.wa.gov/
emergency-management-division
253-512-7000; (800) 562-6108



Fire Safety

Most fires occur between midnight and the early morning hours, when people are sleeping. Know what actions to take - *before, during, and after a fire accident.*

Exiting Buildings:

- If there is a fire or when the alarms sounds leave immediately. Total and immediate evacuation is safest. Do not try to fight the fire; do not go back inside. Call 9-1-1 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.
- 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 you must move through flames - hold your breath, move quickly, cover your head and hair, keep your head down, and close your eyes as much as possible.
- 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 blouse, 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 fire fighters 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.

If You have a Disability:

- Plan ahead for fire emergencies.
- Be aware of your own capabilities and limitations.
- Plan for assistance in the event of an emergency.
- Look for "areas of refuge" like stair enclosures.
- Do not use elevators or try to descend stairs in a wheelchair.

Other Fire Information:

- Make sure your house number is clearly visible from the street and that fire trucks can reach your home.
- If you live in a multiple-level home or residence, you should purchase collapsible ladders and practice using them.
- Sleep with the doors closed to reduce potential exposure to smoke and flames.
- Be sure all family members are accounted for. If someone is missing, let the fire department know.

After a Fire:

- Check for injuries and provide first aid and CPR, if you are trained to do so.
- Do not enter fire-damaged structure unless authorities say it is safe.
- Beware of structural damage since roof and floors may have been weakened.
- If you have a safe or strong box, do not try to open it. It can hold intense heat for several hours. If the door is opened before the box has cooled, the contents could burst into flames.
- Call your insurance agent to report any damage.



WASHINGTON MILITARY DEPARTMENT
Emergency Management Division
Camp Murray, WA 98430-5122

Web site: www.mil.wa.gov/
emergency-management-division
253-512-7000; (800) 562-6108

Fire Safety

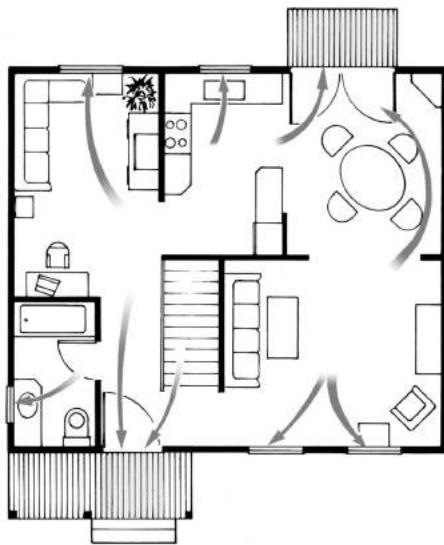
(Fire Safety continued on next page)

40



Fire Safety

Pre-planning: key to your safety. When it comes to fire – *be smart!* 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. Once you are outside, stay outside. Intense heat and toxic fumes can kill you.

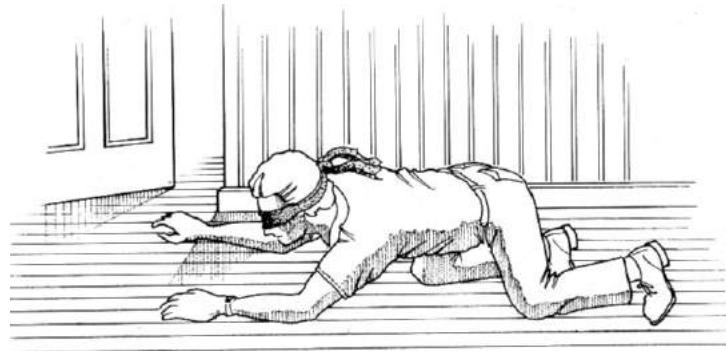


Planning & practicing fire safety:

1. Choose a reunion place outside your home. Our fire reunion place is:

- Regularly remind all household members where this place is.

2. Draw the floor plan of your home and discuss two ways to exit each room.
3. Hold a fire drill at least twice each year. Blindfolded, practice crawling your exit routes to simulate getting out of a smoke-filled house.



Fire extinguishers:

- Locate your fire extinguishers with care. Ready access to them is critical. Fire moves quickly – quick access can be the difference between putting a small fire out or suffering much damage.
- Several smaller extinguishers located throughout the house are better than one large one that may be difficult to get to quickly.
- Key places for your extinguishers are:
 - the kitchen
 - the garage
 - one on every level if your home has multiple floors

ABC extinguishers are recommended:

"A" fires:

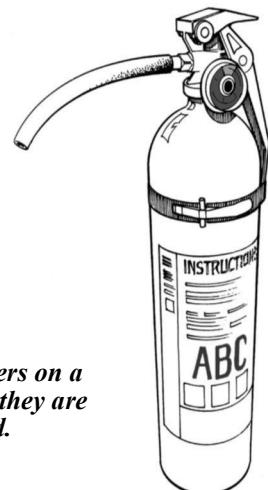
Ordinary combustibles such as wood, paper, cloth, and many plastics.

"B" fires:

Flammable liquids such as gasoline, paints, kitchen grease, and oils.

"C" fires:

Electrical equipment such as fires in wiring, motors, and appliances.



Check your extinguishers on a regular basis to ensure they are properly charged.



WASHINGTON MILITARY DEPARTMENT
Emergency Management Division
Camp Murray, WA 98430-5122

Web site: www.mil.wa.gov/
emergency-management-division
253-512-7000; (800) 562-6108



Fire Safety

“Fire Extinguisher” video: www.youtube.com/user/EMDPrepare

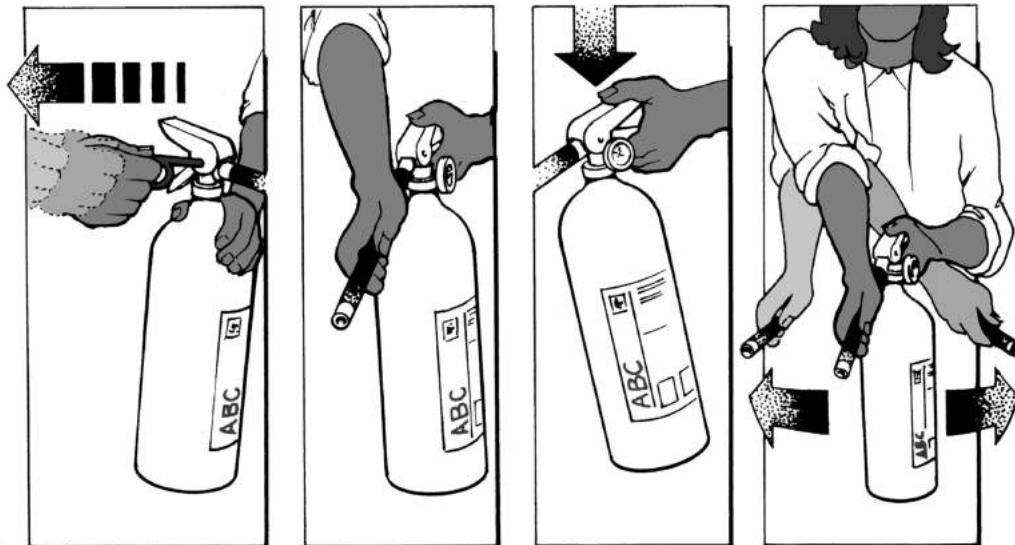
Using a fire extinguisher:

- Try to keep calm.
- VITAL: Keep an escape route open between you and the *small* fire you are attempting to extinguish. If the fire is large or becomes too large, immediately get out of the house.
- Close the door on your way out to slow the spread of flames.
- Always point the extinguisher at the base of the fire rather than at the top of the flames. Remember, if the fire is too big for you to handle, immediately get yourself and your family out of the house. Don't stop to gather anything or to do anything. Seconds can make all the difference.
- Once you are outside, stay outside. Intense heat and toxic fumes can kill you in seconds.

Possible fires following earthquakes:

- **Natural gas fires** –
First, shut off the gas.
Second, put the fire out by using an extinguisher, dirt, or water.
- **Electrical fires** –
First, shut off the electricity.
Second, 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.

P.A.S.S. - a proven and effective system for putting out fires



P. Pull the pin.

A. Aim at the base of the fire.

S. Squeeze the handle.

S. Sweep the hose side to side.



WASHINGTON MILITARY DEPARTMENT
Emergency Management Division
Camp Murray, WA 98430-5122

Web site: [www.mil.wa.gov/
emergency-management-division](http://www.mil.wa.gov/emergency-management-division)

Fire Safety



Terrorism

Terrorism is the use of force or violence against persons or property in violation of the criminal laws of the United States for purposes of intimidation, coercion, or ransom.

Terrorism facts:

- Terrorists often use threats to create fear among the public. This is done to convince citizens that their government is unable to protect them and to get immediate publicity for their causes.
- Acts of terrorism include: threats of terrorism; assassinations; kidnappings; hijackings; bomb scares and bombings; cyber attacks (computer -based); and the use of chemical, biological, radiological and nuclear weapons.
- High-risk targets for acts of terror include military and civilian government facilities, international airports, large cities, and high profile landmarks. Terrorists might also target large public gatherings, water and food supplies, utilities and corporate centers.

Actions to consider BEFORE a terrorist event:

- Learn about the nature of terrorism.
- Be aware of your surroundings.
- Take precautions when traveling. Be aware of conspicuous or unusual behavior. Do not accept packages from strangers. Do not leave your luggage unattended.
- Leave an area if you feel uncomfortable or if something does not seem right.
- Locate emergency exits and learn how to quickly evacuate a building, transportation corridor or congested public area.
- Stay clear of heavy or breakable objects that could move, fall, or break in an explosion.
- Assemble a disaster supply kit.
- Create an evacuation plan for your family and have a backup route in mind.
- Identify an out-of-area person that all family members can contact if separated.

Actions to consider DURING a terrorist event:

- Take cover immediately.
- Stay low to the floor or ground.
- Listen to local radio and television stations for updates and instructions.
- Evacuate immediately if directed to do so.

Actions to consider AFTER a terrorist event:

- Stay away from the event area; there may be danger of secondary devices.
- Check for injured and trapped persons near the event area and provide first aid and CPR, if trained to do so.
- Listen to local radio and television stations for the latest emergency information and instructions.
- Check the foundation, chimney and surrounding land for damage. Be especially careful of downed power lines and gas line that may have ruptured.
- Notify friends and family of your condition and location.
- Use phone service sparingly.



Did you SEE something suspicious

- at work?
- at a sporting event?
- in your community?

Call 9-1-1



WASHINGTON MILITARY DEPARTMENT
Emergency Management Division
Camp Murray, WA 98430-5122

Web site: www.mil.wa.gov/emergency-management-division
253-512-7000; (800) 562-6108

Terrorism



Active Shooter/Lockdown

An Active Shooter is someone actively engaged in killing or attempting to kill people in a confined and populated area; active shooters use firearms. Lockdown is initiated to isolate people from immediate dangers which may include armed intruders, violent behaviors, suspicious trespassers, bomb threat, active shooters, snipers, or police/fire activities.

If an Active Shooter enters your area:

- **Run...**evacuate the area as quickly, quietly, and as safely as possible.
- **Hide...**if you cannot safely evacuate, then hide.
- **Fight...**as a last resort, and only when your life is in imminent danger.

If an Active Shooter is outside or inside of your building:

- Proceed to a room that can be locked, close and lock all windows and doors and turn off all lights.
- Get everyone down on the floor and ensure no one is visible from outside the room.
- One person in the room must call 9-1-1 to report the incident and your locations.
- Remain in place until police or a familiar person arrives to inform you that the area is clear.
- Do not respond to any voice commands until you can verify whose voice it is with certainty. An unfamiliar voice may be the shooter attempting to lure victims from their safe space.

No matter what the circumstances:

- If you decide to flee, make sure you have an escape route and plan in mind.
- Do not attempt to carry anything while fleeing, when exiting the building, keep your hands visible at all times and follow police instructions.
- Do not attempt to remove injured people, but notify authorities of their locations.
- Do not try to drive away. This is a crime scene and authorities may want talk to you.

When law enforcement arrives:

- First responders will be armed and in duty uniform. They may have Kevlar* helmets and other equipment, such as pepper spray or tear gas.
- The first officers to arrive will not stop to aid the injured; rescue teams and emergency medical personnel will follow into secured areas to provide aid.
- Immediately raise hand and spread fingers (again keep your hands visible at all times).

Before an incident:

- Contact your local law enforcement and response agencies for assistance in developing your *Emergency Procedures*.
- Know the lockdown procedures for your work place and child's school/daycare.
- Develop plans for home incidents. *What will you do, who will pick up the children/pets, where will you go, where would you hide, who should you call, etc.*
- Post the address of the building in multiple locations; post emergencies numbers.
- Annually practice your procedures: home, work, and school/daycare. Revise as needed.

During an incident:

Follow your plan; you practiced it!

- Get everyone into rooms, lock all exterior and interior doors.
- Close windows and blinds, cover exposed windows.
- Turn off lights.
- Stay calm, stay quiet, stay low, and stay out of sight.
- Call 9-1-1.
- Do not open the door for any reason until an "all clear" is received.

Information needed when you call 9-1-1:

- Your Location
- Phone Number
- Type of Emergency

Answer their questions to the best of your ability.

After an incident:

- Resume normal activities as soon as possible.
- Determine need for aftercare, counseling, etc.
- Conduct an after incident review and update your plans/procedures, as necessary.



Active Shooter
Lockdown



WASHINGTON MILITARY DEPARTMENT
Emergency Management Division
Camp Murray, WA 98430-5122

Web site: www.mil.wa.gov/
emergency-management-division
253-512-7000; (800) 562-6108



Suspicious Packages

Be on the lookout for packages and letters that are misshaped, damaged and oddly labeled. Also look for minor details like the absence of a return address and small areas exposed by wear and tear that can point to suspicious packages.

Letter and parcel bomb recognition checklist; what to look for:

- Foreign mail, air mail, and special deliveries.
- Postmark does not match the return address.
- No return address.
- Restrictive markings such as "CONFIDENTIAL" or "PERSONAL".
- Excessive postage.
- Handwritten or poorly typed address.
- Incorrect titles.
- Misspellings of common words.
- Oily stains or discoloration on package.
- Visual distractions (wires/foil).
- A ticking sound.
- Excessive weight.
- Rigid, lopsided, or uneven envelopes.
- Excessive tape or string.

Handling suspicious packages:

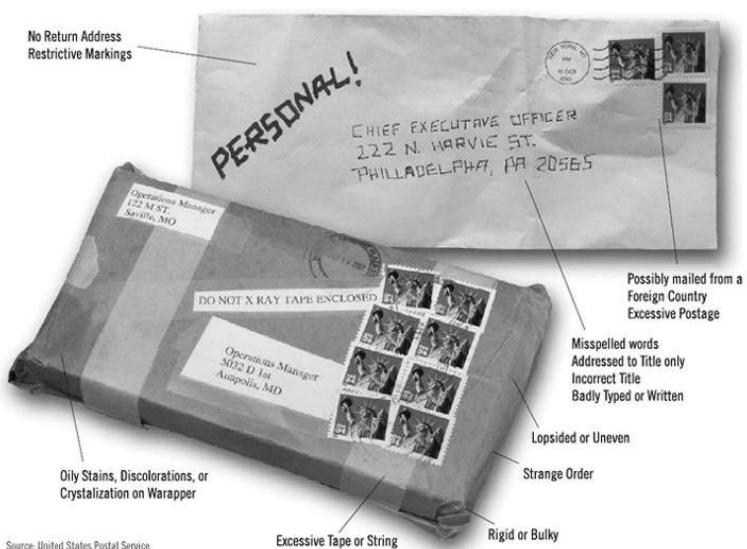
- DO NOT open or shake it.
- DO NOT carry or show to others.
- DO NOT bring to the Police Department.
- DO NOT sniff, touch or taste.
- DO place on stable surface, preferably a Bio-Safety Cabinet.
- DO alert others in the area.
- Leave the area, close doors and prevent others from entering by using signs or guarding.
- Distance and separation are the safest precautions to take.
- Wash hands with soap and water.
- Create a list of persons in the room where the package was received.

**Call _____
(your office security personnel)
or local police as soon as a suspicious package is received.**



WASHINGTON MILITARY DEPARTMENT
Emergency Management Division
Camp Murray, WA 98430-5122

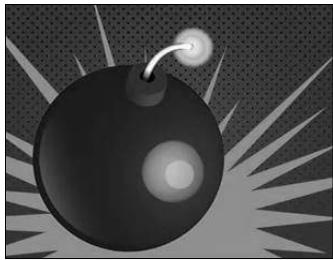
Web site: [www.mil.wa.gov/
emergency-management-division](http://www.mil.wa.gov/emergency-management-division)
253-512-7000; (800) 562-6108



Source: United States Postal Service

Suspicious Packages

Bomb Threat



Bomb Threats are usually received by telephone, but they may also be received by note, letter or email. All bomb threats should be taken seriously and handled as though an explosive device were in the building.

- If you are at work, have a coworker call 9-1-1 and building security immediately. Plan how you are going to alert your coworker.
- If you receive a bomb threat, do not touch any suspicious packages.
- Clear the area around a suspicious package, and notify policy immediately.
- While evacuating a building, avoid standing in front of windows or other potentially hazardous areas.

If an explosion occurs:

- Immediately get under a sturdy table or desk if things are falling around you.
- Heavy smoke and poisonous gases collect first along the ceiling. Stay below the smoke at all times.

If trapped in debris:

- If you have a flashlight, use it to help rescuers locate you.
- Stay in your area so that you don't kick up dust.
- Cover your mouth with a handkerchief or clothing.
- Tap on a pipe or wall so that rescuers can locate you. Use a whistle if one is available. Shout only as a last resort - shouting can cause a person to inhale dangerous amounts of dust.

If there is a fire:

- Stay low to the floor and exit the building as quickly and calmly as possible.
- Cover your mouth with a wet cloth, if possible.
- Test closed doors for heat with the palm of your hand and forearm on the lower and upper portions of the door. If it is not hot, brace yourself against the door and open it slowly. If it is hot or warm to the touch do not open the door. Seek an alternate escape route.

If there is a building collapse:

- Learn emergency evacuation procedures.
- Learn where the fire exits are located and be able to find them in the dark.
- Keep fire extinguishers in working order.
- Know where they are located and how to use them.
- Learn first aid and CPR.
- Business and organizations should keep and maintain a disaster supply kit on each floor of their buildings.

Bomb Threat Checklist

Questions to ask:

When is the bomb going to explode? _____

Where is it right now? _____

What does it look like? _____

What will cause it to explode? _____

Did you place the bomb? _____

Why? _____

What is your name? _____

What is your address? _____

Where are you calling from? _____

Other useful Information:

Sex of caller: _____

Race of caller: _____

Age of caller: _____

Background noises: (music, machinery, other)

Familiar voice: _____

Caller's voice: (circle all that apply)

Disguised Deep

Accent Nasal

Broken Loud

Lisp Soft

Stutter Squeaky

Slow Giggly

Crying Calm

Provided by: _____

Phone number: _____



WASHINGTON MILITARY DEPARTMENT
Emergency Management Division
Camp Murray, WA 98430-5122

Web site: www.mil.wa.gov/emergency-management-division
253-512-7000; (800) 562-6108

Bomb Threats



Chemical/Biological Threat

**Terrorists look for visible targets where they can avoid detection.
You may need to evacuate or shelter-in-place; listen to your radio for instructions.**

The main **Chemical Warfare Agents** are sulfur mustard gas and nerve agents such as SARIN and VX. These agents are typically released as a vapor or liquid. During a chemical attack, the greatest danger would come from breathing the vapors. If a large amount of chemical were released as an aerosol, people's skin might be exposed to the chemical agent as droplets.

Sulfur Mustard - symptoms and treatment:

- Sulfur mustard can cause skin to become red and irritated. Larger amounts will make the skin blister.
- Sulfur mustard can damage your eyes causing irritation, redness, and swelling of the lids.
- Breathing in sulfur mustard can cause throat irritation, sinus pain and coughing. Breathing in large amounts will damage the lungs.
- If you are exposed to sulfur mustard, it may take four to eight hours before you feel symptoms. However, after a relatively small exposure, symptoms may take up to 24 hours to develop.
- Medical staff can't treat you with soothing lotions, eye drops, and pain medication. If infections develop you may be given antibiotics.

Nerve Agents: systems and treatment:

- A small amount of vapor can dim or blur vision and cause eye pain, a runny nose, or shortness of breath.
- Moderate amounts of vapor can cause muscle weakness, nausea, vomiting, and diarrhea.
- Exposure to large amounts of vapor can cause interruption of breathing, muscle weakness, loss of consciousness, convulsions, and death.
- Effects usually appear seconds to minutes after breathing the vapor of a nerve agent.
- Exposure to small amounts of vapor may cause smaller than normal eye pupils. This may take an hour to happen.
- If you are exposed to a large amount of nerve gas/nerve agent and have a runny nose, difficulty breathing, or nausea and vomiting, you may be treated with the medicines atropine or pralidoxime.

What you should do if there is a chemical attack:

- Listen to authorities. They will tell you either to evacuate the area immediately or seek shelter.
- If you have symptoms of exposure, call 9-1-1 immediately.
- If you are outside before taking shelter and think you may have been exposed to a chemical agent:
 - Take off your outer clothes, put them in a plastic bag and seal the bag. Tell emergency staff about the sealed bag so they can remove it safely.
 - Wash or take a cool shower (do not use hot water). Use lots of soap; do not put the soap in your eyes.
 - If you leave the area, tell emergency or medical staff at your new locations that you may have been exposed.

Biological Agents:

- Biological agents are organisms or toxins that may harm people, livestock, or crops. Because biological agents cannot necessarily be detected and may take time to grow and cause disease, it may be difficult to determine that a biological attack has occurred.
- If the government were to become aware of a biological attack through an informant or warning by terrorists, they would most likely instruct people to either seek shelter where they are and seal the premises (shelter-in-place) or evacuate immediately.
- A person affected by a biological agent requires the immediate attention of professional medical personnel. Some agents are contagious and victims may need to be quarantined. Some medical facilities may not be receiving victims for fear of contaminating the hospital population.



WASHINGTON MILITARY DEPARTMENT
Emergency Management Division
Camp Murray, WA 98430-5122

Web site: [www.mil.wa.gov/
emergency-management-division](http://www.mil.wa.gov/emergency-management-division)
253-512-7000; (800) 562-6108

Chemical/Biological Threat



Radiological Threat

One source of radiation exposure is a “dirty bomb.” A dirty bomb is an explosive device that contains radioactive materials. During any event that releases radiation, follow the recommendations of authorities.

Radiation Exposure:

- Stay inside your home or office unless otherwise instructed by authorities. Close the windows, turn off the heating or air conditions, and stay near the center of the building. The blast may have spread radioactive materials in debris sand smoke. By staying inside you will reduce any potential exposure to airborne radioactive materials. Go to the basement if one is available.
- When you learn that radioactive materials have been released near you—accidentally or intentionally - turn your radio to the Emergency Alert System and listen for instructions. Government agencies will let you know how to protect yourself. Keep a battery-powered radio handy in case electrical power goes out in your area.
- Follow their instructions; do what experts advise. You may be told to shelter-in-place or evacuate. If you evacuate, take items you will need for an extended absences; prescription medications, clothing, food, water, and money.

If you suspect you are contaminated:

- You should carefully remove your outer layer of clothing and put in a plastic bag. Take a warm shower. Use soap and shampoo to wash off any radioactive materials. Place the sealed plastic bag in a room away from people.

Seek help if needed:

- Assistance centers will be set up as soon as possible. Use the media or look on health department or emergency websites for assistance center locations. If this information is not yet available, go to a police or fire station located outside the affected area. If you were near the explosion or in the path of the smoke cloud, tell the staff at the station or assistance center.

Watch what you eat:

Avoid drinking fresh milk or eating fruits and vegetables grown in the affected area. Wait until the Department of Health declares food and water safe to consume. Food stored in cans or bags is safe to eat. Fresh food harvested before the radiation release and stored inside is safe. Thoroughly rinse off containers before opening.

Shelter-in-Place is specifically used when there is a chemical, biological, or radiological threat. If a chemical agent attack happens, authorities will instruct people to either shelter where they are and seal the premises (*shelter-in-place*) or evacuate immediately.

Before an incident:

To properly shelter-in-place you will need to prepare a **Safe Room** in advance. You will probably need to stay inside several hours, but not several days, so choose a room and stock supplies to get you through the time. A master bedroom with an attached bathroom is ideal to give you access to the toilet and running water.

The doors and windows of that room will need to be sealed with plastic sheeting and tape and dampened towels or cloths will be placed under the doors. In extreme cases of contamination, breathing through a wet cloth provides additional protection.

Preparing your Safe Room:

- Purchase plastic sheeting and cloth tape or 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 to hold the pre-cut plastic, tape, and these additional supplies: a battery-powered AM / FM radio (power may be out), extra batteries, some snack foods, some water, and some towels and blankets (if this is another room than the bedroom). Store this box in your safe room.



Radiological Threat



WASHINGTON MILITARY DEPARTMENT
Emergency Management Division
Camp Murray, WA 98430-5122

Web site: www.mil.wa.gov/
emergency-management-division
253-512-7000; (800) 562-6108



Shelter-in-Place

Shelter-in-Place is not the same as “staying inside” a building. When you **shelter-in-place** you will seal the room with plastic sheeting and duct tape.

Shelter-in-Place is specifically used when there is a chemical, biological, or radiological threat. If a chemical agent attack happens, authorities will instruct people to either shelter where they are and seal the premises (shelter-in-place) or evacuate immediately.

Generally shelter where you are unless directed otherwise by response officials. Typically, events of this type do not last long. The hazardous agents are moved about by air and wind, which is constantly circulating.

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.

Before an incident:

To properly shelter-in-place you will need to prepare a **Safe Room** in advance. You will probably need to stay inside several hours, but not several days, so choose a room and stock supplies to get you through the time. A master bedroom with an attached bathroom is ideal to give you access to the toilet and running water.

The doors and windows of that room will need to be sealed with plastic sheeting and tape and dampened towels or cloths will be placed under the doors. In extreme cases of contamination, breathing through a wet cloth provides additional protection.

Preparing your Safe Room:

- Purchase plastic sheeting and cloth tape or 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 to hold the pre-cut plastic, tape, and these additional supplies: a battery-powered AM / FM radio (power may be out), extra batteries, some snack foods, some water, and some towels and blankets (if this is another room than the bedroom). Store this box in your safe room.

During an incident:

1. Go inside, stay inside.



2. Close all windows and doors.



3. Turn off ventilation systems (*heating, air-conditioning, fireplace dampers, etc.*)



4. Go into your Safe Room (*seal windows, vents, doors*)



5. Listen to your radio; stay in the room until authorities tell you it is safe to come out.



If in a vehicle:

- Tightly roll up all windows.
- Shut off the motor to avoid drawing outside air in through the engine.
- Turn off all heating and cooling and close all vents.
- Breathe through a dampened cloth.
- Turn on the radio and listen for instructions.



WASHINGTON MILITARY DEPARTMENT
Emergency Management Division
Camp Murray, WA 98430-5122

Web site: www.mil.wa.gov/
emergency-management-division
253-512-7000; (800) 562-6108

Shelter-in-Place

Shelter-in-Place Instructions

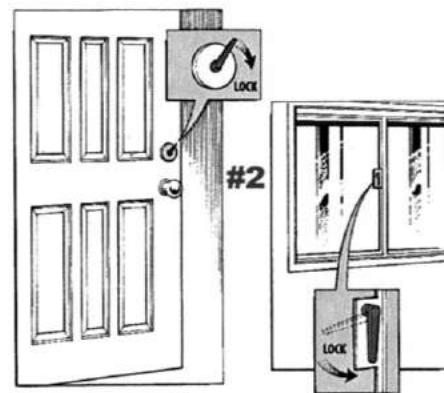
1. Go inside immediately.

- Remember your pets.



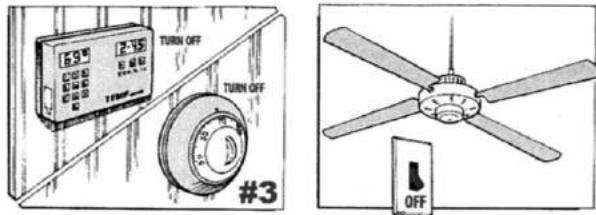
2. Tightly lock all doors & windows.

- The more immediately you do this - and the more tightly - the less likely it will be that contaminants will get inside.



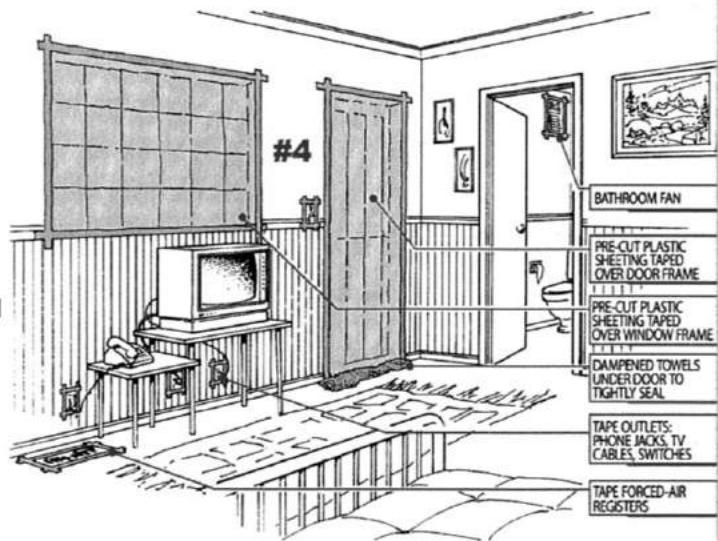
3. Shut off fans & devices that circulate air throughout your home.

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



4. Go into your pre-selected room & seal it tightly.

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



5. Listen to the radio for instructions.

- Officials will be giving instructions about whether or not to evacuate, and when it is safe to come out.



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

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





Germs & Coughing

Here are some simple tips to help keep respiratory infections and many other contagious diseases from spreading, especially during the cough, cold, and flu season.

Respiratory infections affect the nose, throat, and lungs; they include influenza (the “flu”), colds, and pertussis (whooping cough). The germs (viruses and bacteria) that cause these infections are spread from person to person in droplets from the nose, throat, and lungs of someone who is sick.

You can help stop the spread of these germs by practicing “respiratory etiquette,” or good health manners.

Here are some tips to help prevent spreading your germs to others and to avoid catching someone else’s germs.

Cover Your Cough



WASHINGTON MILITARY DEPARTMENT
Emergency Management Division
Camp Murray, WA 98430-5122

Web site: www.mil.wa.gov/
emergency-management-division
253-512-7000; (800) 562-6108

Keep your germs to yourself:

- Cover your nose and mouth with a tissue when sneezing, coughing, or blowing your nose.
- Discard used tissues in the trash as soon as you can.
- Always wash your hands after sneezing, blowing your nose, or coughing or after touching used tissues or handkerchiefs. Washing hands often if you are sick.
- Use warm water and soap or alcohol-base hand sanitizers to wash your hands.
- Try to stay home if you have a cough and fever
- See your doctor as soon as you can if you have a cough and fever and follow their instructions. Take medicine as prescribed and get lots of rest.
- If asked, use face masks provided in your doctor’s office or clinic’s waiting room. Follow office and clinic staff’s instructions to help stop the spread of germs.

Keep the germs away:

- Wash your hands before eating or touching your eyes, nose, or mouth.
- Wash your hands after touching anyone who is sneezing, coughing, or blowing their nose.
- Don’t share things like towels, lipstick, toys, or anything else that might be contaminated with respiratory germs.
- Don’t share food, utensils, or beverage containers with others.



Disease Outbreak

Infectious disease are cause by exposure to harmful microorganisms. These organisms multiply and can make you sick by attacking organs or cells in your body. They include viruses, bacteria, and certain other microscopic organisms known as pathogens.

What to do now:

- Learn home-care basics; know how to care for someone with a fever, body aches, and lung congestion.
- Learn about dehydration: weakness, fainting, dry mouth, dark urine, low blood pressure, fast pulse. Prevent it by encouraging people to drink extra water - up to 12 glasses per day.
- Be ready to help family members and neighbors who are elderly or have special needs if services they depend on are not available.
- Know school policies about illness and absence. Make a plan for taking care of your children if schools are closed for long periods.
- Be prepared to stay home from work when you are sick. Know work policies about sick leave, absences, time off, and telecommuting.
- Encourage planning. Every workplace should have a plan for doing essential tasks if large number of employees are absent over many months.
- Explore ways to get your work done with less personal contact, such as increased use of email and phone conferences.
- Be prepared to get by for a week or more on what you have at home. Stores may not be open or may have limited supplies. Plan to limit the number of trips you take to shop or to run errands.

Prevent the spread of germs:

- Cover your nose and mouth when you cough or sneeze. Cough into your sleeve or cover your mouth with a tissue.
- Wash your hands. after sneezing,. Soap and water are best, but alcohol-based hand gel or disposable wipes also work.
- Don't touch your eyes, nose, or mouth. The flu virus is often spread when a person touches something that has the flu virus on it and then touches their eyes, nose, or mouth.



WASHINGTON MILITARY DEPARTMENT
Emergency Management Division
Camp Murray, WA 98430-5122

Web site: www.mil.wa.gov/
emergency-management-division
253-512-7000; (800) 562-6108

Contagious Diseases:

- A contagious disease is a disease that can be "caught" by someone who comes into contact with someone who is infected. Not all infectious diseases are contagious. Exposure to a contagious disease usually happens through contact with an infected person's bodily fluids or secretions (such as a sneeze).

Toxins:

- Toxins are the poisonous substances produced by microorganisms (bacteria, mold, virus) in certain infectious diseases. Microorganisms use these toxins as the specific weapons for attacking organs or cells in the body. Although toxins are usually classified as being biologically produced, the poisons created by non-living, chemical agents are commonly referred to as chemical toxins.

Vaccination:

- Infectious diseases are caused by exposure to harmful microorganisms. One method that public health officials may use to control an outbreak is vaccination. Vaccines allow the body to produce antibodies, which protect the body against later infection by a particular agent. However, vaccines are not available for many disease and not all vaccines work the same way.

Pandemic Flu:

- A flu pandemic could be devastating, so everyone should be prepared for the worst. With up to one-third of the workforce sick or staying home, supplies and services could be limited or disrupted.
- Extraordinary measures could be required. You may be asked to stay away from other people and large public gatherings. Concerts or sporting events may be cancelled, schools may closed. Health officials may issue orders to keep people with the virus at home or in special facilities. You may be asked to wear a mask in medical facilities or other public places. A flu pandemic could last a long time. The 1918 flu pandemic lasted 18 months.

Taking Care of Psychological & Emotional Needs

Uncertainty
Stress
Anxiety
Fear
Feeling Helpless

It is natural to be upset when you think your health or the health of your loved ones is threatened. Pay attention to your own feelings and take care of your emotional needs, then you can better help friends and family members handle their concerns.

Coping with uncertainty:

Anxiety can be related to fear of the unknown. It is normal to feel anxious and worried during an emergency.

Reactions to emergencies:

People often experience changes in their physical, emotional, or mental state during and after emergencies. For example, they may have trouble sleeping, experience anger or depression, or have problems at work or school. These are among the many normal reactions to an emergency situation. There are things you can do to cope with these problems. However, if these reactions seem extreme or last for a long time, the person suffering the condition should seek help.

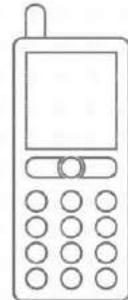
Coping with stress and anxiety:

- Limit your exposure to graphic news stories.
- Get accurate, timely information from reliable sources.
- Learn more about the specific hazard.
- Maintain your normal routine, if possible.
- Avoid drugs and excessive drinking
- Exercise, eat well and get enough sleep.
- Stay active physically and mentally.
- Stay in touch with family and friends.
- If you can, help others.
- Keep a sense of humor.
- Share your concerns with others.

Stay connected:

It is important to stay connected with others. Use the telephone and email or other social media tools.

Ask for help if you need it. If your anxiety gets in the way of your daily life, talk to someone you trust. This may be your doctor, a family member, friend, clergy member, teacher, or mental health professional.



If you notice a big change in a loved one, friend, or coworker reach out to them. Make some time to talk. Watching out for others show you care and it can be comforting for both of you.

If you or someone you know is having a hard time managing emotions, seek help from a medical or mental health professional.

Get reliable information:

When an emergency happens, it is important to keep things in perspective. Get information about the event from:

- Newspaper, radio, television
- Your local Emergency Management Office
- Washington State Emergency Management



WASHINGTON MILITARY DEPARTMENT
Emergency Management Division
Camp Murray, WA 98430-5122

Web site: www.mil.wa.gov/
emergency-management-division
253-512-7000; (800) 562-6108

Psychological &
Emotional Needs



Helping Children After a Disaster

It's important to remember some children may never show distress, while others may not give evidence of being upset for several weeks or even months after an emergency. Other children may not show a change in behaviors, but may still need your help.

Children may exhibit the following behaviors after a disaster:

- Be upset over the loss of a favorite toy or possession that is important to them.
- Change from being quiet, obedient, and caring to loud, noisy, and aggressive or change from being outgoing to being shy and afraid.
- Develop night-time fears (nightmares, fear of the dark or sleeping alone).
- Be afraid the event will reoccur.
- Become easily upset.
- Lose trust in adults. (After all, their adults were not able to control the disaster.)
- Revert to younger behavior (bed-wetting, thumb-sucking).
- Want to stay close to parents. Refuse to go to school or daycare.
- Feel they caused the disaster because of something they said or did.
- Become afraid of wind, rain, or sudden loud noises.
- Have symptoms of illness, such as headaches, vomiting, or fever.
- Worry about where they and their family will live.

Things parents can do to help their children:

- Talk with children about how they are feeling. Assure them that it's okay to have those feelings.
- Help children learn to use words that express their feelings, such as "happy", "sad", or "angry".
- Children should not be expected to be brave or tough. Tell them it's okay to cry.
- Don't give the children more information than they can handle about the disaster.
- Assure fearful children you will be there to care for them; constantly reassure them.
- Reassure children that the disaster was not their fault.

- Go back to former routines as soon as possible. Maintain a regular schedule for the children.
- Let children have some control, such as choosing clothing and what meal to have for dinner.
- Re-establish contact with extended family members.
- Help your children learn to trust adults again by keeping promises you make.
- Help your children regain faith in the future by making plans.
- Get needed health care as soon as possible.
- Spend extra time with your children at bedtime.
- Make sure children eat healthy meals and get enough rest.
- Allow special privileges for a short period of time, such as leaving the light on when they go to bed.
- Find ways to emphasize to your children that you love them.
- Allow children time to grieve losses.
- Develop positive anniversary activities to commemorate the event. These may bring tears, but they are also a time to celebrate survival and the ability to get back to a normal life.

NOTE:

- Children who experience an initial traumatic event before they are 11 years old are 3 times more likely to develop psychological symptoms than those who experience their first trauma later.
- Children are able to cope better with a traumatic event if parents and other adults support and help them with their experiences.
- Help should start as soon as possible.



WASHINGTON MILITARY DEPARTMENT
Emergency Management Division
Camp Murray, WA 98430-5122

Web site: [www.mil.wa.gov/
emergency-management-division](http://www.mil.wa.gov/emergency-management-division)
253-512-7000; (800) 562-6108



Disaster Tips for People with Special Medical Needs

In a disaster, people with special medical needs have extra concerns. This information will help you and your family think about what extra supplies and equipment each of you may need to be prepared.

Medications:

- Always have an extra supply of all your medications. In some emergencies, such as influenza pandemic, you may need to prepare for a week or more.

Talk to your pharmacist about getting an emergency supply or re-order your prescriptions a few days ahead of time and place the unused medications in your old prescription bottles.

- Store your medications in one location in their original containers.
- Have a list of all your medications: name of medication, doses, frequency, and the name of the prescribing doctor.

Medical supplies:

- Have an extra supply of any medical supplies you use such as bandages, ostomy bags, or syringes.

Electrically powered medical equipment:

- For all medical equipment requiring electrical power - beds, breathing equipment, or infusion pumps - check with your medical supply company and get information regarding a back-up power source such as a battery or generator.

Oxygen and breathing equipment:

- If you use oxygen, have an emergency supply; enough for an extended period of time.
- Oxygen tanks should be securely braced so they do not fall over. Call your medical supply company regarding bracing instructions.
- If you use breathing equipment, have extra tubing, solutions, and medications.



WASHINGTON MILITARY DEPARTMENT
Emergency Management Division
Camp Murray, WA 98430-5122

Web site: [www.mil.wa.gov/
emergency-management-division](http://www.mil.wa.gov/emergency-management-division)
253-512-7000; (800) 562-6108

Intravenous (IV) and feeding tube equipment:

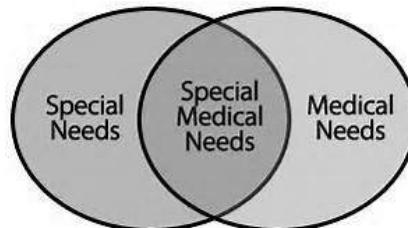
- Know if your infusion pump has battery back-up, and how long it would last in an emergency.
- Ask your home care provider about manual infusion techniques in case of a power outage.
- Have written operating instructions attached to all equipment.

Emergency kit:

- In the event that you have to leave your home, keep a bag packed at all time that contains:
 - A medication list.
 - Medical supplies.
 - Copies of vital medical papers such as insurance cards and power of attorney.

People who can help:

- An important part of being prepared for disaster is planning with family, friends, and neighbors. Know who can walk to your home to assist you if no other means of transportation is available.
- Discuss your disaster plans with your home healthcare provider.
- Ask your local fire department if they keep a list of people with special medical needs; ask to be included if they do maintain a list.
- Keep a phone contact list handy of people who can help.



Special Medical Needs



Disaster Tips for People with Mobility Disabilities

People who have mobility impairments may face unique challenges in an emergency. Make sure you prepare before a disaster strikes, so that you will have the necessary items that you will need during the emergency.

Storage:

- Store emergency supplies in a pack or backpack attached to a walker, wheelchair, or scooter.
- Store needed mobility aids (canes, crutches, walkers, wheelchairs) close to you in a consistent, convenient, and secured location. Keep extra aids in several locations, if possible.

Emergency supply kit:

- Keep a pair of heavy gloves in your supply kit to use while wheeling or making your way over glass or debris.
- If you use motorized wheelchair or scooter, consider having an extra battery available. A car battery can be substituted for a wheelchair battery, but this type of battery will not last as long as a wheelchair's deep-cycle battery. Check with your vendor to see if you will be able to charge batteries by either connecting jumper cables to a vehicle battery or by connecting batteries to a specific type of converter that plugs into your vehicle's cigarette lighter in the event of loss of electricity.
- If your chair does not have puncture-proof tires, keep a patch kit or can of "fix-a-flat" air product to repair a flat tire, or keep an extra supply of inner tubes.
- Store a lightweight manual wheelchair, if available.
- Make sure furniture is secured so that it doesn't block the pathways you normally travel.



- If you spend time above the first floor of a building with an elevator, plan and practice using alternative methods of evacuation. If needed, enlist the help of your personal support network.
- If you cannot use stairs, discuss lifting and carrying techniques that will work for you. There will be times when wheelchair users will have to leave their chairs behind in order to safely evacuate a structure.
- Sometimes transporting someone down stairs is not practical solution unless there are two or more strong people to control the chair. It is very important to discuss the safest ways to transport you if you need to be carried. Alert helpers to any areas of vulnerability. For example, the traditional "firefighter's carry" may be hazardous to some people with respiratory weakness.



- Be prepared to give helpers brief instructions on the best way to move you.



Mobility Disability



Preparedness Tips for the Deaf & Hard of Hearing

People who are deaf or have hearing impairments, may face unique challenges in an emergency. Take a few minutes to assess your needs and start preparing.

Hearing Aids:

- Store hearing aids where you can easily find them after a disaster. For example, you could keep them in a container by your bedside and attach the container to a nightstand or bedpost using a string or Velcro. Missing or damaged hearing aids will be difficult to replace or fix immediately after a major disaster.



Batteries:

- Store extra batteries for hearing aids and implants. If possible, store an extra hearing aid with your emergency supplies.
- Keep your pager, captioned telephone, and other communication equipment charged.
- Maintain batteries and store extras for your TTY and other communications equipment. Check the owner's manual for proper battery maintenance.

Communication:

- Know how to communicate with emergency personnel if there is no interpreter or if you don't have your hearing aids. Store paper and pens for this purpose.
- Consider carrying pre-printed copy of important message with you, such as:
 - I use American Sign Language (ASL) and need an ASL interpreter.
 - I do not speak or read English.
 - If you make announcements, I will need to have them written or signed.
- If possible, get a battery-operated TV that has a decoder chip for access to signed or captioned emergency reports.
- Determine which broadcast systems will provide continuous captioned and/or signed news.



WASHINGTON MILITARY DEPARTMENT
Emergency Management Division
Camp Murray, WA 98430-5122

Web site: www.mil.wa.gov/
emergency-management-division
253-512-7000; (800) 562-6108

Alarms:

Install smoke alarms that give signals that can be both seen and heard. At least one smoke alarm should be battery operated.

Advocacy issues:

- Recruit interpreters to be Red Cross emergency volunteers.
- Encourage TV stations to broadcast all news and emergency information in open caption format.
- Encourage TV stations to plan to provide interpreters for on-camera duty during emergencies.
- When you travel, be sure hotels have services for the deaf and hard of hearing, including visual alarms. Ask for them when you check in.

**I am hard of hearing.
Please face me.
Speak clearly.**





Disaster Tips for People with Visual Disabilities

People who have visual disabilities may face unique challenges in an emergency. If you need to wear eyeglasses or contact lenses you are also considered a person with an eyesight disability.

Extra items: place them where they are easily accessible.

Glasses:

- If you use glasses, plan to keep extra pairs available.

Contact lenses:

- If you wear contact lenses, plan to keep extra ones with you in case you are unable to return home. Carry an extra lens case and lens solution, if necessary.

Canes:

- If you use a cane, keep extras in strategic, consistent, and secure locations at work, home, school and volunteer sites to help you maneuver around obstacles and hazards.
- Keep a spare cane in your emergency kit.

Alternative mobility cues:

- If you have some vision, place security lights in each room to light paths of travel. These lights plug into electric wall outlets and light up automatically if there is a loss of power. They will, depending on the type, continue to operate automatically for 1 to 6 hours. They can also be turned off manually and used as a short-lasting flashlight.
- Store high-powered flashlights with wide beams and extra batteries.
- Plan for losing the auditory clues you usually rely on after a major disaster.
- Service animals may become confused, frightened, or disoriented during and after a disaster. Keep them confined or securely leased or harnessed. A leash/harness is an important item for managing a nervous or upset animal. Be prepared to use alternative ways to negotiate your environment.



Label supplies:

- If helpful, mark emergency supplies with large print, fluorescent tape, or Braille.

Secure computers & furniture:

- Anchor special equipment and large pieces of furniture such as computers and shelving. Create a computer back-up system for important data and store it off site.

Advocacy issues:

- Advocate that TV news not only post important phone numbers, but also announce them slowly and repeat them frequently for people who cannot read the screen.

