

# Think, Plan, Do! REPEAT



## A Guide to Preparing for Emergencies and Disaster

Developed & Published by the  
Jefferson County Department  
of Emergency Management

# Table of Contents

---

2	The Importance of Preparation
3	Where to Start: Make a Reunification Plan
4	Your Home Is Your Best Shelter
5	Shelter-in-Place
6	Drinking Water
7	Utilities & Power
7	Alternate Power Sources
8	What to do: Before, During & After Outage
8	Power Usage & Generator Selection
9	Human Waste and Garbage
10	Communication
11	Get Connected
11	Out-of-Area Contact Cards
11	Information Resources & Contacts
12	Important Documents
13	Basic First Aid & Disaster Kits
13	Pet & Vehicle Kits
14	Evacuation: When You Must Leave Home
14	Grab & Go Kits
16	Neighborhood Preparedness-Map Your Neighborhood
17	Disabled & Vulnerable People
18	Disaster-Specific Preparedness:
18	Earthquakes
19	Tsunamis
20	Wild Land Fires & Evacuation Levels
20	Landslides
21	Winter Storms/Severe Weather
21	Floods
23	OK/Help Sign
22	Health & Safety Concerns
25	Medical Information Form

MAKE A PLAN

**REMEMBER—WHEN  
DISASTER STRIKES,  
THE TIME TO  
PREPARE  
HAS PASSED.**

*-Steven Cyrus*

# Jefferson County Emergency Management

---

## The Jefferson County Emergency Operations Center (EOC)

The EOC is activated at levels appropriate to the needs of the community and responds with resources requested from partner agencies.

When activated, the EOC is staffed with volunteers and professionals trained to implement the Incident Command System.

The City Command Center is activated for response agencies based within the city's boundaries. Operations are overseen via telecommunications from the EOC.

## The Functions of the EOC Team

### ■ Inform, Collect & Evaluate

Establishing & Sustaining an information management system in the EOC that provides for the collection, processing, tracking, display and retention of operational information.

### ■ Strategic Planning

Coordination of global strategic planning to guide and measure progress toward overall emergency response & recovery goals and objectives.

### ■ Develop & Maintain Common Operational Picture

Assembling, codifying and displaying the status of infrastructure, assessment of public and private damage and overall impact of emergency conditions.

### ■ Inter-agency Coordination

The hub of multi-agency and multi-jurisdictional coordination and collaboration.

### ■ Prioritize Incidents

Prioritize scarce resources according to the strategic plan.

### ■ Manage Resources

General material support to the emergency response and recovery agencies; acquisition, staging, delivery and tracking of essential resources.

### ■ Public Information Dissemination

Emergency public information network that provides the public with updated information.

### ■ Coordinate State & Federal Relief

Act as the principal point of contact for state assistance and federal disaster relief.

## Acknowledgements

Jefferson County Emergency Management wishes to recognize the extraordinary work of the Neighborhood Preparedness (NPREP) group leaders who have worked energetically and enthusiastically to educate the community about the need to prepare for the types of emergency situations that can impact area residents.

Because of NPREP's efforts, Jefferson County neighbors can rely on one another to stay safe in times of local emergencies.

A special thanks to Keppie Keplinger and Tanda McMillin for their continued efforts to write quality public education materials and the compilation and reorganization of this handbook. Graphics & Design: Todd Morrison



## The Importance of Preparation

---

Jefferson County is particularly susceptible to hazards that could severely affect our community.

Consider our location on the Olympic Peninsula which is:

- Riddled with geological fault lines that regularly generate earthquakes
- Exposed to storms that strike with great force
- Covered in vast forests that are vulnerable to wildfire
- Located at the gateway of shipping lines transporting shipments to and from some of the largest ports in North America
- Accessible by only two roadways that are vulnerable to earthquake, landslide and blockage from various hazards and yet are essential for the transport of food, supplies and support services to our communities.

Even a pervasive power outage for an extended time might seriously challenge the average household. Preparing our families in advance of an emergency or natural disaster is a sensible thing to do.

This handbook contains information to help you, your family and your immediate neighborhood prepare for an emergency—one in which you may have to be self-sufficient for a significant period of time. In the event of a widespread catastrophic event, such as a large earthquake, federal aid will take some time to respond to our

area due to the high density populations located nearby that would also be affected.

Know the emergency plans at your children's schools and at your place of work. Remember to also plan for

vulnerable friends and neighbors who are medically fragile or otherwise vulnerable. And, don't forget about your pets!

Involve all family members in your preparedness planning. Practice the procedures suggested in this handbook to ensure you can act appropriately should an emergency occur. Collect a few items and make the recommended preparations and you may make a dangerous situation much safer for you and your

---

**In the event of a widespread catastrophic event, such as a large earthquake, federal aid will take some time to respond to our area...**

---

loved ones.

This handbook provides you with basic information about:

- Individual and household preparedness to shelter-in-place
- Recommended food and water stores
- Evacuation, Grab & Go Kits, local resources
- Neighborhood preparedness
- Disaster-specific preparedness
- Boat and water safety, and more

# Where to Start

## A Reunification Plan

Determine a plan that will allow you to reconnect with your family members immediately following a disaster whether they are next door or out-of-state.

- Develop a family reunification plan. Decide on safe, familiar places where your family can go for protection or to reunite that are accessible for household members with disabilities. If you have pets, think about animal-friendly locations.
- Establish an Out-of-Area contact and make certain all family members know how to contact that person. (See page 11 for Out-of-Area Contact cards to carry with you.)
- Know your plan well enough to do it without phone services.

## Identify the following places:

- **Indoor:** Make sure everyone in the family knows where in your home to go for protection from high winds or air-quality hazard. **Suggestions:** a small, interior, windowless room, such as a closet or bathroom, on the lowest level of a sturdy building
- **In your neighborhood:** This is a place in your neighborhood where your household members will meet if there is a fire or other emergency and you need to leave your home. **Suggestions:** a big tree, a mailbox at the end of the driveway, a neighbor's house
- **Outside of your neighborhood:** This is a place where your family will meet if a disaster happens when you're not at home and you can't get back to your home. **Suggestions:** a library, community center, house of worship, family friend's home
- **Outside of your town or city:** Having an out-of-town meeting place can help you reunite if a disaster happens and:  
You cannot get home or to your out-of-neighborhood meeting place; or  
Your family is not together and your community is instructed to evacuate the area.  
**Suggestions:** the home of a relative or family friend.  
Make sure everyone knows the address of the meeting place and discuss ways you would get there.

You've just crawled out from under the table after an earthquake. The items in your office or home are in disarray.

**It could take several days or even weeks for help to arrive if the emergency is widespread.**

## Now what?

- Can you contact all family members who are in other locations?
- Do you have a supply of non-perishable food?
- Do you have extra water set aside?
- Do you know where your extra blankets or sleeping bags are?
- Got batteries?

The aforementioned items might not be all you will need to have to see you through an emergency situation. THINK about it. What will you and your family need to maintain some semblance of comfort until the situation dissipates?

If you are looking for a good dinner table conversation topic, talk with your family and develop a PLAN that works for all family members in adverse situations.

## NOW...DO ONE of these things!

- Decide on family meeting places considering different types of emergencies. (See page 3)
- Set aside some water. (See page 6)
- Choose an out-of-the-area contact person. (See page 11.)
- Locate extra blankets or sleeping bags
- Put together a Grab & Go Bag. (See page 14)
- Purchase a NOAA Alert Radio and extra batteries
- SIGN UP FOR NIXLE ALERTS (see back cover)

**Don't wait. Begin today!**

# Your Home Is Your Best Shelter

## Prepare It for Emergency

Disasters don't keep regular hours and can happen any-time day or night. Be ready to take action before, during and following a disaster with your safety as a priority.

Staying in your home is always preferable over an emergency shelter or hotel. Start by identifying hazards in your home. Once hazards are identified, it does not take much time or effort to make your home a safer place.

## Building Structure

- Roof is bolted to walls; walls bolted to the foundation
- Foundation & chimney are free of cracks & loose bricks; consider bracing the chimney to roof framing
- Gas & water lines have flexible connectors
- Crawlspace walls are reinforced with plywood

## All Rooms

- Heavy pictures, mirrors & artwork are securely fastened
- Room exits are unobstructed
- Ceiling fans & hanging fixtures are secure
- Computer monitors, TVs, tall furniture, book cases & shelves are strapped down
- Heavy, breakable or sentimental objects are on low versus high shelves
- Breakable objects are secured to shelves with quake mats, Velcro™, low shelf barriers, etc.

## Kitchen & Bathroom

- Outlets near the kitchen sink and others in your home are GFI (Ground Fault Interrupt) equipped
- Kitchen cabinets are securely mounted; consider earthquake-type latches to keep doors from flying open & contents falling
- Bathroom Cleaning supplies & medicines are in "child-proofed" cabinets
- Glass bottles replaced with plastic

## Garage/Shed

- Gasoline is kept in small quantities, in approved containers
- Paints, thinners & other flammables are in original containers away from heat, sparks or flames
- Oily rags are stored in metal containers
- Combustibles like newspaper & magazines are not stored in the attic

## Bedrooms

Store a few key items under your bed that will help keep you safe as you survey your house and check for damage.

## Appliances

- Clothes washer & dryer are properly grounded & vented
- Water heater is strapped to wall studs & elevated 18 inches above floor
- Water heater is set at 120°F
- Refrigerator & other appliances with wheels are locked or wedged to prevent rolling

## Fire Extinguisher/ Smoke detector

- At least one all-purpose (Class A, B, or C) extinguisher in the home
- Smoke detectors installed at every level, tested monthly, & batteries changed annually
- Carbon monoxide detectors installed at every level, but not directly above or beside fuel-burning appliances, tested monthly & batteries changed annually

## Heating Equipment

- Furnace is serviced annually
- Chimney is inspected & cleaned annually
- Fireplace ash is disposed of in metal container away from combustible material.
- Fireplace inserts and gas/wood stoves comply with local codes.

## Under-The-Bed

### Suggested Items:

- Flashlight/head-lamp, and extra batteries
- Hardhat or helmet to protect your head from falling objects
- Sturdy shoes
- Leather gloves
- OK/HELP sign (see back of this book) & tape to hang the sign on a front window
- A copy of your neighborhood emergency plan

## Pull



## Aim



## Squeeze



## Sweep



# Shelter-In-Place

Sheltering-in-Place has come to have two different meanings:

- It can refer to the need to gather all family members into a “Safe Room” that can be sealed off from the outside when there may be hazards in the air outside.
- The term can imply that staying in your home for a period of time after a disaster—rather than evacuating is recommended.

In either case, gathering some items ahead of the need to prepare you and your family is important.

## What is a Safe Room?

A safe room is a protected room in a residence or business that provides a safe shelter for the inhabitants in the event of an emergency that requires you to shelter-in-place.

If you need to create a Safe Room to protect your family from a chemical airborne agent, select one you can tightly seal—preferably one with the fewest windows.

Before going into your Safe Room turn off heating/air conditioning and close the fireplace damper.

## Once everyone is in the Safe Room do the following:

- Dampen towels and place against the crack under doors
- Put tape around doors
- Tape plastic to windows and air vents
- Stay in your Safe Room until authorities say it is safe to leave
- Tune radio to KPTZ FM 91.9 or KROH FM 91.1 and listen for instructions
- Turn on your mobile phone and monitor NIXLE emergency alerts and emails for information and instructions (See back cover).
- Radio neighbors if you have an FRS (walkie-talkie) radio program in place

## Convert your car into a Safe Room

If you are driving a vehicle and hear advice to “shelter-in-place” on the radio, take these steps:

- Stop in a safe place and shut off the motor
- Roll up all windows
- Turn off heating/cooling system. Close all vents.
- Breathe through a dampened cloth
- Tune radio to KPTZ FM 91.9 or KROH FM 91.1 and listen for instructions
- Turn on your mobile phone, plug it into a charger and monitor NIXLE emergency alerts
- Turn on NOAA radio if it is a weather event

## Safe Room Items

Store items in a box in the designated Safe Room and replace food items and water as needed.

### Suggested Items:

- Plastic sheeting pre-cut to fit all windows, vents and doors
- Duct tape
- Twin bucket emergency toilet system (See page 9)
- First aid kit
- Portable radio; batteries
- Snack foods & water
- Extra phone charger
- Towels & blankets
- Garbage bags
- Books & games

## Tip



Due to Jefferson county’s relatively remote location and limited transportation routes we recommend a well stocked pantry with 30 days of food. If experiencing power outages, use refrigerated foods first and then frozen foods before they spoil.

See food ideas in the Grab & Go Kit on pages 14-15.

# Drinking Water



It goes without saying water is a must have. Ground shaking caused by earthquakes can break water lines leaving you without direct water service to your home.

The recommended amount of water to store in case of emergency is one gallon per person per day for drinking, cooking and hygiene.

**Your best choice is to purchase commercially bottled water. Unopened bottled water lasts indefinitely when stored in a cool dark place according to the FDA.**

## Filling Your Own Water Bottles

**ONLY use containers that previously held products intended for human consumption.**

Plastic milk jugs **ARE NOT** appropriate for water storage.

Check the **recycle symbols** on the bottom of plastic containers to determine if the container is safe for long-term water storage.



## Preparing Water Containers

- Rinse containers with a weak solution of plain chlorine bleach (8-10 drops in two cups of water). **DO NOT** use scented bleach, colorsafe bleach, bleach with added cleaners or bleach in gel form.
- After cleaning, fill the container to the top with water, replace lid without touching the inside of it.
- Label container with the date you filled it.
- Store in a cool, dark place for up to six months. Dispose of old water, rinse containers, refill and re-date.

Water drawn from your home tap or water you purchase does not need to be treated.

**Water from your private well needs to be treated with plain (non-scented) chlorine bleach. Add:**

- 2 drops plain chlorine - 16 oz. bottle, or
- 8 drops plain chlorine - 2 liter bottle, or
- 16 drops plain chlorine - 1 gallon

The best way to purify water for drinking is by bringing it to a full rolling boil for one minute.

REMEMBER to store water for your pets. Each will need one quart per day, more for larger animals.

## Where Can You Find Fresh Drinking Water?

Commercially bottled water is the safest and most reliable emergency water supply.

## Alternate Water Supplies

- Access your hot water heater supply.
  1. Turn water off to prevent incoming contamination.
  2. Turn pilot light off, turn circuit breakers off, and unplug.
  3. Gather two containers. One can be dirty like a mop bucket. One must be clean for collecting drinking water.
  4. Turn a hot water faucet on in your sink, (this avoids airlock and allows tank to drain).
  5. Place dirty container under tank valve and drain 1 to 2 gallons to clear rust flakes or other debris.
  6. When flow is clear, switch to your drinking water container. Draw only what you will need for 2 hours, and then shut valve off.
  7. Anytime after the first 2 hours purify any additional water drawn from the tank. As the water cools from hot to warm it will reach ideal conditions for bacteria growth.
- Use rain barrels; filter and boil water collected.
- If you have adequate notice, place clean liner in your bath tub and fill it with cold water. Filter and/or boil it before use.
- Learn if your church or other community group has stored water.

## Tip

# 1 Gallon/♂/day

Store at least one gallon of drinking water per person per day for 30 days.

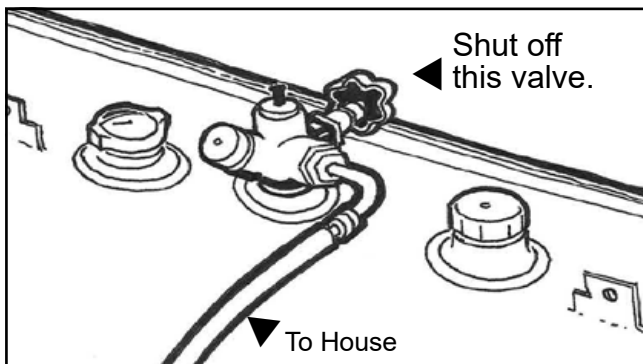
If the weather is warmer, water needs may double.



# Utilities & Power

## Turning Utilities Off

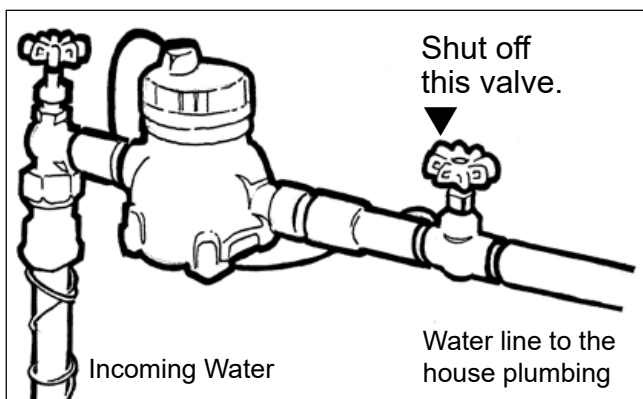
It is important to learn how to shut off your utilities following a disaster.



## Propane Shut Off

Make certain everyone in your household knows where the propane tank shut off valve is located.

Propane tanks can be jarred off their foundations and lines can be damaged in a severe earthquake. If you smell gas, immediately turn off the supply line that goes to your house.



## Water Shut Off

- Turn off the main water shut off valve at the house or the underground valve at the street. It may require a special tool. This will prevent contaminated water from entering your water heater and plumbing.
- Label the main shut off valve and make sure everyone in the house knows how to use it.

## Well Water Shut Off

Shut off power at the circuit breaker or unplug electrical power to the well pump.

Regardless of water source, if the power is out, be sure to shut off the power to your hot water heater. You can do that at the main circuit breaker.

ALWAYS shut off each individual circuit before shutting off the main circuit breaker. Begin at the bottom and work toward the top turning each breaker off. To turn them back on reverse this order.

## Power Outage and Utility Restoration

Depending on the outage severity, it may take hours, days, or weeks for power to come back on. Restoration may be focused on power lines that serve the largest population, hospitals, emergency service agencies, shelters, nursing homes, community wells and other essential services.

## Electrical Needs and the Medically Fragile

If you, a family member, neighbor, or anyone you care for requires electricity for life-sustaining equipment:

- Register your need with your electricity provider, like PUD.
- Have an emergency generator.
  - Have sufficient fresh fuel and oil to operate the generator.
  - Have a plan for who will start and maintain it.
- Be prepared to call PUD and 9-1-1 if life-threatening.
- Have non-electrical back-up oxygen canisters and know your oxygen flow rate (liters/minutes).
- If you are oxygen dependent, conserve oxygen by limiting your activities or having a caregiver do the tasks.
- Have cold storage back-up for medicines that require refrigeration.

## Alternate Power Sources When the Electricity Goes Out!

Alternate energy sources can be easily obtained, are very efficient and can be maintenance-free.

- **Disposable alkaline batteries:** Try to stay with or move toward commonly available battery types and sizes; AAA, AA, C or D. Unopened, these batteries have about a 7-year shelf-life. Specialized batteries will be hard to acquire in an emergency. Consider an AA battery 'power pack' for cell phones and other electronics.
- **Generators:** These include portable generators that are easily moved and generally provide 5,000 watts or less. (More on page 8-9).
- **Power inverters:** An inverter converts direct current (DC) like a car battery or solar panel into alternate current (AC) voltage suited for household appliances. An automobile inverter allows phones and other electronics to be re-charged in your car.
- **Solar:** Solar charged landscape lights can be brought into the house for lighting, and solar/AC 'power packs' are available for cell phones and other electronics.

## Conserve Alternate Emergency Power

- Remove batteries when not in use.
- Store batteries in a cool dry place.
- Know what you **must** operate in an emergency to preserve life: using an oxygen concentrator; or refrigerator or freezer for food safety.
- Consider running your generator only as necessary (cycling on and off) to conserve fuel.
- Pre-charge critical batteries for phones, back-up battery storage cells and inverters, check the charge on a regular schedule.
- Consider power inverters: an inverter converts direct current (DC) like a car battery or solar panel into alternate current (AC) voltage suited for household appliances. An automobile inverter allows phones and other electronics to be re-charged in your car.

## Know Appliance Power Usage to Make Informed Decisions

*A crucial step in choosing a generator is knowing what you **must** run in an emergency and what you can live without.* Using the average watt usages for your “must run” appliances, tally your total wattage needs to help you purchase the right generator size. (see chart below)

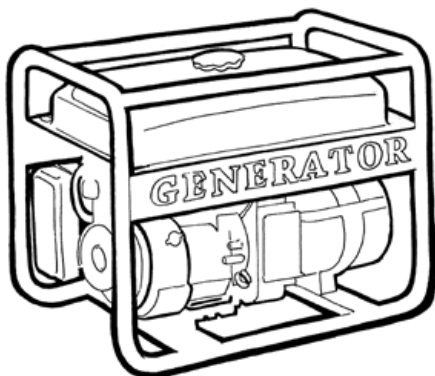
### Power Guzzlers:

**A general rule is:** in a disaster, Do Not operate appliances that ‘heat-up’ like an oven, dish washer, clothes dryer, hair dyer, coffee pot, toaster, etc.

Consult with someone knowledgeable about generators Remember, generators are intended only as a temporary solution during an emergency.

## Before an Outage...

- Consider buying a generator and learn what size fits your needs.
- Install a generator per local building and electrical codes.
- Register life-sustaining and medical equipment with your utility company.
- Make sure you have a safe alternate heat source and supply of fuel.
- Have light sticks, flashlights, battery-powered radio with extra batteries.
- Learn how to open the garage door without power, if you own an electric garage door opener.



## During an Outage...

- Stay away from downed power lines and sagging trees.
- If your house is the only one without power, check your fuse box or circuit panel.
- If power is out in your neighborhood, turn off or unplug heat producing appliances to reduce the initial demand.
- Notify your local utility of the power outage.
- Unplug computers and other sensitive equipment to protect them from surges. Only run your computer if your generator is computer-rated for ‘power quality’.
- Turn all lights off except one to alert you when power is back on.
- Keep refrigerator and freezer doors closed.
- 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.
- NEVER use candles, oil lamps or other flammable light sources. They are NOT an appropriate substitute for a flashlight.

## After an Outage...

- Turn your generator off.
- Wait at least 15 minutes after the power comes back on before turning appliances on.
- Turn one appliance on at a time.

## Average Wattage Usage

### Household appliances

(double for appliance start-up)

Refrigerator .....	725
Freezer .....	600
Well pump (deep well) .....	700
Oxygen concentrator.....	120 to 500
Cell phone charger .....	5
TV (20-inch LCD) .....	65
TV (60-inch plasma).....	340
Computer desktop—CPU & monitor.	125
Computer laptop .....	25
Light bulbs .....	25 to 100

### Power Guzzlers

Water heater (electric).....	5,000
Range.....	4,500
Toaster.....	1,100
Toaster oven.....	1,225
Coffee maker.....	1,050
Electric Skillet.....	1,000 to 1,500
Microwave oven .....	925

## Use Your Generator Safely

- Never use a portable generator indoors, in a garage, carport, crawl space or other enclosed or partially enclosed area, or near an open window – including the neighbors.
- Never plug a portable generator into an electrical outlet in the house. This power will ‘backfeed’ into the utility lines and could kill a utility worker.
- Never run a generator on maximum load, it could damage appliances and overheat the generator.
- Never refuel a running generator or a ‘still-hot’ engine. It could ignite the fuel.
- If you plan to use a generator, install a carbon monoxide detector.
- Follow the generator owner’s manual instructions.
- Use heavy-duty extension cord, at least 12 gauge, outdoor rated and less than 100 feet long.
- Start the generator and let it run before plugging in your appliances.
- Power up one appliance at a time and allow it to stabilize before plugging in another. Note: an 800 watt refrigerator requires 1,600 watts at start-up.
- Store sufficient fuel and oil in safe, protected containers. When you lose power, so do most nearby gasoline stations.
- Conserve fuel by using only necessary appliances and lights. Turn generator off over night.
- The key to long engine life is oil. During prolonged outages, change the oil according to owner’s manual instructions.
- Unplug generator immediately when power comes back on.

## Human Waste & Garbage

Earthquakes (and other disasters) notoriously cause damage to water, sewer and septic systems preventing our plumbed toilets from working properly.

**The Solution:** Use a Twin-Bucket Emergency Toilet system for the emergency stage of the crisis.

Not mixing urine and feces is a proven principle of ecological sanitation. In separating pee and poo, the twin bucket toilet reduces disease risk and odor and makes the contents of each bucket easier to handle.

- DO NOT use bags in toilets; bags can break!
- DO NOT use caustic disinfectants like bleach or lime.
- DO NOT dig pit privies or bury your human waste. It is against the law.
- DO NOT place baby or adult diapers, sanitary pads or pet waste in pee or poo buckets. Dispose of them in trash.

### Items You Will Need

- Plastic buckets—3.5 to 5 gal. size
- Lids and a seat that fits the buckets
- Toilet paper, soap, bottled water, disposable gloves, hand sanitizer, towels or wipes
- Carbon material to cover poo to control moisture and odor.

### Using the Twin-Bucket Toilet System

1. Mark the twin buckets “pee” and “poo” (or #1 and #2, or urine and feces, or yellow and brown).
2. The seat can be moved from one bucket to the other. After use, remove the seat from the bucket and cover

bucket with a lid that closes well.

3. Try not to mix pee and poo. The pee is the component that produces the bad smell when the two mix.
4. After using the pee bucket, you can put the toilet paper in the poo bucket.
5. After using the poo bucket, add carbon material for moisture and odor control. Carbon material includes sawdust, finely shredded paper or coir fiber\* (about a gallon bag per day) NOTE: If you are on a septic system skip this step and dump buckets frequently into your own septic system.
6. For sewer systems, WAIT for disposal instructions from Emergency Management.

\* Coir fiber is compact coconut husk fiber found in most garden centers



### Hygiene is Critical for Health

Hand washing is critical. Use of hand sanitizers and disposable gloves and wipes will help you conserve emergency water supplies.

### Household Garbage Pick-up

Garbage pick-up service or garbage transfer station drop off may be interrupted. Garbage should be collected in your regular garbage cans or curbside roller bins and WAIT for disposal instructions or notice that garbage pick-up has resumed.

# Communications



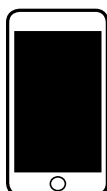
A moderate wind event all the way up to a catastrophic disaster can overload, disrupt, or destroy our normal communication systems. Telephones, cell phones, the internet, and television could all be impacted by a power outage and network congestion.

## How Will You Receive Vital Information?

### NIXLE Emergency Text & Email

Residents can receive information ranging from advisories to critical alerts on their phones and computers. Normal text message fees charged by your phone service may apply.

Visit [www.jeffcoec.org](http://www.jeffcoec.org); Click on the phone icon to subscribe to text alerts and emails about emergencies affecting Jefferson County as they happen. Follow the simple directions indicated.



### FM/AM Radio Stations

Emergency information will be broadcast on the following local radio stations:

- KPTZ FM 91.9
- KROH FM 91.1
- KIRO FM 97.3 - primary Emergency Alert System (EAS)
- KIRO AM 770

### NOAA Weather Radio

A NOAA weather radio with Specific Area Message Encoding (S.A.M.E.) messaging is a great way to stay informed about severe weather hazards that affect the region. Receivers are silent until needed and can be configured to alert you to Watches, Advisories and Warnings for your local area.

Weather radio receivers can be purchased at local stores and online electronics outlets. Use FIPS code 53031 to configure your unit to alert you to conditions affecting Jefferson County.

### Websites

**Jefferson County Department of Emergency Management:** [www.jeffcoec.org](http://www.jeffcoec.org)

**Federal Emergency Management Agency:** [www.FEMA.gov](http://www.FEMA.gov) and [www.READY.gov](http://www.READY.gov)

## How Will You Communicate Your Family or Neighborhood's Needs?

Having a plan to communicate with neighbors and the outside world can be life-saving.

### Telephone Service

Know what type of landline telephone service you have. Some telephone services that rely on the internet will not work without electric power. Understand whether you have this newer type of service, such as Voice over IP (VoIP), which is connected through the internet, or more traditional telephone service, which is connected through copper telephone lines. Ask your service provider if you are unsure.

Keep an old-fashioned "corded" phone to use in emergency. Remember that most cordless home phones rely on electric power to operate.

Wait 10 seconds before redialing a call that did not connect. Redialing a wireless call multiple times in quick succession can increase network congestion, further limiting the ability of all users to place calls. If you must make a call, space out your call attempts.

### Cell Phone Texting

Immediately following a disaster, phone service can become overloaded. Texting instead of calling is advised as messages can often be transmitted when calls cannot.

### Walkie-talkies or Family Radio Service (FRS)

Consider walkie-talkies or FRS two-way radios for your neighborhood to communicate with the outside world. Inexpensive and useful for many other activities, these radios are useful for communicating within neighborhoods.

### Amateur "HAM" Radio

A powerful hand-held HAM radio can reach persons or fire stations all over the county with existing well-placed antennas on hills and mountains.

Individuals interested in becoming HAM operators should contact Jefferson County Emergency Management to learn more about classes to obtain an operators license.

## Tip

In a large-scale emergency, limit texting to emergency needs only. Set a pre-arranged time, once a day, not on the hour, to text family or your Out-of-Area Contact.

**OUT OF AREA CONTACT**

NAME \_\_\_\_\_  
PHONE NO. ( ) \_\_\_\_\_  
CELL NO. ( ) \_\_\_\_\_  
EMAIL \_\_\_\_\_

Choose someone who lives at least 100 miles away as long distance calls may still be possible after a disaster. Consider texting on your cell phone. Keep messages short.

# Get Connected

## Out-Of-Area Contacts

After a disaster, local phone service will likely be disrupted due to a high volume of calls. Think before you place a call. Leave the phone lines and “band-width” for first responders unless you have a life-threatening emergency.

As part of your disaster planning, select a friend or relative who lives at least 100 miles away and ask that person to be your family’s out-of-area contact person. When separated from family, instruct all members of your household to contact that person to report in and check on the status of other family members.

**Text messaging on your cell phone is more reliable during disasters. Keep messages short.**

Consider selecting one time per day (not on the hour) to send updates to your contact person.

Turn your cell phone off between text messages to conserve battery.

Copy and complete an Out-of-Area Contact card and give one to **EACH** member of your family to carry with them.

**Your Out-Of-Area Contact should be 100+ miles out of the area. Complete these forms, make copies and provide one to EACH family member to keep in wallet, purse or pack.**

### Out-of-Area Contact

NAME: \_\_\_\_\_

PHONE NO.: (        ) \_\_\_\_\_

CELL NO.: (        ) \_\_\_\_\_

EMAIL: \_\_\_\_\_

Choose someone who lives at least 100 miles away as long-distance calls may still be possible after a disaster. Consider texting on your cell phone. Keep messages short.

### Out-of-Area Contact

NAME: \_\_\_\_\_

PHONE NO.: (        ) \_\_\_\_\_

CELL NO.: (        ) \_\_\_\_\_

EMAIL: \_\_\_\_\_

Choose someone who lives at least 100 miles away as long-distance calls may still be possible after a disaster. Consider texting on your cell phone. Keep messages short.

## Local Resources

Use these resources to obtain local, non-emergency information

**Jefferson County Department of Emergency Management**  
360-385-9368  
[www.jeffcoecoc.org](http://www.jeffcoecoc.org)

**East Jefferson Fire Rescue**  
Fire District 1  
360-385-2626  
[www.ejfr.org](http://www.ejfr.org)

**Quilcene Fire & Rescue**  
Fire District 2  
360-765-3333  
[www.qvfd.org](http://www.qvfd.org)

**Port Ludlow Fire & Rescue**  
Fire District 3  
360-437-2236  
[www.plfr.org](http://www.plfr.org)

**Brinnon Fire Department**  
Fire District 4  
360-796-4450  
[www.brinnonfire.org](http://www.brinnonfire.org)

**Discovery Bay Fire Department**  
Fire District 5  
360-379-6839  
[www.dbvfd.org](http://www.dbvfd.org)

**Red Cross of Jefferson County**  
360-385-2737  
[www.peninsularedcross.org](http://www.peninsularedcross.org)

**Local 20/20**  
360-379-1406  
[www.L2020.org](http://www.L2020.org)

**Hospital: Jefferson Healthcare**  
834 Sheridan, Port Townsend  
360-385-2200  
[www.jeffersonhealthcare.org](http://www.jeffersonhealthcare.org)

**Jefferson County Public Health**  
360-385-9400  
[www.jeffersoncountypublichealth.org](http://www.jeffersoncountypublichealth.org)

## State Resources

**Hood Canal Bridge Closure information**  
[www.wsdot.com/traffic/hoodcanal](http://www.wsdot.com/traffic/hoodcanal)

**Washington State Ferries Information**  
1-888-808-7977

## Federal Resources

**Federal Emergency Management Agency (FEMA)** [www.fema.gov](http://www.fema.gov)

## Important Numbers

**9-1-1** Only to report a life-threatening situation requiring police, medical or fire response.

**5-1-1** Travel, road and weather information

**PUD:** Call 360-385-5800 to report power outages. **Do not call 9-1-1 for power outages.**

# Important Documents

## Secure Your Documents & Important Papers

After a disaster, you may need to evacuate your place of residence. Have your vital records and important documents secured before a disaster.

At the recovery stage of any disaster, you will need to provide documents such as insurance policies, deeds and tax returns, just to name a few.

Store COPIES of essential documents in a water-proof/fire-proof container in your home and also choose a secondary location for additional copies of your important papers. Consider storing these copies electronically.

Every storage method has its vulnerabilities. Electronic storage devices and internet resources are constantly changing. Thumb drives (aka memory sticks), CD/DVD or the cloud are reasonable means of storage. Consider using more than one method for securing and storing documents.

## Tip



Keep your prescription medications filled and store at least 7-days worth in your Grab & Go Kit.

Rotate medications regularly to keep them fresh.

## Tip

In a long-term power outage or disaster ATMs and other access to your bank account may be limited. Credit cards may not be accepted due to inability to process transactions. **Have some cash** in both your home and car emergency kits for gas, food and important supplies.

## Important Papers

### Store COPIES of these in more than one place:

- Two forms of picture ID
- Social Security Cards
- Military/DOD cards; keep original copies if on active duty
- Citizenship papers
- Deed or proof of home ownership
- Address/phone number book
- File of Life
- Immunization records for all family members, including pets
- Certified birth certificates
- Professional licenses
- School records and transcripts
- Recent photos of family members
- Power of Attorney documents
- Power over health care documents
- Living Will
- Flash drive or camera compact disk with photos of your house—inside and out

### ORIGINAL documents to keep in a secure (fire- & water-proof) place:

- Adoption/custody papers
- Diplomas
- Death certificates
- Marriage license
- ANY legal documents (divorce decrees, power of attorney, organ donor card)
- Property deeds
- Insurance Policies & papers for home, auto, life
- Bank statements
- Photo copies of all credit cards
- Passports
- Will
- Stock, bond, securities certificates
- Copyrights and patents
- Vehicle titles (car, boat, RV)
- Social Security benefit applications
- Supplemental insurance forms
- Legal settlement documents
- Physicians Orders for Life-Sustaining Treatment (POLST) Forms

## Photographic Records

### Store photos of:

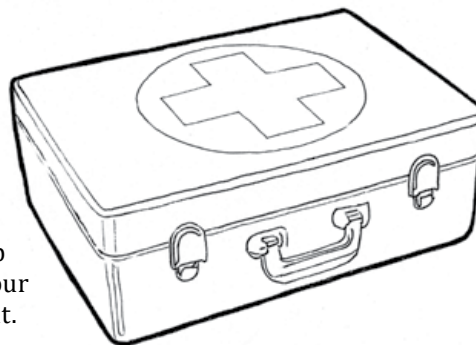
- Your home—inside and out
- Your possessions (furniture, jewelry & artwork)
- Vehicles
- Family
- Boat, RV, Motorcycle
- Pets

Store photo images and/or videos on a flash drive or camera storage card. Keep with important papers.



**Personalize your family's kits to meet your specific needs.**

# Basic First Aid & Disaster Kits



A First Aid Kit, a manual and basic training is essential. See the list below to prepare one of your own or purchase a prepackaged one. It may save a life.

## Learn CPR!

The importance of getting actual hands-on CPR training cannot be overstated. Contact the Red Cross for classes.

- **For Adults:** with the heel of your hand at a point at the center of the breastbone, push down hard and fast in the center of the chest—about 100 compressions per minute. Continue until professional help arrives or until the person’s heart has restarted. Get others to help you if you can. It’s hard work.
- **For infants and children:** compressions are made with just a couple of fingers at the repeated rate of 30 compressions and 2 breaths.

## Medications

Prepare a list of your medical conditions, prescriptions, dosage, prescriptions, healthcare provider, insurance



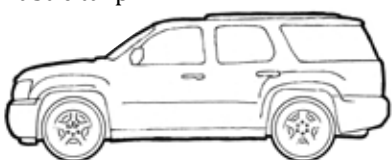
and pharmacy information. Keep this list in your Grab & Go Kit.

## Ways to secure extra medicines before a disaster:

- Ask your Doctor for free samples.
- Request a one-time-a-year vacation refill from your pharmacist
- Request a 30-day “emergency supply” from your pharmacist; usually not covered by insurance.
- Work the extra medicines into your schedule so none of them expire.

## Emergency Preparedness Kits

It is important to be prepared with a disaster kit and have it ready at a moment’s notice. When building your kit consider all family members, including your pets, and having an additional one in your vehicle.

Pet Emergency Kit	Vehicle Kit	First Aid Kit 
<p><b>Suggested Items:</b></p> <ul style="list-style-type: none"> <li>■ Appropriately sized kennel</li> <li>■ Collar, harness &amp; leash with ID &amp; license tags</li> <li>■ Medications &amp; medical records</li> <li>■ Pet First Aid Kit</li> <li>■ Food, water bowl &amp; can opener</li> <li>■ Favorite pet toy</li> <li>■ Plastic bags for pet waste</li> <li>■ Litter and litter box for cats</li> <li>■ Put the following information in a baggie and tape to the top of the kennel:                             <ul style="list-style-type: none"> <li>▶ Pet’s name, owner’s name, phone number and address</li> <li>▶ Veterinarian’s name &amp; phone number</li> <li>▶ Picture of you with your pet Consider getting your pet microchipped for identification purposes.</li> </ul> </li> </ul> 	<p><b>Suggested Items:</b></p> <ul style="list-style-type: none"> <li>■ Flares &amp; booster cables</li> <li>■ Tire inflation can</li> <li>■ Tow strap</li> <li>■ Flashlight &amp; batteries</li> <li>■ Leather gloves</li> <li>■ Tool kit with knife</li> <li>■ Duct tape</li> <li>■ Small ABC fire extinguisher</li> <li>■ Emergency blanket</li> <li>■ Wool blanket and/or sleeping bag</li> <li>■ First Aid Kit</li> <li>■ Maps</li> <li>■ Water &amp; non-perishable food</li> <li>■ Towel &amp; moistened towelettes</li> <li>■ Container of sand or kitty litter for winter driving</li> <li>■ Toilet paper</li> <li>■ Folding shovel</li> <li>■ Folding camper’s saw</li> <li>■ Poncho or rain coat</li> <li>■ Plastic tarp</li> </ul> 	<p><b>Suggested Items:</b></p> <ul style="list-style-type: none"> <li>■ First aid manual</li> <li>■ Sterile 4” adhesive bandages</li> <li>■ Sterile 4”x 4” gauze pads</li> <li>■ 4” rolled gauze bandages</li> <li>■ Large triangular bandages</li> <li>■ Butterfly bandages</li> <li>■ Adhesive tape</li> <li>■ Scissors &amp; tweezers</li> <li>■ Moistened towelettes</li> <li>■ Bar soap</li> <li>■ Latex gloves</li> <li>■ Non-aspirin pain reliever</li> <li>■ Aspirin &amp; antacid</li> <li>■ Anti-diarrhea medication</li> <li>■ Hydrogen peroxide</li> <li>■ Antibiotic ointment</li> <li>■ Sunscreen</li> <li>■ Safety pins, needle &amp; thread</li> <li>■ Plastic bags</li> <li>■ Sanitary pads</li> <li>■ Instant cold packs</li> <li>■ Pocket knife</li> <li>■ Splinting materials</li> </ul>

# Evacuation: When You Must Leave Your Home

If a fire is threatening the area or if there is some other threat to public safety, Jefferson County residents will be advised of any potential hazards and the possible need to evacuate. Follow directions given by law, fire or the Department of Emergency Management. Plan ahead with a Bug Out List, Grab & Go Kit(s), Food for Your Grab & Go Kit and more.

## Grab & Go Kits

A Grab & Go Kit can be any size that works for you and your family and can be stocked with a variety of things that meet your personal needs.

Consider something as small as a backpack—a good choice for your car or office—or an ice chest on wheels that will hold adequate supplies to last you 30 days, the recommended length of time for Olympic Peninsula residents to have back-up food, water and other supplies at the ready.

Store your kit in an easily accessible location in your home—a closet near your front door or in your garage. Make up a smaller kit for your car, office, boat or RV.



There are thousands of lists you can access on the internet that provide suggestions for items to include in your Grab & Go Kit(s). See our suggestions below.

**PERSONALIZE** your choices to meet your family's dietary, medical, needs and preferences.

Have enough water for each family member—one gallon per person per day for drinking, cooking and hygiene.

Have some cash on hand. If the power is out, ATMs will not function.

## Food For Your Grab & Go Kit

Give serious consideration to your family's particular dietary needs. Do some research, try some of the options, ask your friends and neighbors about choices they have made and then personalize your choices to work for your family.

MREs (Meals Ready to Eat) or Heater Meals are convenient choices available for emergency food supplies. Be aware. Many packaged meals are low in fiber and very high in sodium content.

Canned foods, while good to have in your home pantry, make for a heavy load in a Grab & Go Kit. Consider having canned foods in your vehicle "GO" pack where weight matters less. Be sure to buy canned products with pop tops and pay attention to the USE BY dates.

## Grab & Go

### Suggested Food Items:

- Meals Ready-to-Eat (MRE); canned or dried meats
- Canned meals: soup, chili, spaghetti
- Canned fruits, vegetables
- Peanut Butter
- Granola bars
- Trail Mix
- Beef Jerky

## Tip

When you change your clocks for daylight saving time make a habit of these important tasks:

- Check BEST USED BY dates on food.
- Replace the batteries in your smoke alarms.

## Grab & Go

### First Aid & Personal Items:

- First aid kit & manual
- Prescription medications with a copy of handwritten script from your doctor
- Insect repellent; sunscreen
- Hydrogen peroxide for wounds
- Latex gloves
- N95-grade face mask(s)
- Aspirin
- Personal hygiene items: soap; toothbrush, wash cloth, small hand towel; toilet paper; moistened towelettes
- Seasonally appropriate clothes
- Emergency blanket

## Grab & Go

### Tools & Other Supplies

- Flashlight & extra batteries
- Portable radio & extra batteries
- NOAA alert radio
- Cell phone & charger
- Garbage bags & duct tape
- Pocket knife
- Tools to turn off utilities
- Tarp
- Nylon cord, rope or bungee cords
- Leather gloves
- Small ABC fire extinguisher
- Area map
- Compass
- Folding shovel
- Folding saw
- Extra set of car & house keys





# Neighborhood Preparedness



## In a disaster, your neighbors are your most immediate source of help.

Map Your Neighborhood (MYN) is a program that can involve everyone in your neighborhood to become better prepared for the worst-case-scenario. Neighbors can share contact information, skills, equipment and other needed resources. If you don't have a disaster-prepared neighborhood group where you live—START ONE!

**Jefferson County Emergency Management can connect you with experienced MYN leaders who can guide you through the simple processes to organize your neighborhood.** Contact Jefferson County Emergency Management to get materials and assistance with organizing your neighborhood.

- Contact your neighbors and work together by following the program.
- Define the number of households to be included.
- Develop a contact list that includes all members of each household particularly those with special needs and children.
- Every household should have a list of skills and resources their neighbors are prepared to provide. The list should include anyone with knowledge of First Aid, CPR; plumbing, carpentry and HAM radio operators, just to name a few.
- For each house on your map, indicate the location of the propane and water shut off valves and the main electrical panel.
- Identify a gathering site, a place easily accessible where neighbors can gather to begin assessing their needs.
- Identify a care center. This can be someone's home where support and medical care can be centered and where children and the elderly can congregate.

## Map Your Neighborhood Program (MYN)

The MYN program was developed by LuAnn Johnson, PhD, a nationally recognized disaster expert from Washington State's Emergency Management Division.

The MYN program was awarded First Place honors from the International Association of Emergency Managers in their Public Awareness Award Division in 2009. In 2011, the MYN program was awarded the Individual and Community Preparedness Award for Innovative Training and Education Programs.

The program defines nine steps to take immediately following a disaster to secure your home and protect your neighborhood.

## 9 Steps Immediately After Disaster

Knowing what to do in the first hours of a disaster response may help you save a life, reduce the severity of possible injuries, and reduce the amount of damage the neighborhood sustains.

### At Home...

- Step 1:** Take care of your loved ones.
- Step 2:** Protect your head, feet and hands.
- Step 3:** Check the natural gas or propane at your home. Shut off if necessary.
- Step 4:** Shut off water at the house main to trap water in your home and keep pollutants out of possible drinking water.
- Step 5:** Place the Help or OK sign on your front door or window.
- Step 6:** Put your fire extinguisher on the sidewalk or where neighbors can see it.

### With Neighbors...

- Step 7:** After Steps 1-6 are completed, go to the Neighborhood Gathering Site.
- Step 8:** Form Teams at the Neighborhood Gathering Site.
  - Team 1:** Listen to Emergency Alert System or NOAA Weather Radio and keep neighbors informed.
  - Team 2:** Check on neighbors who are vulnerable or disabled.
  - Team 3:** Check all natural gas meters and propane tanks and shut off the gas as necessary.
  - Team 4:** Check all homes with Help Card displayed or without a card.
- Step 9:** After your Team has completed its work, go back to the Neighborhood Gathering Site. Share what you have done with the group.

# Disabled & Vulnerable People

Special preparation should be made for family and loved ones who have disabilities, those who are medically fragile or may be otherwise vulnerable.

## Preparation Tips For People With Disabilities

- Create a support network by engaging family members, friends and neighbors so they are prepared to assist you.
- Discuss emergency plans with your home healthcare provider.
- Keep emergency supplies in a bag or backpack attached to your wheelchair, walker or scooter.
- Have an extra battery available for any equipment you use that requires power.
- Have a manual wheelchair available to use and gloves for wheeling over glass and debris.
- If you take medication or require a medical treatment on a daily basis, be sure you have what you need to make it on your own for 30 days. Also keep a copy of your medical conditions, prescriptions, dosage and treatment information; your healthcare provider and pharmacy information.

### Visually impaired:

- After a major disaster, plan for losing the auditory clues you usually rely on and be aware there may be fallen objects that obstruct your path.
- If you use a white cane, keep extras in multiple locations.
- Service animals may be confused or frightened. Have booties on hand to protect their feet from broken glass.
- Place an extra pair of glasses in your Grab & Go Kit.

### Hearing impaired:

- Have pre-printed message cards to communicate your needs:
  - “I use sign language.”
  - “I can’t hear you.”
  - “Please get my extra hearing aid batteries. They are located \_\_\_\_\_.”
- Keep your caption phone, or other device available and fully charged.

## In a disaster, your neighbors are your most immediate source of help.

Local, state and federal disaster response for a major event in the Pacific Northwest will take time and will go first to the most damaged areas and where the need is the greatest.

Each of us bear the responsibility to be prepared for ourselves and our families and be ready to help others in need where we can.

# Be Prepared.

# Stay Aware.

# Get Involved.



# Disaster-Specific Preparedness

Hazards most likely to occur in Jefferson County include (but are not limited to):

- **Earthquakes**
- **Tsunami**
- **Wildland Fires**
- **Landslides**
- **Winter Storms/Severe Weather/Windstorms**
- **Floods**
- **Health & Safety Concerns**

To view the complete Threat & Hazard Identification & Risk Assessment (THIRA) for Jefferson County, visit [www.jeffcoec.org](http://www.jeffcoec.org), click the Library tab.

## Earthquakes



### If you are indoors:

- DROP to the ground; take COVER by getting under a sturdy table or other piece of furniture; and HOLD ON until the shaking stops. If there isn't a table or desk near you, cover your face and head with your arms and crouch in an inside corner of the building.
- Stay away from windows, outside doors and walls, and anything that could fall, such as light fixtures or furniture.
- Stay in bed if you are there when the earthquake strikes. Hold on and protect your head with a pillow, unless you are under a heavy light fixture, a window or anything else that could fall. In that case, move to the nearest safe place (i.e. under a desk or an inside corner of the room).
- Use a doorway for shelter only if it is in close proximity to you and if you know it is a strongly supported, load-bearing doorway. Brace yourself on the side with the hinges to avoid the door swinging at you.
- Stay inside until shaking stops and it is safe to go outside. Research has shown that most injuries occur when people inside buildings attempt to move to a different location inside the building or try to leave.
- Be aware that the electricity may go out or the sprinkler systems or fire alarms may turn on.
- DO NOT use the elevators, even if they are working. There may be aftershocks.
- If you're in a hotel room, stay there. Get under a sturdy desk

or in an inside corner of your room—the safest places to be even if you're on the 40th floor.

- If you are in a restaurant, get under the table.

### If you are outdoors, stay there:

Move away from buildings, streetlights, trees and utility wires. Stay put until the shaking stops.

The greatest danger exists directly outside buildings, alongside exterior walls. Most earthquake-related casualties result from collapsing walls, flying glass, and falling objects.

### If you are in a moving vehicle:

- It may feel like there's something wrong with your car.
- Pull over to the side of the road and stop when safe to do so and stay in the vehicle. Avoid stopping near buildings, under trees, overpasses, and utility wires.
- Proceed cautiously once the earthquake has stopped. Be prepared for aftershocks.
- Check everyone for injuries
- Contact your out-of-area contact
- Listen to your radio
- Stay away from downed power lines, avoid damaged roads, bridges or ramps.
- Check on neighbors.
- Keep pets inside until damage is assessed

# Tsunamis

A tsunami is a series of powerful waves created by an underwater disturbance such as an earthquake, landslide, volcanic eruption or meteorite. Tsunamis can strike violently and with little warning. These waves can travel across entire oceans at over 500 mph. The west coast of the U.S., Alaska and Hawaii are at the at greatest risk for tsunamis.

## How to Prepare for a Tsunami

- Know the height of your street above sea level and the distance of your street from the coast or other high-risk waters.
- Familiarize yourself with evacuation routes near your house, workplace and places you often spend time.
- Prepare a Grab & Go Kit for your home, automobile and work. (See page 14.)
- Take a first aid course and learn survival skills. Knowledge is your greatest defense against disaster.

## Signs of a Possible Tsunami

- Severe ground shaking from an earthquake
- Abnormal ocean activity—the sea recedes unnaturally from the shoreline exposing ocean floor and fish
- A wall of water and an approaching tsunami often creates a loud “roaring” sound similar to that of a train or jet aircraft.
- The All Hazards Alert Broadcast (AHAB) sirens are intended to warn individuals on or near beaches of a possible tsunami.
- A NOAA Alert Radio will provide alerts for those not close to the beach.
- If on the beach and the water recedes unnaturally, immediately walk or jog to high ground. DO NOT gather up possessions or try to get to a car.

## During a Tsunami

- Follow evacuation order issued by authorities and evacuate immediately. Take your animals with you.
- Stay away from the beach. NEVER go to the beach to watch a tsunami come in. If you can see the wave you are too close to escape it.

## After a Tsunami

- DO NOT go to beach until authorities have given an “All Clear”. The first wave is not always the biggest. Successive waves may be spaced minutes apart and continue to arrive for several hours.
- Water sources may be contaminated with saltwater, microorganisms and chemicals that can adversely affect your health. Use bottled drinking

water or treat water until you are confident your water supply is safe.

## If You Are On a Ship or Boat

- Do not return to port if you are in deep water and a tsunami warning has been issued for your area
- If your boat is docked, do not attempt to take your vessel offshore before or during a tsunami.

### DEFINITIONS

**Tsunami:** (pronounced tsoo-NAH-mee) A Japanese term derived from the characters “tsu” meaning harbor and “nami” meaning wave. Now, generally accepted by the international scientific community to describe a series of traveling waves produced by the displacement of the sea floor associated with submarine earthquakes, volcanic eruptions, or landslides.

**Seiche:** A standing wave oscillating in a partially or fully enclosed body of water; may be initiated by long period seismic waves, wind and water waves, or a tsunami.

**Inundation Area:** An area that is flooded with water.

**Liquefaction:** A phenomenon whereby saturated or partially saturated soil substantially loses strength or stiffness in response to earthquake shaking causing it to behave like a liquid.

### WARNING LEVELS

**WARNINGS** initially based solely on seismic data, are issued as quickly as possible indicating that a significant inundation may occur.

**ADVISORIES** indicate potential beach and harbor danger due to strong currents. Significant widespread inundation is not expected.

**WATCHES** indicates that a potentially dangerous distant event has occurred and to be alert for more information.

## Jefferson County Is a TsunamiReady Community



Type of Tsunami	Description	Area of Greatest Impact	Time to Evacuate
Distant	A tsunami is created by a distant earthquake or landslide and travels across the ocean.	Pacific coastal communities	Hours
Cascadia Subduction Zone	Tsunami created by large earthquake off the Washington, Oregon, or British Columbia coasts	Pacific coastal communities	Tens of minutes
Local Earthquake	Tsunami created in large body of water from an earthquake on local faults	Communities close to the body of water	Minutes to tens of minutes
Landslide-caused Tsunami	Large landslide occurs underwater or slides from land into water	Depends on location of landslide	Minutes to tens of minutes

# Wildland Fires

Before a Wildland Fire - protect your home by:

- Regularly removing moss and needles from the roof and gutters.
- Clearing vegetation and flammable materials from around propane tanks.
- Eliminating fuels to include firewood within 30' of any structure.
- Trimming branches 10' off the ground for tall trees to reduce fuels that could spread fire.
- Maintaining a defensible space around structures.
- Developing a reunification plan where family members can meet after leaving the house.
- Creating an evacuation plan. Learn the routes that will quickly take you out of danger.
- Making emergency plans for your pets and livestock.

## EVACUATION LEVELS

**LEVEL 1:** Residents should be aware that danger exists & monitor local media for information. Prepare for evacuation if conditions worsen.

**LEVEL 2:** A significant danger is expected. Residents should voluntarily evacuate or be ready to leave at a moment's notice.

**LEVEL 3:** Conditions present a specific & immediate threat to life and safety. Residents receiving a Level 3 evacuation notice should evacuate immediately.

## When Wildland Fire Threatens

- Monitor local media: KPTZ FM 91.9 or KROH FM 91.1.
- Sign up to receive NIXLE cell phone or email advisories. Visit [www.jeffcoec.org](http://www.jeffcoec.org) (see back cover for instructions)
- Pre-load your car with emergency supplies, vital records, heirlooms, photos, cash and other valuables.
- Move combustible patio furniture inside and move combustible inside furniture to the center of the room

away from windows.

- Call or text your out-of-area contact.
- Prepare a note to leave at your home with time you left and where you are going.

## When You're Ordered to Evacuate

Follow law, fire or Department of Emergency Management instructions.

# Landslides

Landslides, sometimes called mudslides, can be triggered by heavy or prolonged rainfall, earthquakes, water-level change and human activity. Washington is one of the most landslide-prone states in the country, with hundreds to thousands of events each year damaging roads and property and threatening life and safety.

Landslides occur on unstable slopes or relatively flat areas prone to liquefaction during earthquakes. Most common during winter, landslides may occur any time of year.

Even if the landslide is not threatening your home it may block the flow of supplies or emergency response to your home or community for an extended period. Be prepared with food, water and emergency supplies for 30 days.

## Signs of an Impending Landslide

- Sudden decrease in creek water levels, especially during storms.
- Sounds of cracking wood, knocking boulders, or groaning of surrounding ground, or unusual sounds, like the sound of an oncoming freight train.

- A hillside that has increasing springs, seeps, or saturated ground, especially if it has been dry.
- The formation of cracks or tilting trees, especially evergreens, on a hillside
- Bulging on streets, sidewalks or the ground in general
- Sagging or taut utility lines; leaning telephone poles, fences, or trees
- Broken or leaking underground or surface utilities.
- Changes in water well levels or cessation of well functioning.

If you notice signs of a landslide, leave the area immediately and report the problem to the Department of Emergency Management.

## What To Do After a Landslide

- Stay away from the slide area. There may be danger of additional slides.
- Listen to local radio and television stations for the latest in emergency information.
- Watch for flooding which may occur after a landslide or debris flow.

Floods sometimes follow landslides and debris flows because they may both be started by the same event. Check for injured and trapped persons near the slide, without entering the direct slide area. Direct rescuers to their locations.

- Help a neighbor who may require special assistance. People who care for them or who have large families may need additional assistance in emergency situations.
- Look for and report broken utility lines and damaged roadways and railways to appropriate authorities. Reporting potential hazards will get the utilities turned off as quickly as possible, preventing further hazard and injury.
- Replant damaged ground as soon as possible to reduce erosion.
- Talk to a geotechnical expert for evaluating landslide hazards or designing corrective techniques to reduce landslide risk.

# Winter Storms / Windstorms / Severe Weather

Severe weather can immobilize an entire region with hazardous travel on roadways/seaways, shut down utilities and cause damage to property. Take action now and be prepared to weather the storm.

## Before a Storm

### ■ Make a Family Communications Plan.

Your family may not be together when hazardous weather conditions strike. Know how to contact one another, how to reconnect and what to do in case of an emergency.

### ■ Stay aware of severe weather that may affect you:

Monitor local weather reports and subscribe to Nixle alerts (See page 10.)

### ■ Conduct a home safety evaluation:

Find out which nearby trees could fall in a windstorm.

Have your chimney or flue inspected each year.

Install a smoke detector and battery-operated carbon monoxide detector.

### ■ Gather emergency supplies, water and non-perishable food to support you and your family for 30 days. Always be prepared with a Grab & Go Kit in your vehicle in case you are traveling when a storm threatens. (See page 13-14.)

### ■ Store a supply of dry, seasoned wood for your fireplace or wood-burning stove in case you become isolated in your home and regular fuel sources are cut off.

### ■ Consider obtaining a generator for emergency power supply. (See pages 8-9.)

### ■ Make specific plans for how you will avoid driving. Maintain at least a half tank of fuel in your vehicle. After a disaster, gas station pumps may not be working and fuel may be in high demand.

## WARNING LEVELS

**ADVISORIES:** Severe weather is expected to cause significant inconveniences that may be hazardous.

**WATCHES:** The possibility of severe weather exists but the location and timing are still uncertain.

**WARNINGS:** Severe weather is imminent or occurring.

## During Severe Weather

### ■ At home:

**If you experience power loss:** Report the outage to the utility company. Do Not Call 911 except to report a life-threatening situation requiring police, medical or fire response.

Turn off lights, appliances and unplug sensitive electronics such as computers. Leave one light on so that you know when power returns.

Use flashlights instead of candles.

Never use gas stoves or charcoal for heat or operate a generator indoors.

Move away from windows or objects that could fall. Go to lower floors in multi-story homes.

### ■ Away from home:

**Essential travel only**—Driving is very dangerous during and immediately after a storm. Make plans to stay off the road.

**Downed power lines:** Do Not drive over downed power lines. Assume lines are energized and stay as far away as possible.

If a power line falls on your vehicle while you are in it, Do Not exit until you know for sure that the line is de-energized.

Never drive, walk or ride through floodwater.

# Floods

Flooding is the most common natural disaster in the United States and can happen anywhere. Whether it is only a few inches or covers a house to the rooftop it can be dangerous and devastating.

## Basic Safety Tips

■ **Turn Around, Don't Drown!** Avoid walking or driving through flood waters. Just 6 inches of moving water can knock you down and one foot of moving water can sweep a vehicle away.

■ If floodwaters rise around your car but the water is not moving, abandon the car and move to higher ground. Do not exit the car into

moving water.

■ Do not drive over bridges that are over fast-moving floodwaters. Floodwaters can scour foundation material from around the footings and make the bridge unstable.

■ Stay away from downed power lines and report them to 911 or the utility company.

## When Flood Threatens

■ If you are in the path of a slow-onset flood and there is time before you need to evacuate, consider these strategies:

■ Monitor local media: KPTZ FM 91.9 or KROH FM 91.1.

■ Sign up to receive NIXLE cell phone or email advisories. Visit [www.jeffcoec.org](http://www.jeffcoec.org) (see back cover for instructions)

■ Pre-load your car with emergency supplies, vital records, heirlooms, photos, cash and other valuables.

■ Put sandbags around your property.

■ Call or text your out-of-area contact.

■ Move items you want to protect to a higher floor.

## When You're Ordered to Evacuate

Follow law, fire or Department of Emergency Management instructions.

# Health & Safety Concerns

Disaster-related public health impacts could include—but are not limited to—contaminated water, food supplies or airborne exposure to infectious diseases.

- Jefferson County Public Health is involved in community-wide planning around potential emergency threats such as natural disasters, infectious disease, or bioterrorism.
- Jefferson County Public Health specialists include: nurses, epidemiologists, sanitarians, hydrologists, dietitians, fisheries biologist, doctor and fiscal experts.

## The Best Preparation is Prevention

- Preventing the spread of germs is key to remaining healthy. Use hand sanitizer or soap and water to keep your hands clean; cover your nose and mouth when sneezing or coughing.
- Practice first aid skills through training classes and maintain a first aid kit. (See page 13.) In most circumstances, when someone is hurt, a person on the scene provides the first assistance, before professional help arrives. Contact the Red Cross for basic training.
- Carbon monoxide (CO) is an odorless, colorless gas that can cause sudden illness and death if inhaled. When power outages occur during natural disasters, the improper use of alternative heating or cooking methods can cause CO to build up in a home, garage, or camper, poisoning the people and pets inside.

Never use a generator, charcoal grill, camp stove, or other gasoline, propane or charcoal-burning device inside your home, basement, garage or close to an open window.

Install a battery-operated CO detector in your home and check the battery every 6 months.

## Stay at Home If You Are Sick

- Avoid spreading influenza and other virus. Stay home so you don't infect friends and coworkers. Make your sickness known if in an evacuated group.

## After a Disaster:

- Throw away perishable foods that haven't been refrigerated properly due to power outages or food that may have come in contact with flood or storm water.
- If you experienced any flooding be aware that flood water may be contaminated with sewage, chemicals or pathogens that may make you sick.

Clean up, disinfect, and practice good hygiene to avoid illness from bacteria, viruses, mold and mildew.

Use bleach to kill germs on affected surfaces. Add 1 cup of unscented bleach to 5 gallons of water. Scrub rough surfaces with a stiff brush. Open doors and windows to ventilate the room. Use fans to help dry the area and improve air flow.

Never mix bleach with ammonia or other cleaners. This can produce toxic fumes.

## Dealing with Human Remains After a Disaster

In the State of Washington, the coroner is the only person with jurisdiction over human remains.

In the event of a death during or after a disaster, notify the County Coroner by the most expeditious means possible.

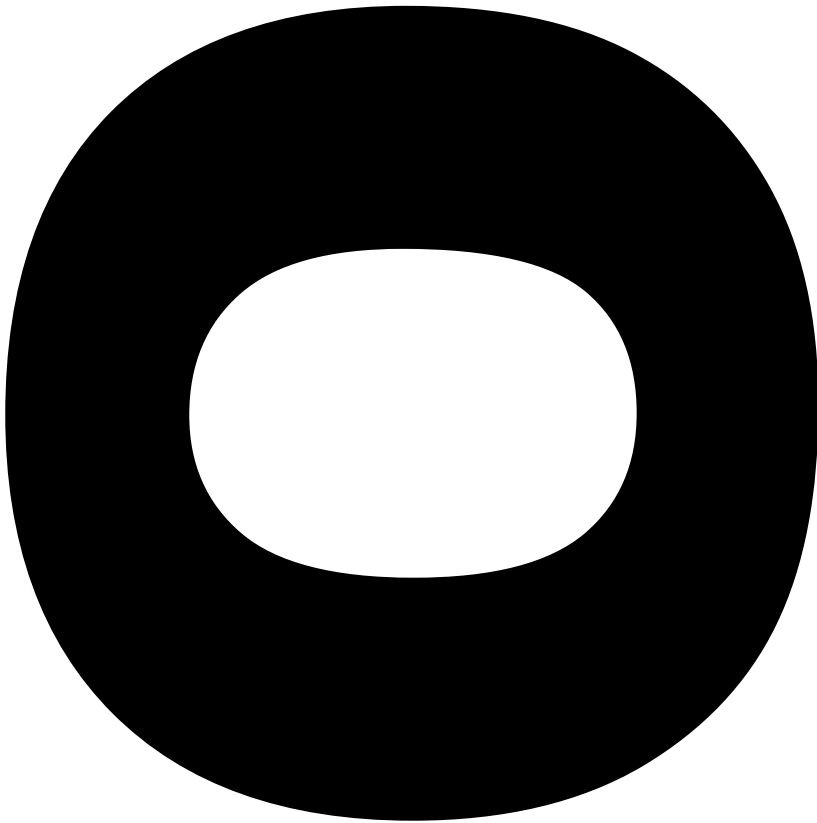
In Jefferson County, the Prosecuting Attorney acts as the County Coroner and can be reached at 360-385-9180.

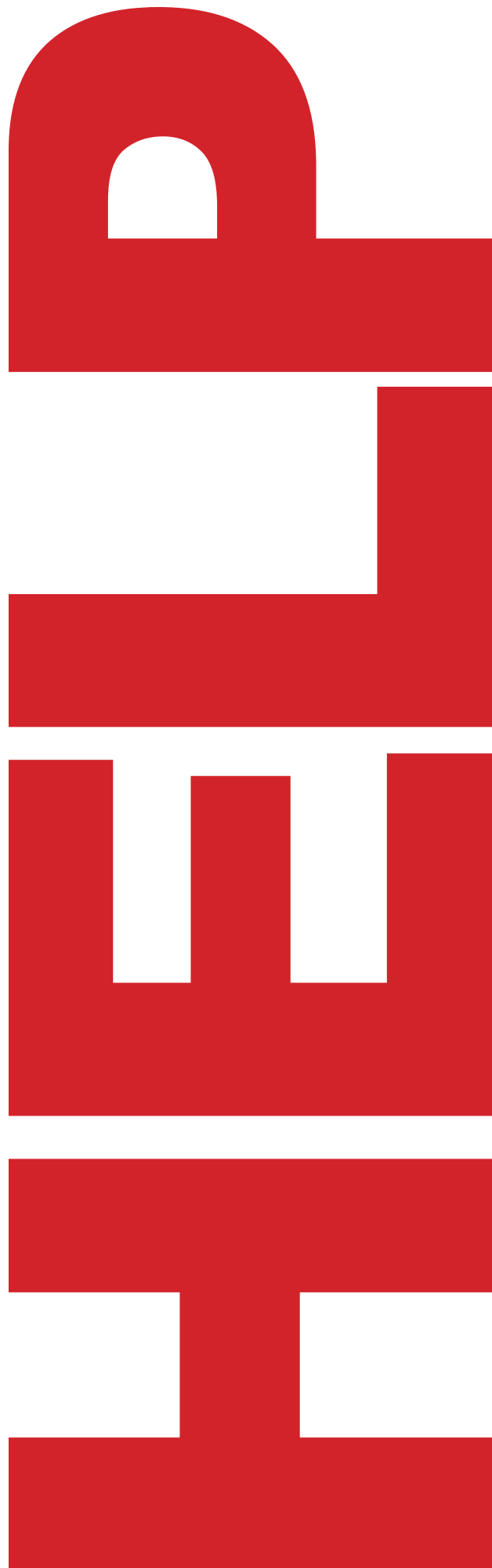
Other notification methods include HAM Radio or by calling Jefferson County Emergency Management at 360-385-9368 or 9-1-1.

If it is necessary to move the deceased, follow the directions given by the Coroner.

To review Washington State rules on this topic, see State of Washington RCW 68.50.









# Medical Information Form

Use Pencil and update as needed

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Blood Type: \_\_\_\_\_ Vision Impairments:  Yes  No

### Current Health Conditions:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### Current Medications (dosage & frequency):

\_\_\_\_\_  
\_\_\_\_\_

### Allergies to Medications:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Doctor's Name: \_\_\_\_\_ Phone No.: ( ) \_\_\_\_\_

### Insurance:

Company: \_\_\_\_\_ Policy No: \_\_\_\_\_

Group ID: \_\_\_\_\_

Do you have a DNR Directive?  Yes  No Where is it kept? \_\_\_\_\_

### Emergency Contacts:

1. Name: \_\_\_\_\_ Relationship: \_\_\_\_\_

Phone: ( ) \_\_\_\_\_ Address: \_\_\_\_\_

2. Name: \_\_\_\_\_ Relationship: \_\_\_\_\_

Phone: ( ) \_\_\_\_\_ Address: \_\_\_\_\_

### Additional Health Information for health care providers:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Tape completed form to your refrigerator door.**

# Get Vital Information Fast!



## Sign Up Now For Local Text Message Alerts

- Severe weather
- Tsunami warnings
- Major traffic closures
- Other local emergencies

Sign up to receive emergency alerts via text messages on your mobile phone and/or by email. These alerts, referred to as NIXLE® Alerts, are generated by the Jefferson County Department of Emergency Management and only pertain to the County and surrounding area. The service is free and can be canceled at any time. (Normal text message fees charged by your phone service may apply.) Notifications may deal with weather-related incidents, accidents blocking roadways or other potential threats to public safety.

**Sign-up:** Visit our website at [www.jeffcoec.org](http://www.jeffcoec.org) and click on the phone icon. This service is provided to Jefferson County by NIXLE®



**Jefferson County Dept. of  
Emergency Management**

[jcdem@co.jefferson.wa.us](mailto:jcdem@co.jefferson.wa.us)

[www.jeffcoec.org](http://www.jeffcoec.org)

360.385.9368

