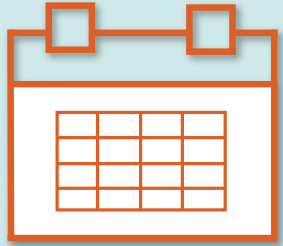


# Prepare in a Year



## THURSTON COUNTY

W A S H I N G T O N

SINCE 1852

### Emergency Management

Complete **1** activity a month to prepare you and your family for disasters!



Make a  
Communications Plan



Create an  
Action Plan



Store Water



Build Grab & Go  
Kits



Secure Important  
Documents



Be 2 Weeks Ready



Learn Fire Safety



Learn Utility Safety



Store Under the  
Bed Supplies



Practice Drop,  
Cover, and Hold On



Prepare to  
Shelter in Place



Conduct a Home  
Hazard Hunt

# Communications Plan



- What does it mean to have a communication plan?
  - Contact list including out-of-area contact phone number
  - Know how to contact your friends/family if you don't have access to your cell phone

# Communications Plan



## COLLECT

Create a paper copy of the contact information for your family and other important people/offices, such as medical facilities, doctors, schools, or service providers.

### TIP:

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



## SHARE

Make sure everyone carries a copy in his or her backpack, purse, or wallet. You should also post a copy in a central location in your home, such as your refrigerator or family bulletin board.



## Use the Web

- Facebook has a “safety check” that can be implemented after a disaster.  
<https://www.facebook.com/about/safetycheck/>

# Create an Action Plan

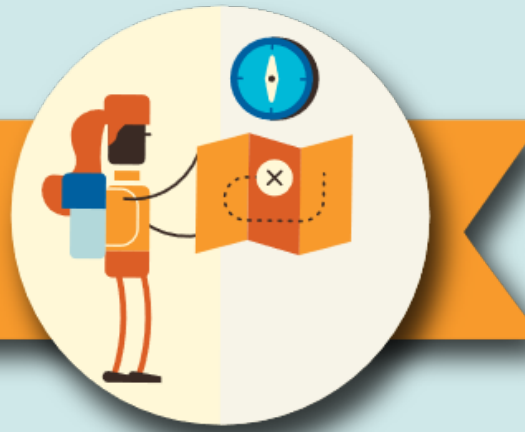


What disasters or hazards can affect you?

- Your community?
- Your state?

Your family may not be together if a disaster strikes, so it is important to know which types of disasters could affect you and your family.

# Create an Action Plan



Put a plan together by discussing the questions below with your family, friends or household to start your emergency plan.

- What is our shelter plan?
- Where will we evacuate to?
- What is our evacuation route?
- Do we have a communication/reunification plan?



# Create an Action Plan

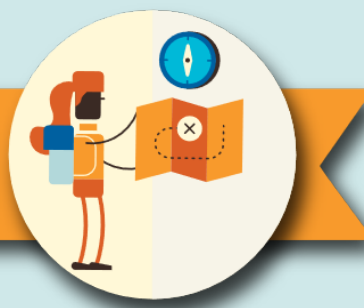


- Put your plan into action
  - Teach children how to call 911. Show them how to use your cell phone.
- Post emergency numbers in visible places
- Show each family member how and when to turn off the water, gas and electricity at the main switches.

## TIP:

- 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.

# Create an Action Plan



- **Evacuation Planning**
  - Plan how you will leave and where you will go if you are advised to evacuate.
  - Always keep a half tank of gas in case of an unexpected need to evacuate.
  - Leave early enough to avoid being trapped by impending hazards.
  - Check with local officials before you travel back to areas impacted by the disaster.



# Grab & Go Kits



## What should go in your kit?

- Food
  - High energy foods — peanut butter, granola bars, trail mix;
  - Comfort foods — cookies, hard candy, etc.;
  - Dry meats like beef sticks and jerky.
- Water
  - 2-3 days of water.
  - 1 quart per day per person
- Clothes
  - Extra socks
  - Change of clothes



# Grab & Go Kits



- Food
- Water
- Flashlight
- Extra batteries
- Light sticks
- Radio  
(battery/crank)
- Whistle
- Toiletries & wet  
wipes

- Multi-purpose tool  
and knife
- Garbage/plastic  
bag
- Cell Phone charging  
cord/extra battery
- Medications
- Pet items
- Duct tape

- Access to  
important  
documents
- First aid kit
- Items you need  
for children and  
other members
- A set of extra  
clothes
- Hat and gloves

## Other Items

### TIP:

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

## A circular graphic with a light yellow background and a white border. Inside the circle is a stylized orange first aid kit with a white cross and a black handle. Next to it is a blue flashlight with a black handle and a yellow light beam. The circle is set against a background of orange and light blue geometric shapes.

## An illustration of a brown backpack with orange straps and buckles. Various items are scattered around it: a white first aid kit with a red cross, a blue water bottle, a roll of toilet paper, a blue flashlight, a pair of glasses, a small orange radio, a blue water filter labeled 'FILTER', a blue and white granola bar wrapper labeled 'GRANOLA', a blue smartphone with a black cord, and a small orange first aid kit. The background is a light blue gradient.

- here
- 
- A collection of travel and emergency supplies. In the center is a large orange backpack. To its left is a white first aid kit with a red cross, several dollar bills, a smartphone with a charging cable, and a set of keys. In front of the backpack are green granola bars, a blue water filter, and a blue water filter pitcher. To the right of the backpack is a large blue water bottle, a roll of white toilet paper, a flashlight, and a small orange radio.

# Grab & Go Kits



## What other places should I have a kit?

### •Work

- Be prepared to shelter at work for at least 24 hours. Your work kit should include food, water and other necessities like medicines, as well as comfortable walking shoes, stored in a “grab and go” case.

### •Car

- In case you are stranded, keep a kit of emergency supplies in your car.



# Grab & Go Kits



## Pet Grab and Go

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



# Secure Important Docs



- After a disaster you may need financial assistance.
- Having important documents may help you with this.
- The first step is to take an inventory of your household documents, contacts, and valuables.



## Secure Important Docs



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

## Secure Important Docs



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

### TIP:

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

## Secure Important Docs



- Store electronic copies of important documents in a password-protected format
- On a removable flash or external hard drive in your fireproof and waterproof box or safe,
- Or consider using a secure cloud-based service.

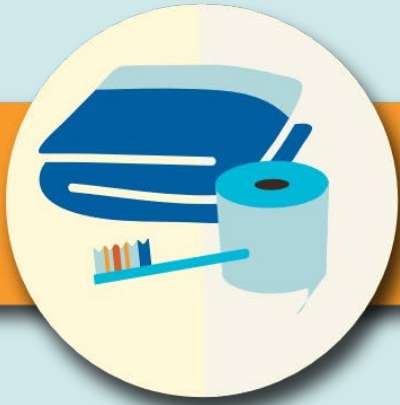




## Be 2 Weeks Ready

**Prepare to be on your own for two weeks**

When large disasters occur, you could be on your own for up to 2 weeks.



# Be 2 Weeks Ready

## How do I get 2 weeks Ready?

- Cooking
- Sanitation
- Shelter
- Lighting





## Be 2 Weeks Ready

### Protecting food when the power goes out

- Keep fridge and freezer doors closed as much as possible
- Buy ice if available to stock in fridge/freezer for prolonged power outage
- Consider if alternate power generation works for you
- Discard at-risk refrigerated food if it reaches above 40 degrees Fahrenheit. (ex. raw meat, soft cheese, milk, cooked beans)

### TIP:

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



## Be 2 Weeks Ready

### Special Considerations

- Don't forget pet supplies
- Include electricity free entertainment items (ex. books, boardgames, deck of cards)
- Extra consideration is needed for essential medication or medical equipment that requires power

#### Quick Tip

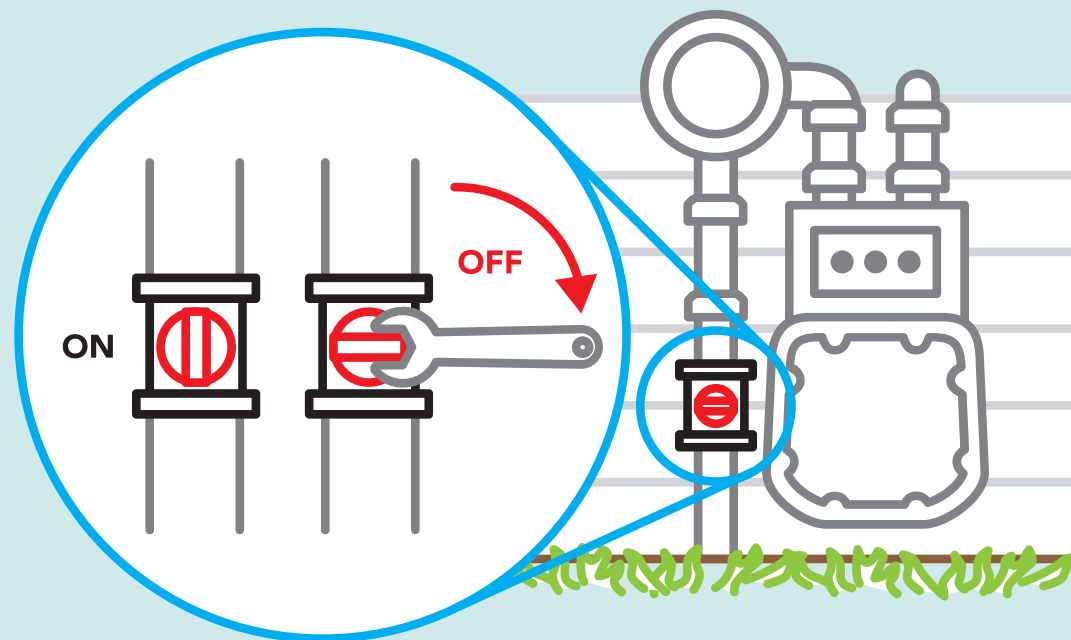
Choose significant dates 6 months apart from each other as reminders to rotate emergency supplies. Your birthday and half-birthday are one idea. Another idea is when we change our clocks.



# Learn Utility Safety

## Natural Gas

- Natural gas leaks and explosions are responsible for a significant number of fires following any major earthquake.
- Know the signs of a gas leak, don't shut off the gas if there isn't a leak
- Attach a wrench to the meter or to the wall directly behind the meter.
- Make sure all responsible household members know when and how to shut off gas at the meter



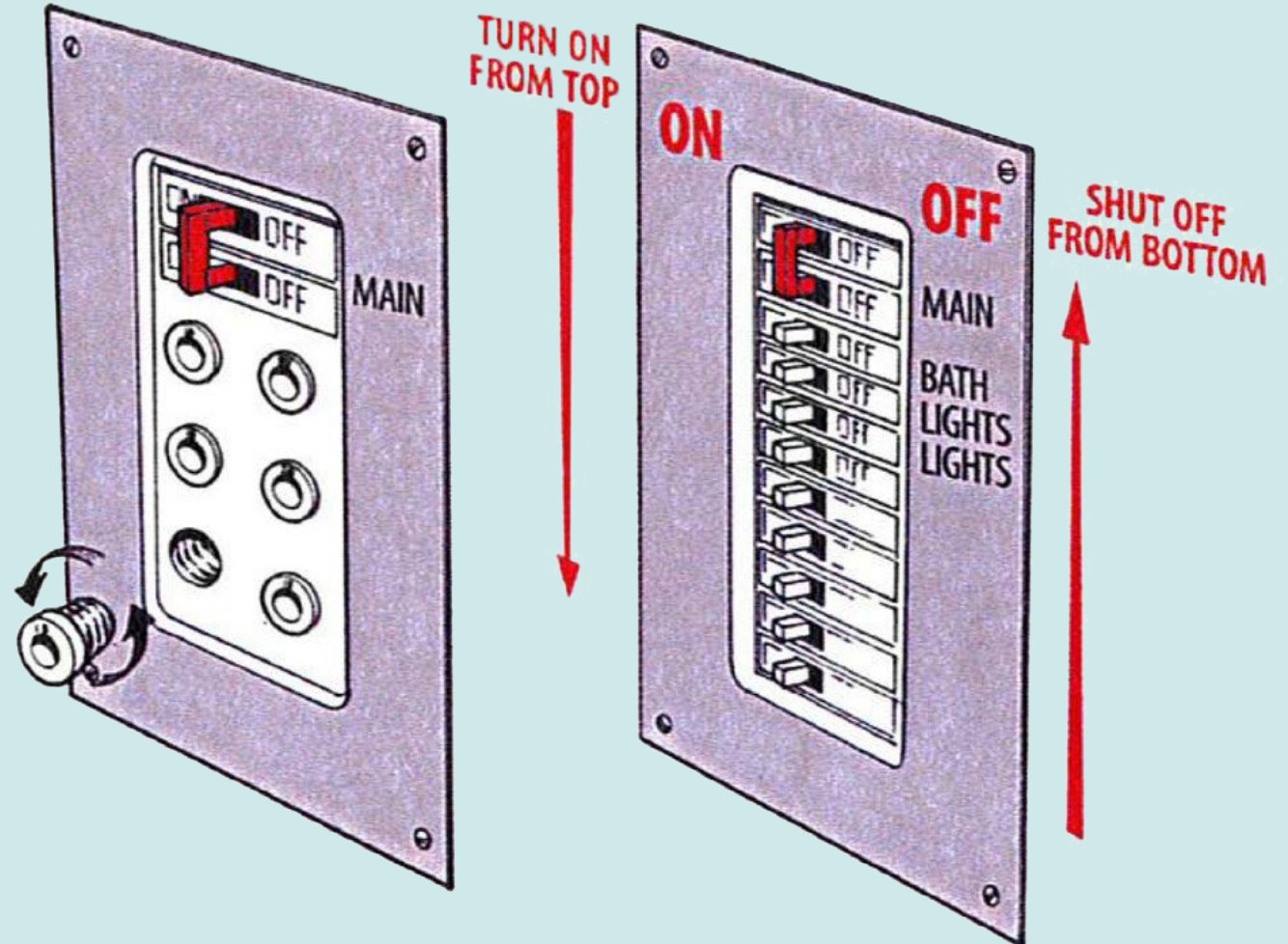




# Learn Utility Safety

## Electricity

- Check the cords, plugs, and connectors
- Locate your electricity circuit box
- Teach all responsible household members how to shut off the electricity to the entire house





# Learn Utility Safety

## Propane

- Have your home's propane tank properly installed by a qualified professional and serviced on a regular basis.
- Propane tanks are extremely flammable.
- Never use or store a propane tank indoors
- Do not use portable propane heaters, stoves, or lanterns in tents, campers, truck caps, RVs, or other unventilated enclosures, especially while sleeping.



# Under-the-Bed Supplies



## Day or night: Ready to respond

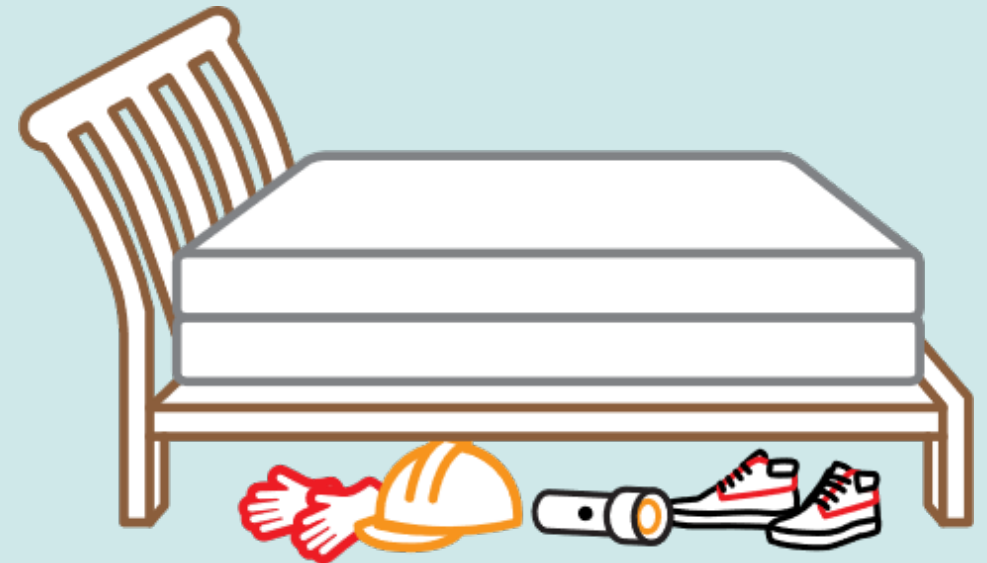
- When disaster strikes, it may be difficult to think as rationally as in normal conditions.
- The more procedures you have in place, and the easier they are to remember and implement, the more effective and efficient will be your response.

# Under-the-Bed Supplies



## Critical Under the Bed Items

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



# Under-the-Bed Supplies



## Additional Recommended Under the Bed Items

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

### TIP:

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

# Under-the-Bed Supplies

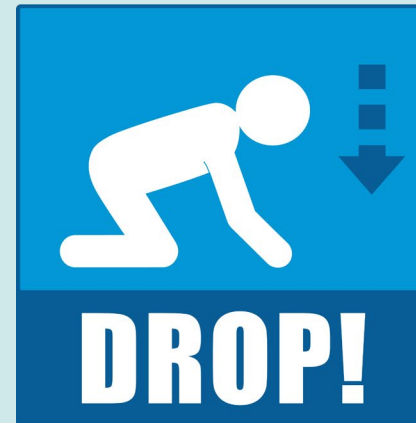


We recommend that you keep these basic response supplies under the bed. That way, day or night, you'll know where to go to get the essentials.

# Drop, Cover, & Hold On



- **DROP** — Where you are, onto your hands and knees.
- **COVER** — Your head and neck with one arm and hand. If a sturdy table or desk is nearby, crawl underneath it for shelter. (If no shelter is nearby, crawl next to an interior wall away from windows. Stay on your knees; bend over to protect vital organs).
- **HOLD ON** — Until shaking stops. (Under shelter: hold on to it with one hand; be ready to move with your shelter if it shifts. No shelter: hold on to your head and neck with both arms and hands.) Drop, cover, hold on is the national standard for earthquake safety in our country.



# Home Hazard Hunt



Identifying potential home hazards:

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



# Home Hazard Hunt



## Potential home hazards:

- Check your water heater. Is it securely fastened to the wall studs with heavy-metal strapping at the top and bottom? Do not use metal plumber's tape.
- Does your water heater have flexible water and gas connectors?
- Tall pieces of furniture are especially vulnerable in earthquakes. Identify each bookcase, cabinet and armoire which needs fastening.
- Identify heavy or breakable objects on high shelves. Pay special attention to objects with sentimental value. Move heavy objects to lower shelves.

# Home Hazard Hunt



## Potential home hazards continued:

- Identify electronics, microwaves and other small appliances that need to be secured.
- Identify hanging objects, especially plants in heavy baskets and hanging lights near windows.
- Identify mirrors, framed artwork and other heavy hanging objects which needs to be secured to the wall studs. Pay special attention to items hung over beds.
- Identify kitchen, bedroom, and garage cabinets that need to be secured to keep their contents inside during the ground shaking.

# Home Hazard Hunt



## Potential home hazards continued:

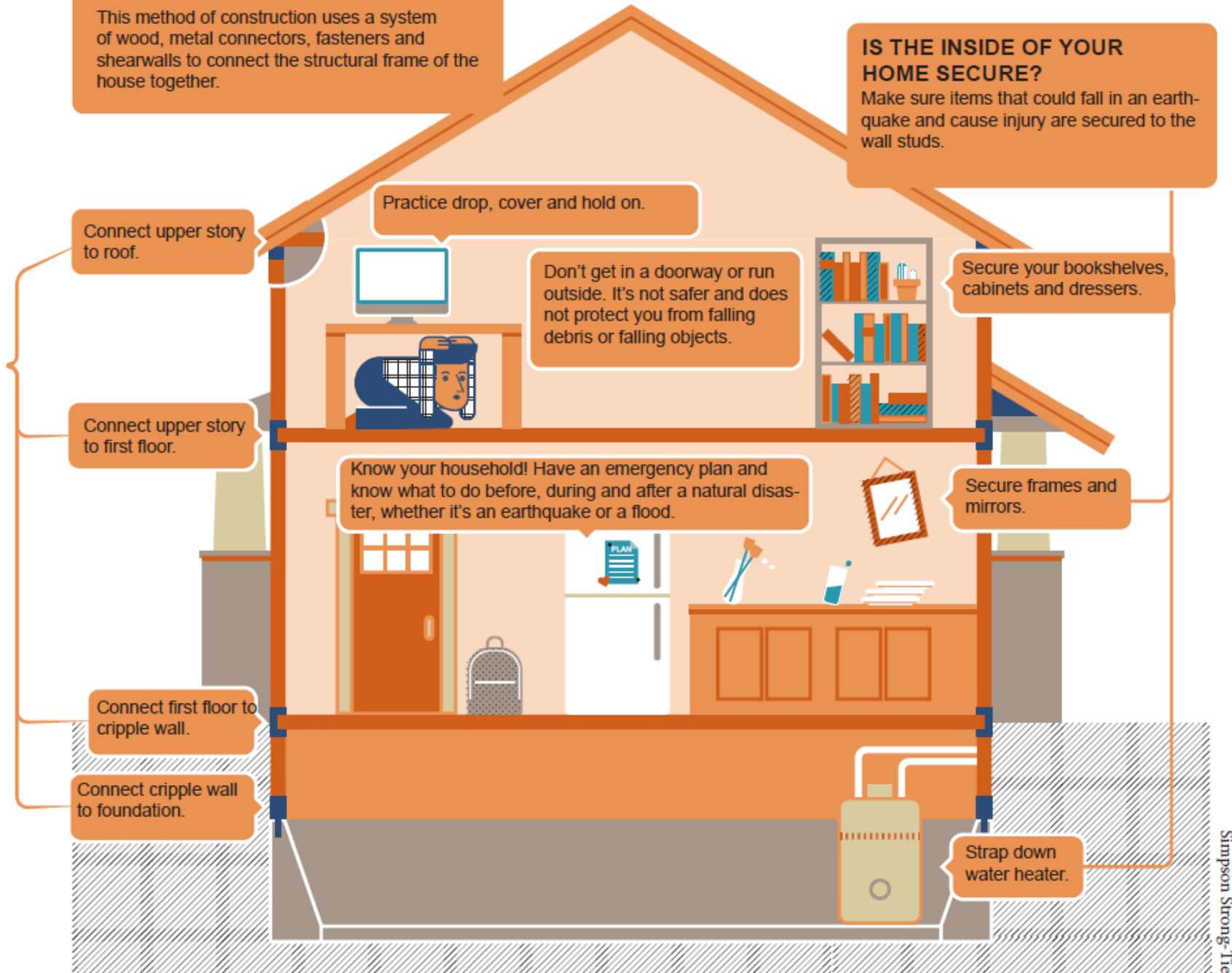
- Check the foundation of your home. Is your home securely fastened to it? Check with your local city or county office, which issues building permits, for regulations.
- Does your chimney have loose bricks?
- Has your attic been reinforced with plywood to help prevent chimney bricks from falling into living areas?
- Identify poisons, toxics, or solvents in breakable containers that are located in high or dangerous locations, house, garage and sheds.

## WHAT IS A CONTINUOUS LOAD PATH?

This method of construction uses a system of wood, metal connectors, fasteners and shearwalls to connect the structural frame of the house together.

## IS THE INSIDE OF YOUR HOME SECURE?

Make sure items that could fall in an earthquake and cause injury are secured to the wall studs.



# Thurston Community Alert

Thurston County uses several types of alerts to warn the public of potential hazards within Thurston County:

- **Emergency Notification Public Alerts**

These types of notifications typically target a geographic area and include a wide range of alerts including:

- burn bans
- boil water notices
- missing persons
- and chemical spills to name a few.

- **Emergency Alert System (EAS)**

EAS alerts typically involve the whole county and are immediate and widespread. These alerts are broadcast on Television, Radio and NOAA Weather Radios. The alerts begin with a loud audible beep followed by specific instructions.

- **Wireless Emergency Alerts (WEA)**

WEA are text alerts that can be received on most smart phones and are relevant to your current location, not your home or the address associated with your phone. WEA messages are short and typically alert for extreme weather or area hazards, AMBER Alerts or Presidential alerts of national emergency. You can opt out of all WEA alerts, aside from Presidential alerts.

- **Public Alerts**

Public Alerts provide citizens the opportunity to sign up to receive certain types of notifications. Currently in Thurston County, river flood notifications are available for public sign up and notification.

# Thurston Community Alert

- Sign up to receive emergency alerts from Thurston County and the City of Lacey - A free service for our residents.
- In addition to receiving information on your wireless device, you may also receive notification on your land telephone line or via email.
- Please provide your preferred method(s) of contact and the alerts you would like to receive notifications for

**[www.tcalert.org](http://www.tcalert.org)**

# Questions??

## City of Olympia Emergency Management

[https://www.olympiawa.gov/services/fire\\_department/disaster\\_and\\_emergency\\_preparedness/index.php](https://www.olympiawa.gov/services/fire_department/disaster_and_emergency_preparedness/index.php)

## Thurston County Emergency Management

<https://www.thurstoncountywa.gov/departments/emergency-management>

## Additional Resources

[www.mil.wa.gov/preparedness](http://www.mil.wa.gov/preparedness)

[www.Ready.gov](http://www.Ready.gov)