

Olympic Peninsula **All Hazards Preparedness Guide**

*A planning guide to
make emergencies
easier to manage*

Featuring

**Hazards Most Likely
to Hit This Region**

**How to Protect Your
Family and Property**

**Neighbors Helping
Each Other**

**Local Emergency
Services and Response**

**Preparing Your Business
for Disaster**

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- Clallam County, Jefferson County, Additional
State, Regional, Federal Resources Back Cover

Cover photos: (Top) Waterfront of Port Angeles, in Clallam County. (Bottom) Point Wilson lighthouse, located at the end of Quimper Peninsula, Jefferson County.

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HAZARDOUS EVENTS ALONG THE COAST

Possible hazards in this region

- Earthquake
- Flood
- Severe storm (winter and wind)
- Landslide
- Tsunami
- Wildfire
- Hazardous Materials

The list to the left shows the hazards identified as having the greatest potential to negatively affect people, environment, economy and property in this region. These natural hazards were selected through a careful review process that considered scientific data, history of occurrences, damage reports and potential impacts to people.

This *All Hazards Preparedness Guide* provides a step-by-step approach to disaster preparedness by explaining where to get information about local emergency plans, how to prepare for local hazards and how to develop a disaster plan and emergency preparedness kit. This guide addresses floods, earthquakes, storms,

tsunamis and wildfires. It also includes topics such as evacuation, emergency public shelters, caring for animals during disasters, preparing for those with special considerations and much more.

The *All Hazards Preparedness Guide* also provides in-depth information on specific hazards including what to do before, during, and after each hazard.

Use this guide to help protect yourself and your household in the event of an emergency. By applying what you learn in this guide, you can take the necessary steps to be ready when an event occurs.

WHY PREPARE FOR A DISASTER?

Disasters disrupt hundreds of thousands of lives every year. Each disaster has lasting effects – people are seriously injured, some are killed. Disasters can also produce billions of dollars in property damage, loss of essential services, significant disruptions of community and business activities, serious environmental damage and mental anguish.

If a disaster occurs in our community, local government and disaster-relief organizations work hard to help you. But you need to be ready as well. Disaster preparation and response is a partnership between you, local governments and disaster-relief organizations. Local responders may not be able to reach you immediately, or they may need to focus their efforts elsewhere.

Being prepared and understanding what to do can reduce fear, anxiety and losses that accompany disasters. In many cases, you can reduce the impact of disasters or possibly avoid the danger altogether.

You should know how to respond to severe weather or any disaster that can naturally occur in our area – earthquakes, flooding, severe storms and landslides. You should also be ready to be self-sufficient for at least 3-5 days. This may mean providing for your own shelter, first aid, food, water and sanitation.

This guide provides step-by-step advice on how to prepare for, respond to, and recover from most disasters.

BEFORE AN EMERGENCY



Disasters disrupt hundreds of thousands of lives every year — people are seriously injured, some are killed, and property damage runs into the billions of dollars. We can minimize damage and disruption from hazards if we prepare. Being prepared and understanding what to do can reduce fear, anxiety and losses caused by hazards. You should know how to prepare

for emergency situations. This guide can help. Remember, your safety depends on the actions you take before a disaster strikes.

Consider sharing this guide with family and friends. It contains useful information that can help neighborhoods develop community-wide plans to lessen the impacts of emergencies.

For more information: www.fema.gov/plan/index.shtm

PREPARE YOUR HOUSEHOLD FOR EMERGENCIES

Prepare in a Year

It is easy to believe that disasters will never happen where we live, that our families will never be in harm's way.

Unfortunately, recent disasters prove that Washington State's coastal regions routinely experience major impacts from severe winter storms. Floods, landslides and wildfires affect hundreds of thousands

of people living along the coast. This region also is vulnerable to earthquakes and other natural and human-made hazards. Protect yourself and your loved ones by preparing for the impacts of a regional emergency before one happens.

You and your family can follow the set of simple monthly steps below to prepare for disasters over

the course of a year. Some of the activities in the Prepare in a Year program can be completed in just a few minutes, while others might take some time. Mark one activity on each month of your calendar. Taking these steps can provide comfort and security, and will help everyone in the event of a disaster.

Prepare In a Year - Steps to Disaster Readiness

MONTH	MONTHLY TASK	WHAT TO DO	See Page(s):
January	Develop an Action Plan	Understand the hazards you face and talk to your family about what everyone needs to do.	15-26
February	Create an Out-of-Area Contact Plan	Select someone at least 100 miles away that you can call and talk to if local telephone lines are jammed during an emergency.	11, Back Cover
March	Store Three Days of Emergency Water	Store at least three gallons per person (one gallon per person per day for three days).	28
April	Prepare an Emergency Preparedness Kit	Organize a three day supply of non-perishable food, basic tools, water, and a first aid kit.	6
May	Secure Important Documents	Gather copies of important insurance and financial papers and emergency contact information and add to your disaster kit.	
June	Gather Extended Event Supplies	Prepare for extended emergencies by purchasing things like camping stoves or items that will provide shelter like tents or sleeping bags.	6
July	Assemble Under-Bed Safety Supplies	In the event of an emergency you will want to be able to react quickly and reach under your bed for important things, like a pair of shoes and a flashlight.	
August	Practice Utility Safety	Take some time to learn how and when to turn off utilities after a major disaster such as an earthquake.	8, 9
September	Practice Fire Safety	Know how to escape in a fire. Also locate and learn how to use a fire extinguisher.	
October	Practice Drop, Cover, and Hold On	Identify the safest place in a room to drop, cover, and hold on during an earthquake! If you live in a coastal area, practice your tsunami evacuation route.	15
November	Prepare Shelter-in-Place	In the case of a chemical airborne agent, you will need to be able to quickly and securely seal doors, windows, vents, and other cracks in your home.	27
December	Practice Response with a Home Hazard Hunt	Spend 30 minutes going through your home and finding things that could fall or break during an earthquake. Secure any items that could fall and hurt someone.	8

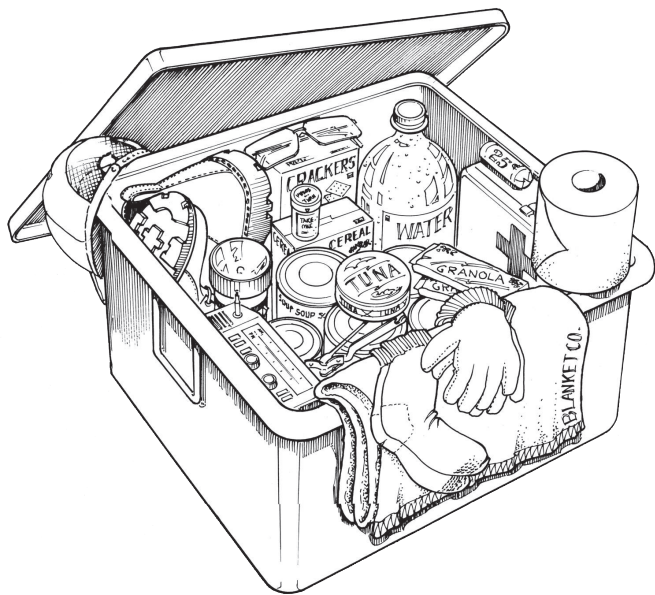
Quick Preparedness Checklist

- Know how to contact your children at their school or day care and how to pick them up after a disaster. Let the school know if someone else is authorized to pick them up. Keep your child's emergency release card current.
- Know where the nearest fire and police stations are located. Learn your community's warning signals, what they sound like, and what you should do when you hear them.
- Learn first aid and CPR. Keep a first aid kit, a first aid manual, copies of medical insurance documents and extra medicine for family members handy.
- Keep a small amount of cash available. If the power is out, ATM machines won't work.
- If you have family members who don't speak English, have them carry emergency cards in English with their names, addresses and information about medications or allergies so that first responders will know how to assist them.
- During a disaster, use the telephone for emergency calls only.
- If you are asked to evacuate, take your emergency kit and follow official directions to a safe place or temporary shelter. Do not try to carry a lot of other possessions.
- DO NOT call 9-1-1 if you do not require immediate help. The 9-1-1 system should be used to stop a crime, to report a fire, or to save a life. receives multiple calls at the same time, these calls will be handled on a priority basis with the most serious emergencies handled first.
- Do not add 9-1-1 to your speed dial. If the call button is accidentally pressed, dispatchers will use unnecessary time and resources trying to determine whether or not there really is an emergency at the location of your cell phone. 9-1-1 is a quick reference number to call without needing speed dial.
- Whenever you need help but it's not an emergency, call 2-1-1. 2-1-1 is a special abbreviated telephone number reserved in Canada and the United States as an easy-to-remember three-digit telephone number meant to provide information and referrals to health, human and social service organizations.

CREATE YOUR EMERGENCY PREPAREDNESS KIT

Preparing Your Emergency Supplies

Emergency responders may not be able to reach you immediately after a disaster. You may be on your own for hours, even weeks, after a disaster strikes. In recent disasters citizens have been cut off from rescue for up to a week at a time. Having emergency kits in your vehicles, home, and children's schools increases your family's emergency preparedness and reduces the likelihood of death or injury during a disaster.



Store emergency supplies in something portable and easily carried, like a plastic tub with a tight-fitting lid or a backpack. The container should be watertight, insect proof, and be able to handle some abuse should it be dropped during an earthquake. Several smaller tubs or a wheeled container may be easier to carry.

In the event of fire or tsunami evacuation, you will be able to grab your emergency supplies and go. Your emergency supplies will increase comfort and decrease stress on your family members.

Pack “comfort” items, especially for young children. Including non-perishable foods, toys, or games can help calm them during a disaster or stay in an emergency shelter.

Locate your supplies kit as close to your primary house exit as possible. You may have to leave your home quickly or find it in the dark after the upheaval of an earthquake or tsunami.

Water is the most important item you can store in your emergency preparedness kit. You should keep at least a three-day supply of water for each person in your household. The rule of thumb is one gallon per person per day for at least three days – store a minimum of three gallons for each person living in the house. Washed out milk containers work well to store drinking water, but remember to refill them with clean water every six months to keep your supply fresh.

Below is a simple list for an emergency preparedness kit. This is not a complete kit, but it will help you start to prepare for a disaster. You may want to store some items in portable containers at home, school or work to take with you during a quick evacuation. Other items are important supplies for when you have to shelter-in-place at home, work or school during an extended emergency.

Your Supply Kit

Due to local geography and resources, at least a week preparedness kit is strongly recommended for our region.

Emergency supplies

- Dry or canned food and drinking water for each person
- Can opener
- First aid supplies and first aid book
- Copies of important documents, such as birth certificates, licenses and insurance policies
- Special needs items such as infant formula, eyeglasses and medications and medical equipment batteries, and pet supplies
- A change of clothing and sturdy shoes
- Battery powered radio and batteries
- Flashlight and extra batteries
- Whistle

- Waterproof matches
- Toys, books, puzzles, games
- Extra house keys and car keys
- List of contact names and phone numbers
- Extra cash and coins for phones
- If possible, take your Tsunami Evacuation Brochure

Comfort

- Gloves for clearing debris
- Tent
- Sleeping bag or blanket

Cooking supplies

- Barbecue, camp stove
- Fuel for cooking, such as charcoal or camp stove fuel

- Eating utensils, plates and cups
- Paper towels
- Heavy-duty aluminum foil

Sanitation supplies

- Large plastic bags for waste, trash and protection against water damage
- Large trash cans
- Bar soap, shampoo and liquid detergent
- Toothpaste and toothbrushes
- Feminine and infant supplies
- Toilet paper

- Household bleach with no additives and eyedropper (for purifying drinking water)

Tools

- Ax, shovel, broom
- Crescent wrench for turning off gas
- Screwdriver, pliers, hammer
- Coil of one-half inch rope
- Plastic tape and sheeting
- Knife or razor blades
- Garden hose for siphoning and fire fighting

Further recommendations for other emergency kits can be found here:

- FEMA: www.ready.gov/basic-disaster-supplies-kit
- Red Cross Southwest Washington: www.swwredcross.org/be-prepared
- Centers for Disease Control: <http://emergency.cdc.gov/preparedness/kit/disasters>

SPECIALIZED EMERGENCY PREPAREDNESS KITS

Planning for Pets, Livestock and People with Special Considerations

If you or a family member has special needs, be sure to consider additional emergency preparedness. In the event of a disaster, emergency responders such as firefighters and medics may not be able to reach you for up to a week. This page highlights a few areas which will help prepare you before a disaster happens. Creating a strong support network in your neighborhood is one of the best ways to prepare before disasters.

Visually impaired

- Plan for losing the auditory clues you usually rely on after a major disaster.
- If you use a cane, keep extras in strategic, consistent and secured locations at home, work and/or school.
- Plug automatic security lights into outlets to light your path if the power goes out.
- Store high-powered flashlights with wide beams and extra batteries. LED flashlights last longer and provide brighter light than conventional flashlights.
- Service animals may become confused or frightened during and after a disaster; be prepared to use alternative ways to get around.
- Mark emergency supplies with large print, bright tape or Braille.

Hard of hearing

- Determine which broadcasting systems will provide continuous captioned and/or signed news.
- Store paper and pens to communicate with emergency personnel. Carry a pre-printed copy of important messages with you, such as: “I need an American Sign Language interpreter.” Or, “If you make announcements, I will need to have

them written or signed.”

- Store hearing aid(s) and batteries where you can easily find them after a disaster.
- Keep your pager, captioned telephone and other communication equipment fully charged.

Special medical needs

- Have at least a seven-day supply of all your medications and medical supplies. Store your medications in one location in their original containers.
- Have a list of all of your medications, along with instructions for dosing and obtaining more. Keep this list with you and also in your emergency kits.
- Check with your medical supply company regarding a back-up power source such as a battery or generator for medical equipment.
- Have written operating instructions attached to all equipment.

Physical disabilities

- Be prepared to give helpers brief instructions on the best way to move you.
- Store emergency supplies in a pack or backpack attached to your required mobility aid.
- Store mobility aids (canes, crutches, walkers, wheelchairs) close to you and keep extra aids in commonly visited locations.
- 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 a motorized wheelchair, have an extra battery available.
- If you spend time above the first floor of a building, practice using alternative methods of evacuation

with the help of your personal support network.

Establishing a support network

- Know who can walk to your home to assist you.
- 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.
- Keep a phone contact list handy of people who can help.

Planning for Pets and Livestock

- Consider your pets when creating your emergency preparedness kit.

Before the disaster

- Locate a safe place for your pets to stay such as emergency pet shelters, animal control shelters, or veterinary clinics. Some hotels and motels may allow you to bring pets; others may suspend their “no pet” rules during an emergency.
- Make sure your pets wear current ID tags all the time.
- Keep your pet’s current vaccination information in your emergency preparedness kit to enter shelters with your pet.

Evacuation

- As emergency situations develop, keep pets nearby so you can locate them.
- If it’s not safe for you to stay, it’s not safe for your pets. Don’t leave animals inside your home, chained or roaming loose.

Emergency Preparedness kits for pets

- Have photos to help identify lost pets and prove ownership.

- Store pet supplies in sturdy easy-to-carry containers, including water, food, medications and a first-aid kit. Store enough food and water for at least seven days for each pet, including a bowl and manual can opener. Have spare bedding materials, litter, toys, sturdy leashes and harnesses.
- Keep a secure carrier large enough for your pet to stand comfortably, turn around and lie down.
- Write down information on feeding schedules, medical conditions, behavior problems and the name and number of your veterinarian.

Planning for livestock

- Post emergency contact numbers at your barn and on your pasture fence.
- Make an animal kit with leads, halters, first aid kits and quieting hoods for easy transport.
- Keep feed at a separate location to be airdropped if the animals become stranded.
- Have sufficient transportation for all your livestock. Train your livestock to board the vehicles.
- If evacuation is not possible, decide where to leave them based on the disaster, your location and shelter strength.
- Make arrangements to help neighbors during disasters; know what organizations are prepared to rescue and house livestock.

For more information:

- www.emd.wa.gov/preparedness/prep_home.shtml
- www.aspca.org/pet-care/disaster-preparedness/

PREPARING YOUR HOME FOR DISASTERS

Preparing Your Home for Disasters will Save Lives and Help Avoid Economic Hardships

Disasters caused by earthquakes, tsunamis and severe storms can cause damage to houses and lead to financial ruin. Prepare your household for disasters to reduce damage to your home and create a safer environment for you and your family.

In order to prepare your home, search for what might be damaged or injure you during a disaster. The illustration below highlights ways to make your home safer during earthquakes and reduce costly damage.

Strategies for Protecting Your Home and Family

Create a household disaster plan. Create a plan now for how members of your household will make your home

safer, get life saving training and have a plan for responding to all types of emergencies.

Get Trained

In 95% of all emergencies, the victimized or bystander provides initial aid on scene. Consider training in first aid, CPR, how to use a fire extinguisher and how to shut off your home's gas, water and electricity.

Make a Financial Plan

In case of damage to your home, you should store your family's documents, such as insurance policies, deeds, property records, birth certificates, and other important papers, in a safe place away from your home (e.g., safety deposit box). Make copies for

your Emergency Preparedness Kit in case these documents are needed to prove ownership and file insurance claims. Consider saving money in an emergency savings account that could be used in any crisis.

Identify Safe Spots in Your Home

Know where you and your family can seek shelter in the case of an earthquake. The best places to be are under or beside sofas, desks and sturdy tables or against inside walls. Stay away from windows, hanging objects, mirrors, fireplaces, and tall, unsecured pieces of furniture.

Learn Safety Skills

Practice how to drop, cover, and hold on during shaking. Teach children

and adults to use an emergency whistle or to knock three times repeatedly if trapped. Rescuers searching collapsed buildings will be listening for sounds.

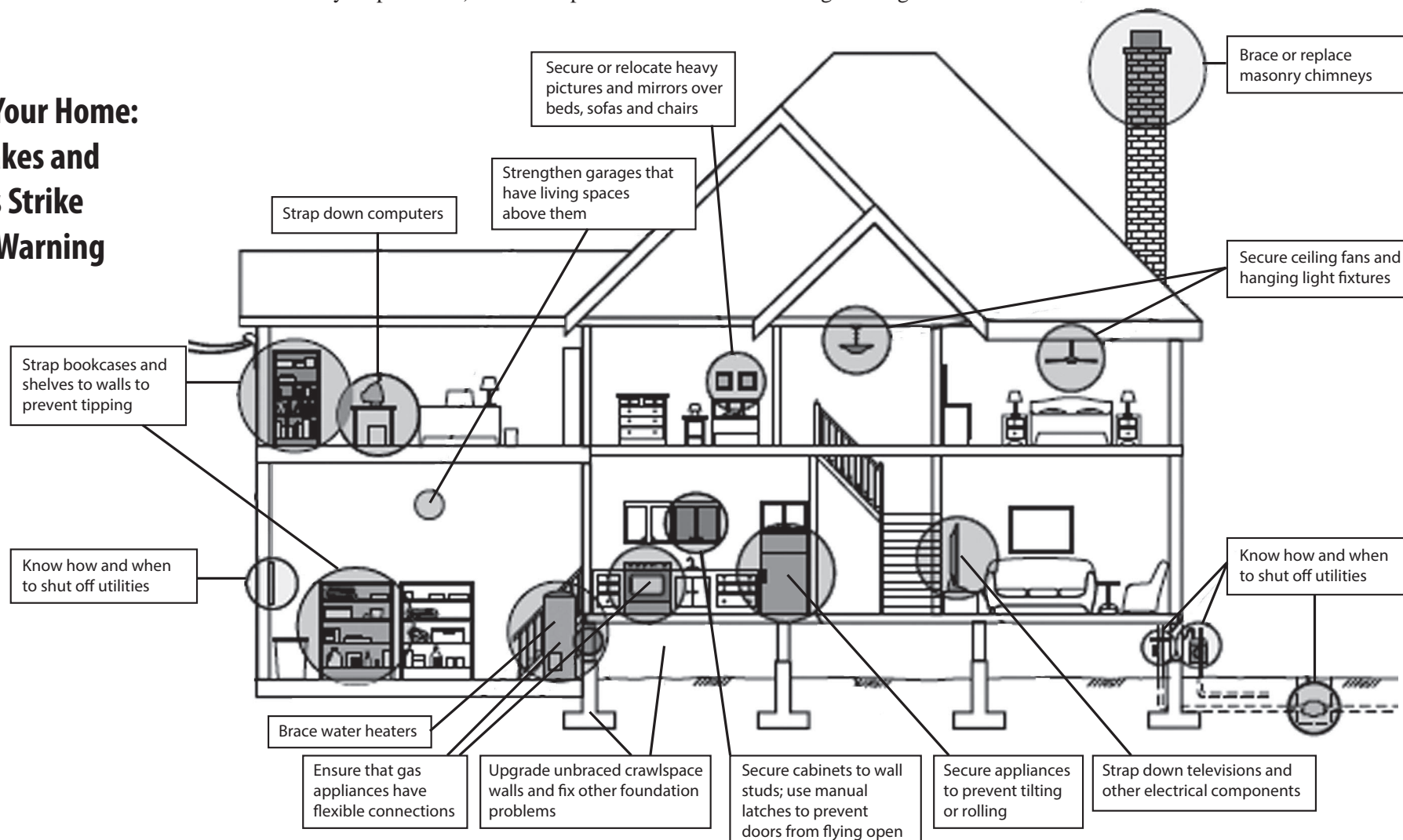
For more information:

Safeguarding your home against earthquakes, visit: www.emd.wa.gov/preparedness/prep_home.shtml

Safeguarding your home against flood hazards, visit: www.emd.wa.gov/preparedness/prep_floodsafe.shtml

Winter storm preparedness, visit: www.ready.gov/winter-weather/

Prepare Your Home: Earthquakes and Tsunamis Strike Without Warning



SECURING WATER HEATERS AND TURNING OFF UTILITIES

Securing Water Heaters

To protect your home and family, secure your hot water heater to wall studs. Water heaters damaged during an earthquake can start house fires. Water heaters may also contain the only source of freshwater for your household after a disaster – provided it remains upright.

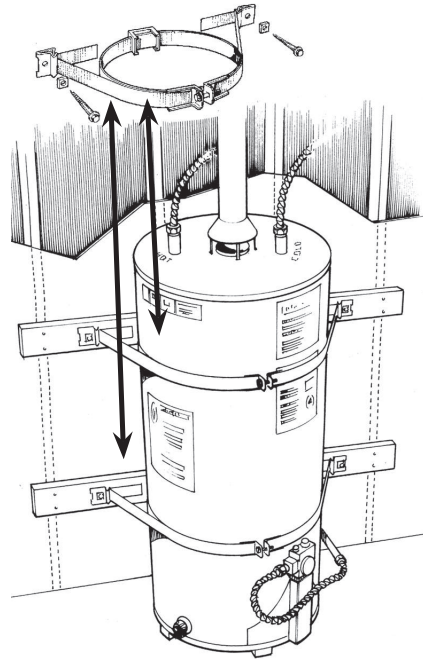
Securing Your Water Heater

- You can find commercially available water heater strapping kits in many hardware stores. These kits come complete with strapping, lag screws, washers, spacers, tension bolts and instructions.
- You can also assemble the strapping materials yourself using heavy-gage metal straps and 3-inch lag screws.

Note: Many water heaters secured with plumber's tape broke in the 1989 Loma Prieta and 1994 Northridge earthquakes. Experts now recommend heavy-gauge metal strapping because the thin metal in plumber's tape is too weak to be effective.

Step-By-Step Instructions

- To prevent the tank from tipping backwards, make sure there is little space between the water heater and the wall. If there is more than 1 or 2 inches, screw a wooden block to the wall.



- Wrap the heavy-gauge metal strapping 1-1/2 times around the top and bottom of 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 wall.
- Secure this strapping to wall studs using several 1/4-inch x 3-inch or longer lag screws with oversized washers. If you are securing it directly into concrete, use 1/4-inch expansion bolts in place of the screws.
- Replace all copper and metal piping with flexible natural gas and water line connectors.
- Allow the water inside the heater to cool before you attempt to drain any water from it.
- Disconnect the hot water line at the top of the tank. Turn on a hot water faucet in the house to ventilate the water heater's tank if you can't get the line off.
- Open the drain valve at the bottom of the tank and collect the water in a clean storage container. Check the first few gallons for rust and sediment. Throw dirty water out until clean water starts to drain.
- Refill the tank before turning the gas or electricity back on. A professional will be needed to turn the gas back on if turned off.

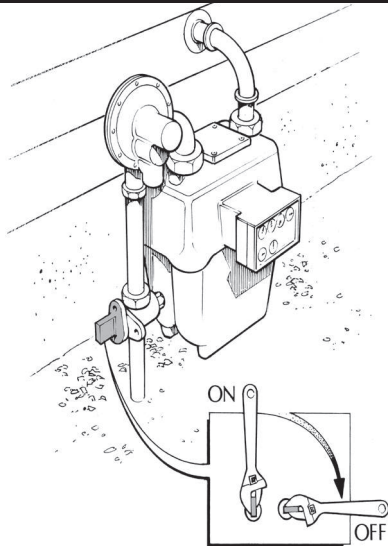
An Emergency Source of Water

- Shut off the valve that leads to the hot water heater immediately after the emergency to prevent the water from becoming contaminated.
- Cut off the water heater's electrical or gas supply for your own safety and to prevent the water heater from running without water.

For additional information:

www.emd.wa.gov/preparedness/documents/prep_home_water_heater.pdf

Utilities Safety



Earthquakes, severe storms, flooding and other disasters can damage your utility lines. Know where your home's main utility controls are located, and when and how to turn utilities off.

Electricity	Water	Sewer System	Gas
Locate your main electrical switch or fuse panel, and learn how to turn off the electrical power system.	Turn off water at the main meter or at the water main leading into the house. This will prevent contaminated water from entering your water heater and plumbing.	Make sure your sewer system is functioning properly before using it. This will prevent the contamination of your home, and the drinking water supply. Smelly ponding water is a sign of failure.	If you smell gas, evacuate immediately and go where you no longer smell gas. Do not use open flames or electrical switches.
If you use a generator as a backup power supply, follow the manufacturer's instructions. Connect lights and appliances directly to the generator and not to the electrical system.	Turning off water at the main meter may require a special valve wrench available from a hardware store. Make sure you have the tool readily available	If pipes are damaged, the main water valve should be turned off. Check with authorities before using any water.	First attempt to shut off the gas to specific appliances. Shut off the main gas valve with a wrench only if you continue to smell gas or hear a hissing noise.
		Do not flush toilets until you are sure that sewage lines are functional.	Contact the gas company to turn the gas back on so they can test for leaks and line pressure. After a disaster, you may need to wait several weeks for an appointment.

YOU NEVER KNOW WHERE THE ROAD WILL TAKE YOU

Prepare Your Vehicle for Emergencies

When planning for emergencies, do not forget your vehicle. Emergencies can happen at any time; ensure your vehicle is in good working order and have a vehicle emergency supply kit.

Keep your vehicle in good working order

Every vehicle should be in proper working condition before leaving your home. Frequently check each vehicle's:

- Ignition system
- Antifreeze
- Wiper blades
- Fuel system
- Fluids
- Washer fluid
- Belts
- Defroster
- Brakes
- Cooling systems
- Tire tread/pressure
- Battery
- Proper grade oil
- Lights



Create an emergency supply kit for your vehicle

Be prepared to spend at least 24 hours or more on your own by creating a vehicle emergency supply kit. Some vehicle emergency supplies to consider include:

- One gallon of water per person
- Small shovel, jumper cables and tow chain
- Road flare
- Battery-operated radio and extra batteries
- Flashlight and extra batteries



- If possible, take your Tsunami Evacuation Brochure.
- Small ABC-type fire extinguisher
- Plastic storage bags
- Cash and change for phones
- A supply of vital medications
- Sturdy shoes, socks, work gloves
- Emergency food
- Rain gear and whistle
- Mylar blankets and plastic tarps
- Matches in a waterproof box
- Latex gloves
- Map of area and shelters
- Compass
- Games and books for kids
- Pet supplies
- Toilet paper and towelettes
- Feminine/personal hygiene items
- Infant diapers and wipes

Tips for driving in difficult conditions

- Don't try to out-drive poor weather conditions.
- Drive with your low beams on in foggy conditions.
- Fill the fuel tank before entering open country. Stop to fill up long before the tank begins to run low. Start traveling sooner rather than later. Remember that the posted speed limits are for ideal conditions.
- Brake carefully and leave plenty of room to stop. It takes more time to stop in poor conditions.
- Look farther ahead in traffic than you normally do to gain extra time to safely react to situations.
- Drive cautiously near trucks. Avoid cutting quickly in front of them.

Tips for winter driving

- Carry extra winter clothing to stay dry and warm in wet and cold winter conditions.
- Be prepared with good winter tires, chains, a scraper, and a bag of sand for traction on ice.
- Don't use cruise control in wintry conditions. A brief touch of your brakes to deactivate the cruise control feature can cause you to lose control of your vehicle.
- Remember: A four-wheel drive vehicle can lose traction on ice just as easily as a two-wheel drive vehicle.

For more information:

How to prepare your vehicle and drive in winter conditions visit:
www.wsdot.wa.gov/winter

REACHING OUT TO CONNECT WITH LOVED ONES

Out -of-Area Contacts and Support Networks

If you are separated from your loved ones when disaster strikes, you will need a way to find out where they are. During a stressful event, you may have trouble remembering routine information like phone numbers. Every household member should have an out-of-area contact card in their wallet, purse or backpack at all times.

Things to do before a disaster

- Ask an out-of-area family member or friend to be your contact person. This person should live at least 100 miles away from you because local telephone lines may be full right after a disaster.
- Make small cards with the contact person's name and phone number for all family members to carry in their wallets, purses or backpacks.
- Keep a phone that does not require electricity. Cordless phones use electricity — if the power is out, they will not work!

Contacting loved ones after disasters

- All household members should call the out-of-area contact. The contact person should collect information about each family member, including where they are and how to contact them.
- If local telephone lines are busy, try sending text messages to your loved ones on your cell phone. Remember, text first, talk second.
- After an earthquake, make sure the handsets to your phones are hung up. When large numbers of phones are off-the-hook, local phone service may stop working correctly.



A cut-out Emergency Contact form is available on page 20 of this guide. Complete a form for each family member and request that they carry it in a wallet or purse at all times.

Create and Use Support Networks to Help Parents and Children



Parents and their children need to be able to cope with a disaster. Creating a support system of family, friends, and community organizations will help affected families greatly. As a result, parents will be better prepared emotionally to help and support their children.

Parents are almost always the best source of support for children in difficult times. To support their

children, parents need to attend to their own needs and have a plan for their own support.

Preparing for disaster helps everyone in the family accept the fact that disasters do happen. Preparation helps; when people feel prepared, they cope better and so do children.

More information: www.nasponline.org/resources/crisis_safety/naturaldisaster_ho.aspx

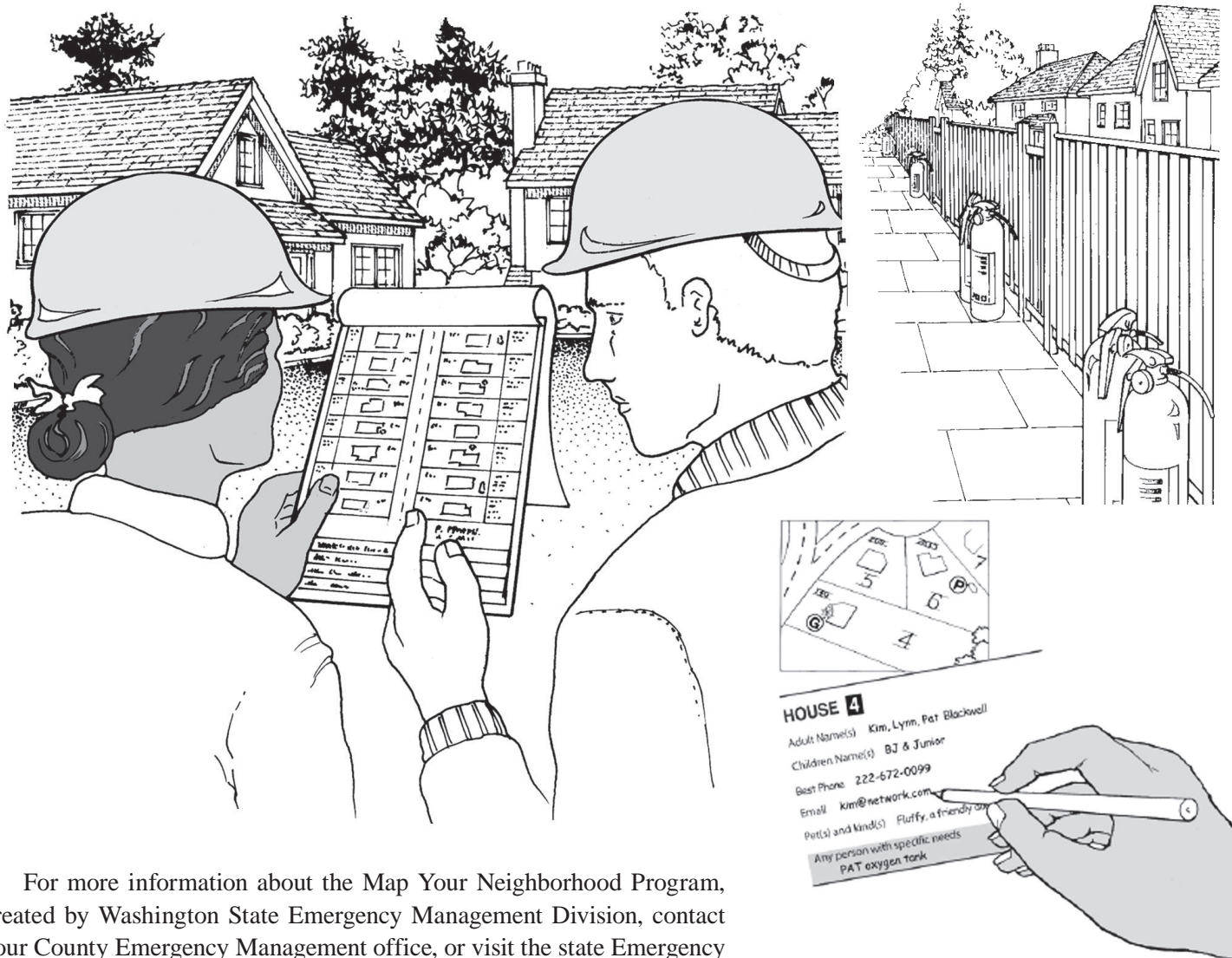
COMMUNITIES ALWAYS DO BETTER TOGETHER

Map Your Neighborhood

The Map Your Neighborhood Program helps communities become disaster ready by building and strengthening disaster readiness amongst neighbors. During an event, traditional 9-1-1 and first responders such as fire, police, and medical personnel may be unable to assist individuals immediately. Your nearby neighbors will be your most immediate source of help.

Neighbors that have created and practiced how they will organize their resources in a disaster are better prepared for the first 72 hours after a disaster. Neighborhoods can do many things to begin preparing their neighborhood, such as:

- Making a simple map of the neighborhood houses, properties, natural gas meters and propane tanks. In a disaster, you and your neighbors can use this list to quickly turn off damaged utilities and protect your household from fires, gas explosions and water leaks.
- Creating a contact list of neighbors so that you and your neighbors can help those with specific needs, such as disabled people living alone or parents of young children.
- Developing plans for checking on neighbors who are at risk for medical problems.



For more information about the Map Your Neighborhood Program, created by Washington State Emergency Management Division, contact your County Emergency Management office, or visit the state Emergency Management Division website at: www.emd.wa.gov/myn/index.shtml

Take These Steps During a Disaster

Ensure Your Safety First

Immediately following a disaster, first consider your family's health and safety.

Care for Injured People

Do not attempt to move seriously injured persons unless they are in immediate danger of death or further injury. If you must move an unconscious person, first stabilize the neck

and back, then call for help immediately after moving them.

If the victim is not breathing, carefully position the victim for artificial respiration, clear the airway and commence mouth-to-mouth resuscitation.

Maintain body temperature with blankets. Be sure the victim does not become overheated.

Never try to feed liquids to an unconscious person.

Take Health Precautions

Be aware of exhaustion. Don't try to do too much at once. Only do what must be done and pace yourself. Get enough rest.

Drink plenty of clean water. Eat well. Wear sturdy work boots and gloves.

Wash your hands thoroughly with soap and clean water often when working in debris to avoid infection.

Be Aware of New Safety Issues

Be aware of new safety issues created by the disaster. Watch for washed out roads, contaminated buildings, contaminated water, gas leaks, broken glass, damaged electrical wiring and slippery floors.

Inform local authorities about health and safety issues, including chemical spills, downed power lines, washed out roads, smoldering insulation and dead animals.

WASHINGTON IS EARTHQUAKE COUNTRY

When Earthquakes Strike: “Drop, Cover and Hold On”

If you live on the Olympic Peninsula for a lifetime, you will experience an earthquake. You may not be able to feel them all but they are constantly occurring beneath us.

Scientists record around 1,000 earthquakes in Washington state annually, with around a dozen of those causing personal harm or property damage.

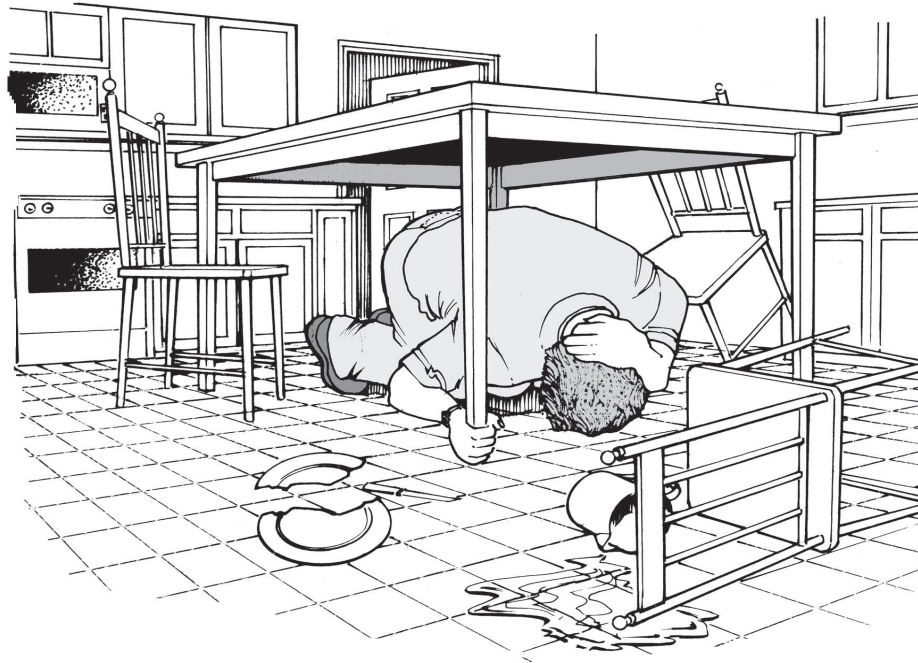
Clallam and Jefferson counties may experience a large earthquake because of their proximity to the Cascadia Subduction Zone. The subduction zone 90 miles off the Pacific Coast occurs because the Juan de Fuca plate is sinking below the North American plate. The collision that comes from the sinking can often become strong enough to cause earthquakes of different magnitudes. The most recent example of a local damaging earthquake was the 2001 Nisqually Earthquake. Communities throughout the region felt the earthquake and some experienced severe damage.

Before an earthquake—Prepare

- Anchor appliances and tall heavy furniture that might fall. Put latches on cabinet doors to keep contents from spilling. See page 8.
- Establish an “out-of-area” contact and keep the phone numbers handy. This is the person family members will call if you are separated. See page 11.
- Have an emergency supplies kit at home and in your vehicle; and tell others where to locate them. See page 6 and 10.
- If possible, take your Tsunami Evacuation Brochure.

During an earthquake

- Drop, Cover and Hold On!**
- Resist the urge to run. Running puts you in danger of unstable

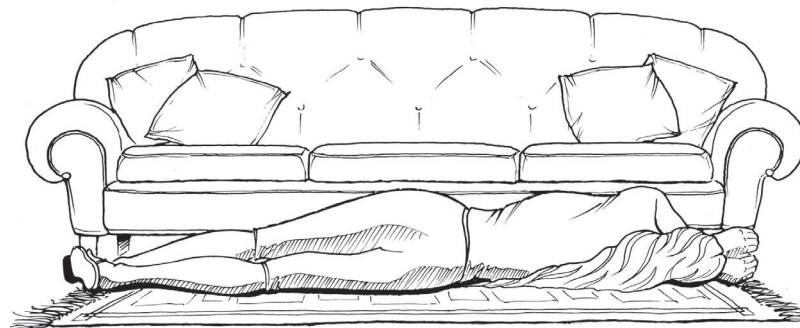


furniture, breaking windows or falling building parts.

- When you feel the ground start to shake, drop to the ground, take cover under a sturdy desk or table, cover your head and hold on.

If you are indoors:

- Stay inside. Move under a desk or sturdy table and hold on to 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.
- When exiting buildings after the shaking, pay special attention to possible falling debris that could injure you.



If a table or desk is not available, tuck in close to a sturdy piece of furniture during an earthquake.

- 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:

- When safe, carefully crawl or move to a clear area away from trees, signs, buildings or downed electrical wires and poles.

If you are in a downtown area:

- 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:

- When driving, an earthquake will feel like all four tires have blown out.
- 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—Recover

- Check yourself and those around you for injuries.
- Be prepared for aftershocks.
- If you smell gas or hear a hissing sound open a window and leave the building. Shut off the main gas valve outside.
- If safe to do so, check on neighbors—particularly elderly or disabled persons.
- Listen to your radio for reports from officials.
- If safety personnel tell you to evacuate, do so. Wait until you are told it is safe before returning home.
- Be careful entering and exiting buildings. Stay away from downed power lines.
- Try to contact your out-of-area phone contact.
- Do not drive unnecessarily.
- If in a tsunami hazard zone, move to high ground or inland immediately.

DANGER FROM THE SEA

Tsunami — Head for High Ground Immediately

Tsunamis are a series of enormous waves created by an underwater disturbance such as an earthquake, landslide, volcanic eruption, or meteorite. A tsunami can move hundreds of miles per hour in the open ocean and swarm inland with water as high as 30 feet or more.

Once a tsunami approaches the shore, it builds in height. The steepness of the seafloor can change the size of the tsunami — a small tsunami at one beach can be a giant wave a few miles away.

Earthquakes most often generate tsunamis. If a major earthquake or landslide occurs close to shore, the first wave could reach the beach in a few minutes, even before a warning is issued. Evacuate beaches and lowlands near the coast immediately after an earthquake stops.

Tsunami waves and the receding water can severely damage buildings. Tsunamis can also cause flooding, contamination of drinking water and fires from gas lines or ruptured tanks. Although tsunamis cannot be prevented, the effects can be significantly lessened through awareness, community preparedness and timely warnings.

Tsunami threat in Clallam and Jefferson counties

Coastal beaches and lowland areas on Washington's coast are vulnerable to tsunami waves. Areas less than 25 feet above sea level and within a mile of the shoreline are generally at greatest risk.

Local Earthquakes and Tsunamis

LOCAL earthquakes can cause immediate tsunamis. If you feel the ground shake for several minutes, head for higher ground immediately. The earthquake is your warning of a potential tsunami. A noticeable rapid



rise or fall in coastal waters is also a sign that a tsunami is approaching.

Distant Earthquakes and Tsunamis

Large earthquakes in **DISTANT** locations along the edge of the Pacific Ocean Basin can also cause tsunamis. Tsunamis from distant locations will not reach the Washington coast for several hours. In these cases, the National Weather Service and NOAA Weather Radio will have time to issue and relay warnings.

What to do during a Tsunami Alert

- Listen to your radio, NOAA Weather Radio or TV for updates on the event.
- 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.
- Move to higher ground or inland immediately. If no higher ground is near, go to upper levels of reinforced buildings.
- Wait for the “All Clear” before you return to the beach or to your home.

What to do at the beach

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

- The ground shakes.
- You hear an AHAB siren.
- The ocean recedes dramatically from the shoreline.

Follow the tsunami evacuation signs along coastal roadways to move 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 additional options for evacuation. You should know the evacuation routes for your area. Evacuation routes are shown on pages 15-18.

For more information on tsunamis and tsunami alerts, visit:

Washington Emergency Management Division
www.emd.wa.gov/hazards/haz_tsunami.shtml

Know these terms

The West Coast and Alaska Tsunami Warning Center monitors earthquake and tsunami events. If a threat exists, the National Weather Service (NWS) activates the Emergency Alert System (EAS) and issues information statements, watches, advisories and warnings through NOAA Weather Radio. Familiarize yourself with these terms to help identify a tsunami hazard:

Information Statement — An event has occurred at a distant location. In most cases, statements are issued to indicate there is no threat from an event, and to prevent unnecessary evacuations.

Watch — An earthquake has occurred in the Pacific basin, which might trigger a tsunami. The danger level is not yet known; stay alert for further information. NWS may expand, upgrade or cancel watches depending on changing conditions.

Advisory — The threat of a potential tsunami exists. Strong currents are likely; stay away from the shore. Officials may close beaches, evacuate harbors and marinas, and take other precautionary measures when appropriate. NWS may expand, upgrade, or cancel advisories depending on changing conditions.

Warning — A tsunami was, or may be generated, which could cause significant widespread damage. If you are within the warned area, you may be advised to evacuate. Familiarize yourself with the evacuation routes in this guide. See maps on pages 16-17.

VOLUNTEERS ARE VITAL LINKS TO DISASTER RESPONSE

Community Emergency Response Teams (CERT)



The Community Emergency Response Team (CERT) Program is a training program for people to learn about disaster preparedness, response and recovery. CERT trains them in basic disaster response skills such as fire safety, light search and rescue, team organization and disaster medical operations.

Using skills acquired through trainings, CERT members can help others immediately after a disaster in their neighborhood or workplace. CERT members may also be able to support emergency response agencies by taking a more active role in emergency preparedness projects in their community.

CERT is a positive and realistic approach to emergency and disaster situations where citizens will be on their own and their actions can make a

difference. In large disasters, emergency services are quickly overwhelmed. Citizens become the first responders. Individuals who have undergone CERT training have a unique set of skills that enables them to save lives and rescue neighbors immediately following a disaster.

Through training, citizens can manage utilities and put out small

fires, provide basic medical aid, search for and rescue victims safely and organize themselves and spontaneous volunteers to be effective, among other things.

Clallam County has eight CERT teams, fully trained and ready to take action:

- Clallam Co Americorps & CERT
- Emerald Highlights CERT

- Woolsey Court CERT
- Sequim City CERT
- Miller Peninsula CERT Program
- Joyce CERT
- Lower Elwha Klallam CERT, and
- Diamond Point CERT

For information on contacting any of these groups or getting a trainer to hold a CERT class in your community, contact:

Jayne Wisecup
Program Coordinator
Clallam County Emergency
Management
360-417-2525
jwoseci[at]co.clallam.wa.us
clallamwacert.samariteam.com

Amateur Radio Emergency Services (ARES)

Amateur Radio still works when normal means of communication fail. Clallam County ARES members actively participate in local and regional planning to assure prompt and efficient response to any emergency, from a major earthquake to a localized emergency. Take the radio class with Clallam County Amateur Radio members to acquire your Amateur Radio Operator's license. All licensed Amateur Radio Operators are welcome to join ARES.

Clallam County ARES meets at 7:00pm on the first Tuesday of each month at the Clallam County Emergency Operations Center. All amateurs and prospective amateurs are welcome. ARES encourages its members to first take care of themselves, family and neighbors



during an emergency, but then to help the larger community as a volunteer professional communicator.

If you are interested in volunteering or would like to learn more contact:

Chuck Jones 360-452-4672, or
Tom Newcomb 360-452-8228
Clallam County Amateur
Radio Club
P.O. Box 2562
Sequim WA, 98382

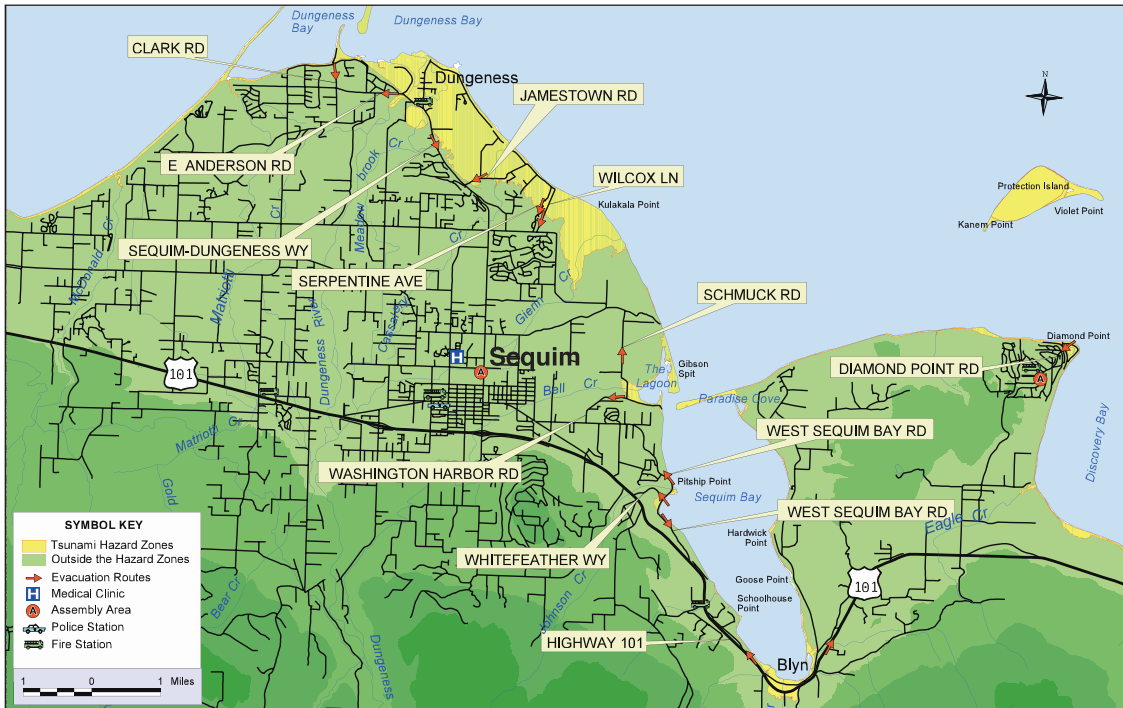
CLALLAM COUNTY TSUNAMI EVACUATION ROUTES

If you feel the ground shake, evacuate on foot to nearest high ground immediately.

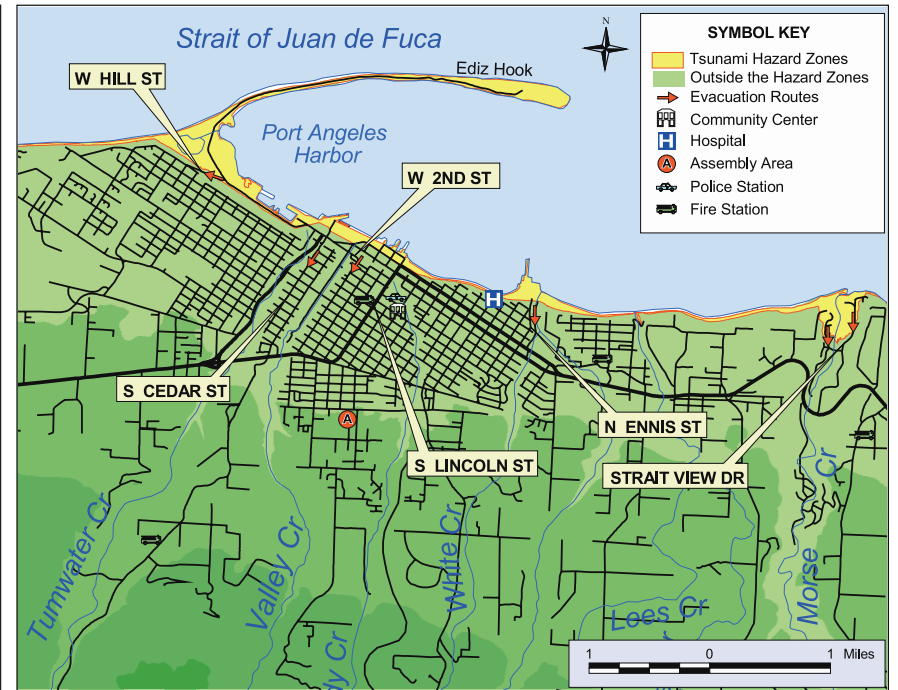
Evacuation recommendations are issued when authorities believe there is a real threat from a tsunami. Take an evacuation recommendation seriously — it may save your life. The following maps show areas likely to be inundated by tsunamis in yellow. Current evacuation routes are shown in red.

Local officials might recommend specific routes depending on the situation. Familiarize yourself and your family with your local evacuation routes and nearby assembly stations. Assembly areas are designated locations where people gather after returning from an evacuation. A common meeting place allows emergency officials to focus response on these areas. In an emergency situation, you will likely lose access to communications, so don't rely on cell phones or internet to locate these stations last minute.

Sequim



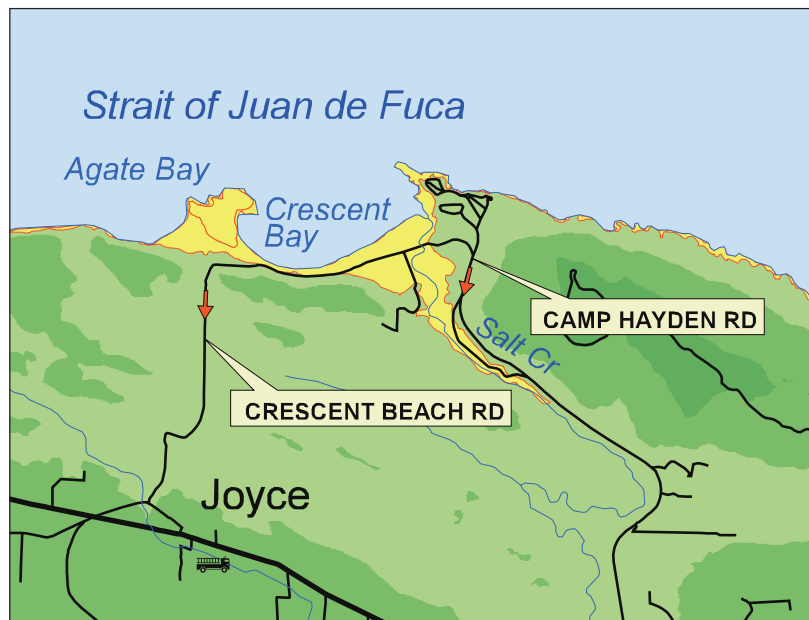
Port Angeles



Angeles Point



Agate Bay / Crescent Bay (Crescent Beach)



For more information on these evacuation routes as well as walking evacuation routes, go to www.emd.wa.gov/hazards/haz_tsunami.shtml

CLALLAM COUNTY TSUNAMI EVACUATION ROUTES

Clallam Bay / Kydaka Point



Neah Bay / Makah Bay



For more information on these evacuation routes as well as walking evacuation routes, go to www.emd.wa.gov/hazards/haz_tsunami.shtm

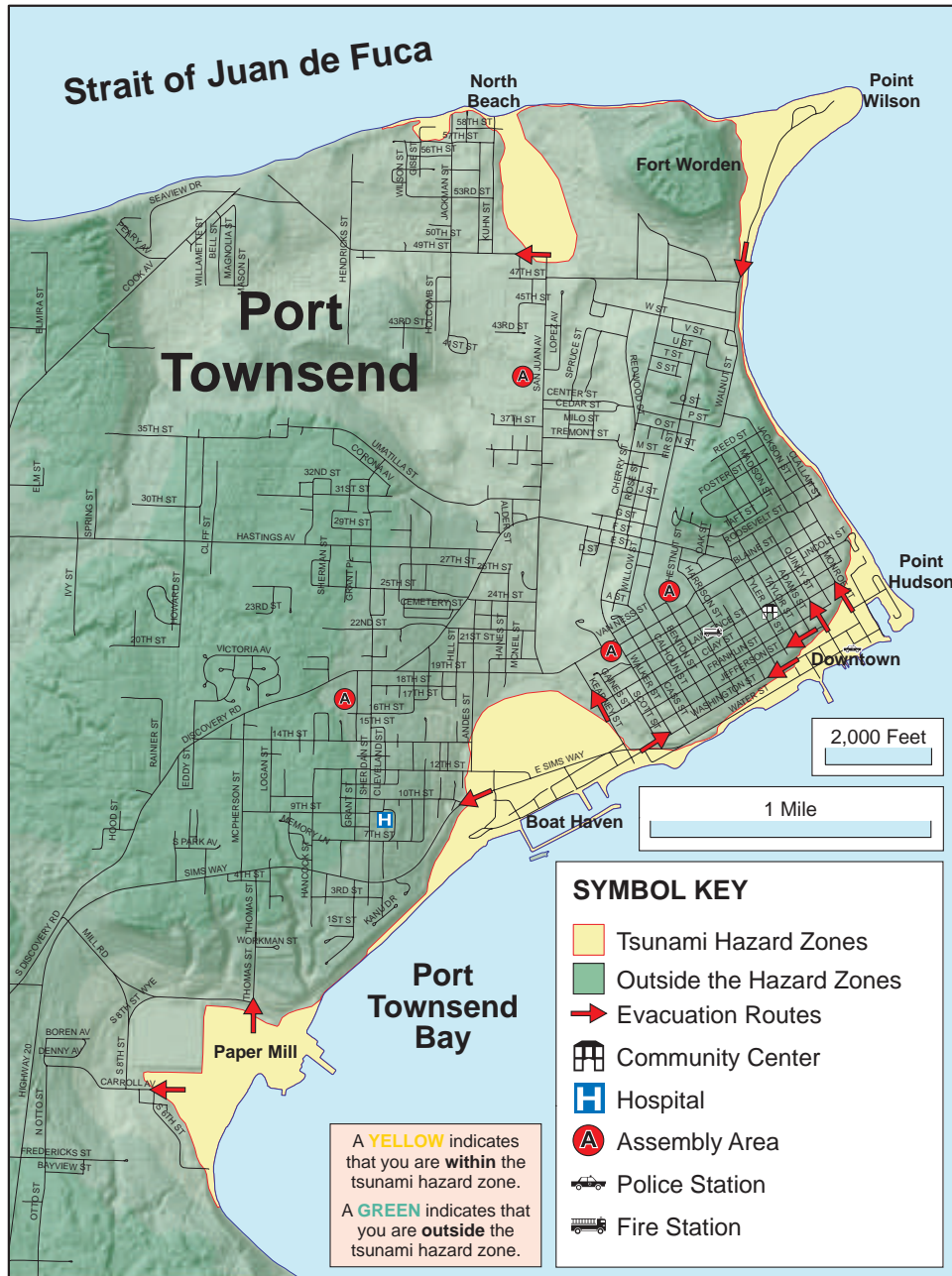
CLALLAM COUNTY TSUNAMI EVACUATION ROUTES

La Push

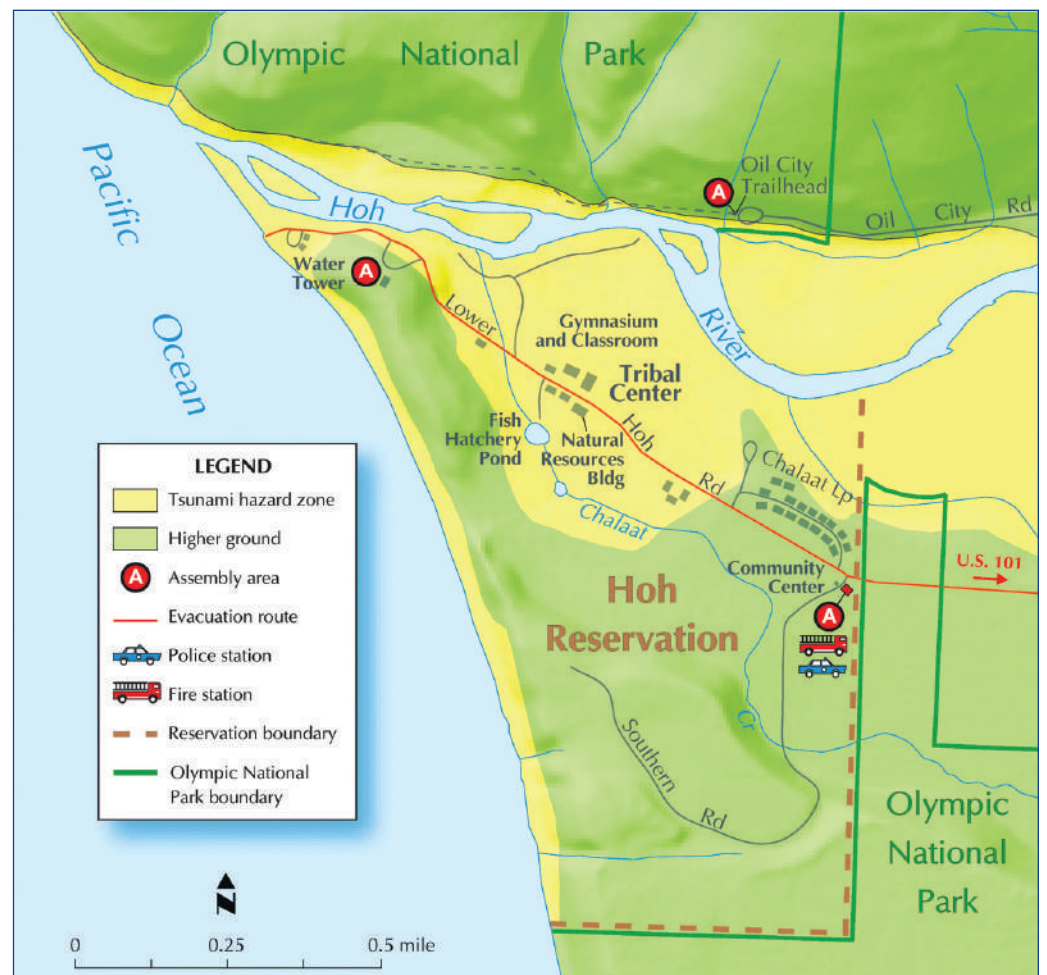


JEFFERSON COUNTY TSUNAMI EVACUATION ROUTES

Port Townsend



Hoh Reservation



For more information on these evacuation routes as well as walking evacuation routes, go to www.emd.wa.gov/hazards/haz_tsunami.shtml

TSUNAMI EMERGENCY ALERTS FOR COASTAL COMMUNITIES

All Hazard Alert Broadcast (AHAB) System

Washington State Emergency Management Division has installed pole-mounted sirens throughout Washington state's coast and inland water ways. There are sirens installed throughout Clallam and Jefferson counties. These sirens make up the All Hazard Alert Broadcast (AHAB) System, and have several features:

- Satellite and radio activation by state and local emergency management centers.
- Ability to provide voice and tone alerts to outdoor populations.
- An intense blue light for the hearing impaired that cuts through fog and is visible from a long distance.

There are two main siren alerts that the system issues for tsunamis:

- During a routine TEST of the system, the siren will play the Westminster CHIMES. These tests occur the first Monday of every month at noon.
- When a TSUNAMI warning is issued, the siren will play a WAILING sound. Both siren alerts are followed by a voice message that fully explains the situation.

EAS alerts reach all media communication. If a tsunami is generated, the West Coast and Alaska Tsunami Warning Center sends a message to the National Weather Service offices and state emergency operations center. From that point the Emergency Alert System sends a message to NOAA Weather Radios, and commercial television and radio. Through this process,

tsunami warnings are communicated quickly and effectively.

Emergency Notification System

Your local County Emergency Management has an emergency notification system able to send emergency messages via land line telephone, wireless phone, and Voice over Internet Protocol (VoIP) phone to residents and businesses within the county. Emergency response personnel use this system to notify at-risk homes and businesses with specific information about a disaster or emergency. Registrant information is kept safe and confidential; registrants are contacted only when there is a threat.

To register a wireless or VoIP phone, visit your local Emergency Management office web site (see contact list on back page.



Point Hudson "All Hazards Alert Broadcast" (AHAB) unit is one of many sirens installed in Clallam and Jefferson counties. AHABs can be activated by satellite from the State Emergency Operations Center or by radio from local Emergency Operation Centers.

For more information about AHAB sirens, visit: emd.wa.gov/hazards/prog_ahab.shtml

INSTANT ALERTS FOR ALL EMERGENCIES

NOAA All Hazards Weather Radio



NOAA Weather Radio is a service of the National Oceanic and Atmospheric Administration. The NOAA Weather Radio broadcasts the latest weather information every four to six minutes, with updates every one to three hours. Stations operate seven

days a week, 24 hours a day, with broadcasts created for the weather needs of the listening area.

Local and state emergency management offices strongly recommend that all households obtain a NOAA Weather Radio for indoor warnings. Along with weather alerts, the radio broadcasts winter storms or tsunami

warnings as well as many other notifications. Most radios have an alert feature, which activates an alarm and turns on the radio notifying listeners about severe weather and other threats.

NOAA Weather radios are available at many stores and on the Internet. Prices typically range between \$20 and \$80.

Clallam County and Jefferson County Radio Alert Signals

Transmitter	SAME No.*	Frequency	Call Sign
Neah Bay	053009	162.550	KIH36
Puget Sound Marine	053009	162.425	WWG24

* NWR Specific Area Message Encoding (SAME)

VOLUNTEERS ARE VITAL LINKS TO DISASTER RESPONSE

Medical Reserve Corps

Volunteers are vital links to disaster response in Clallam County. The mission of the Medical Reserve Corps is to allow local volunteer medical, health, veterinarians, pharmaceutical and non-medical professionals to contribute their skills and expertise throughout the year as well as during times of community need.

Volunteering experience the great satisfaction of helping others. For many individuals, volunteering gives them a sense of purpose and meaning in their lives. It helps to broaden their social networks, and that can have many positive effects. Volunteering provides opportunities for social interactions with fellow volunteers while supporting an important activity in the community.

Our Medical Reserve Corps unit is made up of volunteers who can assist our community during emergencies, such as an earthquake, influenza pandemic, a chemical spill or act of terrorism.

If you are interested in volunteering or learning more contact:

dem@co.kitsap.wa.us
360-307-5870

medical
reserve
corps



OUT-OF-AREA CONTACT CARD

Why Make A Contact Card? During a disaster, you may be separated from family members. Local phone systems may be unavailable during a disaster. However, you frequently can place a long-distance call to areas outside of your area. Your contact person at a distant location can help you locate other family members in your area.

Contact's name (print):

Contact's phone number (with area code):

Contact's cell phone number (with area code):

- Make copies of this card for all household members.
- Have each person add your family's contact information and carry the cards in their wallet, purse or backpack at all times.
- Prepare a wallet card that lists all medications and medical needs for members of your household.
- TIP: You may be able to text message all your loved ones on your cell phone. Keep these messages short.

WILDFIRES AND LANDSLIDES

Wildfires Threaten Our Region

How to create a “fire safety zone” around your home

All vegetation is fuel for a wildfire, though some trees and shrubs are more flammable than others. To reduce the risk, cut back or eliminate brush, trees and other vegetation near your home. In wooded areas especially, create a fire safety zone around your home.

What to do before a wildfire

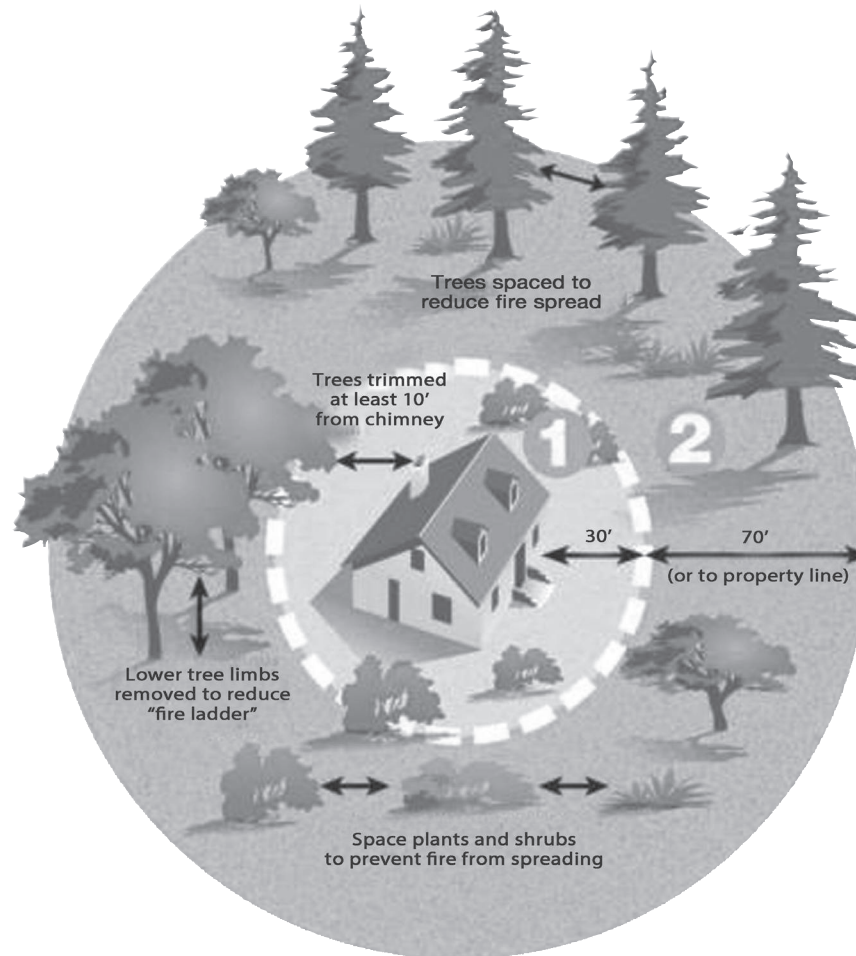
- Have an evacuation plan that focuses on knowing where you are going and possible alternate routes.
- Listen to local radio and television stations or a NOAA Weather Radio for information about fire threats in your area.
- Always call your local fire department before burning anything. Be careful when cooking outdoors or using gas-powered equipment.

Create a 30-foot “Fire Safety Zone” around your home

- Remove vines from buildings.
- Move shrubs and other landscaping away from the sides of the house.
- Prune branches and shrubs that are within 15 feet of chimneys.
- Remove tree limbs that are less than 15 feet above the ground.

- Thin a 15-foot space between tree crowns.
- Cut the lawn often; keep grass at a maximum of two inches.

- Clear the area of leaves, brush, evergreen cones, dead limbs and fallen trees.



Reduce flammables

Install electrical lines underground, if possible.

- Ask the power company to clear branches from power lines.
- Stack firewood 100 feet away and uphill from any structure.
- Store flammable materials in approved safety containers and keep them away from buildings.
- Keep gas grill and propane tank at least 15 feet from any structure.

When wildfire threatens

- Remain calm. Listen to the radio and television for fire reports and evacuation information. Follow the advice given by authorities.
- Put on protective clothing to protect your body, face and lungs from flame and smoke.
- Post a note at your home telling when you left and where you are going.
- If advised to evacuate, do so immediately.
- If there is time, close all windows, vents, and doors, and remove lightweight curtains. Shut off gas utilities.
- Turn on outside lights and leave a light on in every room to make the house more visible in heavy smoke.

Local History Predicts Future Landslides

Landslides are a reoccurring problem in Clallam County. The term landslide refers to the movement of rock, soil and debris, including snow, down a hillside. They can move slowly, causing damage gradually, or extremely rapidly, destroying property and taking lives suddenly.

Landslides in Clallam County are associated with periods of heavy rainfall, snowmelt and earthquake shaking. They tend to happen on steep and unstable hillsides, washed-away river and steam banks or beach cliffs. The areas in the county most vulnerable

to landslides are the slopes of the Olympic range, the coastal shoreline, the Highway 101 corridor and on existing old landslides.

Landslide warning signs

- New cracks appear in plaster, tile, brick or foundation.
- Slowly developing, widening cracks appear on the ground or on paved areas.
- Water breaks through the ground surface.
- Fences, retaining walls or utility poles tilt.

Be prepared for landslides

- Plan at least two evacuation routes since roads may become blocked or closed.
- Consider purchasing flood insurance, which covers mudflows from landslides.
- Plant ground-cover vegetation on hillsides to stabilize them.
- Build retaining walls, deflection walls and/ or channels to direct the flow around buildings. Consult with a professional geotechnical expert for advice.

After a landslide

- Stay away from the slide area; secondary landslides and flash flooding may start.
- If possible, help neighbors who require special assistance.
- Listen to a battery-operated radio or television for information.
- Check the building foundation, chimney and surrounding land for damage.
- Replant damaged vegetation as soon as possible. Erosion caused by loss of ground cover can lead to flash flooding.

WHEN IT RAINS IT SLIDES....

Landslides

Landslides are a frequent problem in western Washington. A landslide is the movement of rock, soil and debris down a hillside. It can move slowly and cause damage gradually, or move rapidly, destroying roads and buildings suddenly and unexpectedly. The areas most prone to landslides in the county are areas near moderate to steep slopes, the coastal shoreline and on existing old landslides.

Landslides typically are associated with periods of heavy rainfall, snowmelt and earthquake shaking.

What to do before a landslide

- Plan at least two evacuation routes since roads may become blocked or closed.
- Consider flood insurance, which covers mudflows from landslides.
- Plant ground cover on hillsides to stabilize slopes.
- Build retaining walls, deflection walls and/ or channels to direct the flow around buildings. Consult with a professional geotechnical expert for advice.

Landslide warning signs

- Doors or windows begin to stick or jam for the first time.
- New cracks appear in paint, plaster, tile, brick or foundation.
- Outside walls, walkways or stairs begin pulling away from the building.
- Underground utility lines break.
- Fences, retaining walls, utility poles or trees tilt or move.
- You hear a faint rumbling sound that increases in volume as the landslide nears.

During a landslide

- Take cover under a desk, table, or other piece of sturdy furniture.
- **If O u T D O O r S** run to the nearest



high ground 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

- Stay away from the slide area; new landslides may start.
- If safe, check for injured and trapped persons near the slide area. Give first aid.
- If possible, remember to help neighbors that require special assistance: infants, elderly and the disabled.
- Listen to a battery-operated radio or television for emergency information.

For more information, visit:

www.ready.gov/landslides-debris-flow
and <http://landslides.usgs.gov/>



Communities can reduce landslide risk through a variety of methods. For instance, local engineers in South Carolina are shown in the early stages of building retaining walls that will allow water to drain and stabilize the hillside.

SEVERE COLD WEATHER

Severe Winter Storms

The most likely threats in this region are wind storms and cold weather. Major winter storms can last for several days, and can result in power outages leaving you cold and cut off. A few small steps can protect you and your family from cold.

Prepare for storms by listening to local reports or a NOAA Weather Radio and taking the necessary precautions.

Before a Winter Storm

- Prepare to survive on your own for at least three days.
- Gather warm clothing, several days supply of water, medicines and food that needs no cooking or refrigeration. (See page 6.)
- Prepare to stay warm without electricity. Have a supply of dry wood and extra blankets.

Alert Level	NOAA Weather Radio Severe Storm Warnings
Outlook	Winter storm conditions possible in next 2-5 days
Watch	Winter storm conditions possible in next 36-48 hours
Warning	Life threatening severe weather conditions have or will begin in 24 hours
Advisory	Winter weather conditions are expected to cause significant inconveniences and may be dangerous

- Insulate pipes with insulation, newspapers or plastic. During cold weather, allow faucets to drip a little to avoid freezing.
- Learn how to shut off water valves in case a pipe freezes and bursts.
- Help elderly or disabled friends, neighbors or employees.
- Dress in several loose fitting, lightweight layers with a water repellent outer layer.
- Insulate your home by installing insulation in walls and attics, caulking and weather-stripping doors and windows, and installing storm windows or covering windows with plastic.
- Winterize your house, barn, shed or any other structure that may provide shelter for your family, neighbors, livestock or equipment.
- Clear rain gutters; repair roof leaks and cut away tree branches that could fall on a house or other structure during a storm.

- Keep fire extinguishers on hand, and make sure your household knows how to use them.
- Attempting to walk for help in a winter storm can be a deadly decision. During severe cold weather, avoid outdoor physical exertion. Cold and wet weather can cause frostbite and hypothermia, even when the temperature is above freezing. Seek medical help immediately if anyone has uncontrollable shivering, memory loss, disorientation, incoherence, slurred speech, drowsiness and apparent exhaustion or whose arms or legs turn white or pale.

For more information, visit:
[www.ready.gov/press-release/
release-091218](http://www.ready.gov/press-release/release-091218)

Power Outages

Power outages often happen during severe weather or other disasters. Prepare for outages:

- Have an alternate heat source and supply of fuel, such as dry fire wood.
- Consider purchasing a generator, especially if someone in the house requires life-sustaining electrical equipment. Register life-sustaining equipment with your utility company and fire department.
- If power is out in the neighborhood, disconnect all electrical heaters and appliances to protect the motors from possible low voltage damage.
- Unplug computers and other voltage-sensitive equipment to protect against possible surges when power is restored.
- Keep your refrigerator and freezer doors closed. With doors closed, a fully loaded freezer can keep foods frozen for two days.

- Use battery-operated flashlights or glow sticks for alternative lighting, and a wind-up or battery operated clock in your emergency supply kit.
- If you use a kerosene heater, gas lantern or stove inside the house, maintain ventilation to avoid a buildup of toxic fumes.
- If your power is out, leave one light switch in the on position to alert you when services are restored.
- Have a corded telephone available; cordless phones will not work when the power is out.
- NEVER use charcoal or gas grills indoors, the fumes are deadly.



For more information: www.emd.wa.gov/preparedness/documents/power_lgtype.pdf

RIP CURRENTS

How to Avoid and Survive Rip Currents

Rip Currents – The Reality

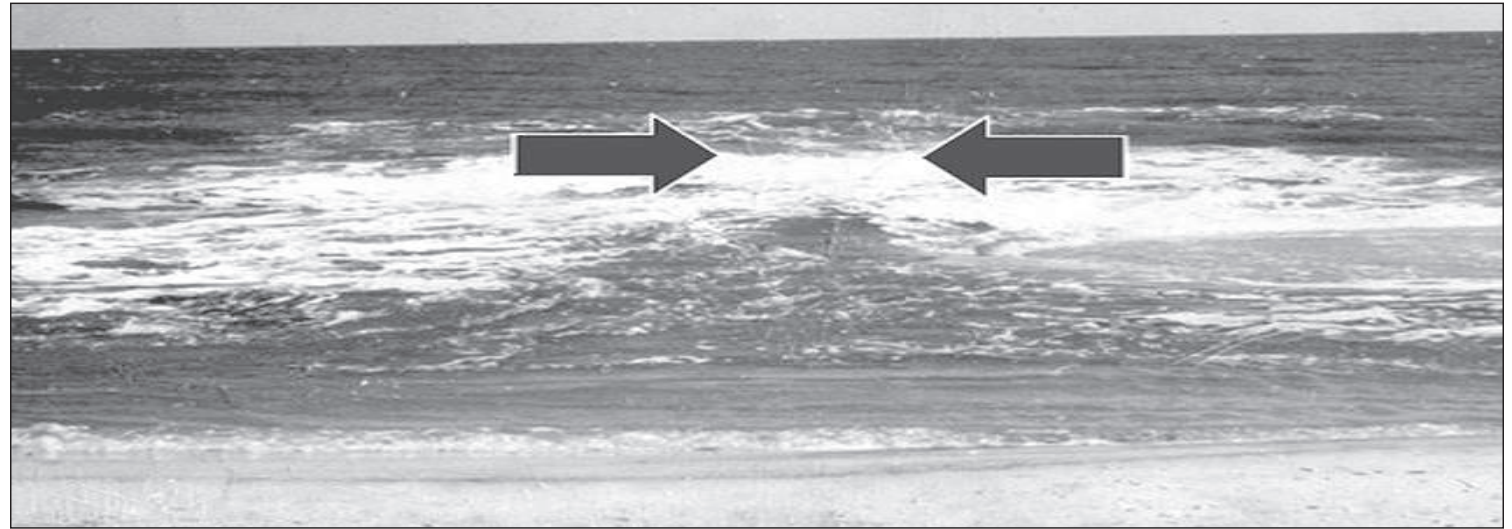
Rip current is a horizontal current that pulls people away from shore. Rip currents are especially dangerous for weak and non-swimmers. If caught in a rip current, how you respond could make the difference between life and death. Protect yourself when visiting the beaches by understanding rip currents.

Where rip currents form

Rip currents most typically form at low spots, breaks in sandbars, and also near structures such as groins, jetties and piers. Rip currents can be very narrow or extend in widths to hundreds of yards. The seaward pull of rip currents varies: sometimes the rip current ends just beyond the line of breaking waves, but sometimes rip currents continue to push hundreds of yards offshore.

At the beach

- Never swim alone.
- Be cautious at all times, especially when swimming at unguarded beaches. If in doubt, don't go out.
- Stay at least 100 feet away from piers and jetties. Permanent rip currents often exist alongside these structures.
- Consider using polarized sunglasses when at the beach. They will help you to spot the signature foam buildup of rip currents, by cutting down glare and reflected sunlight off the ocean's surface.

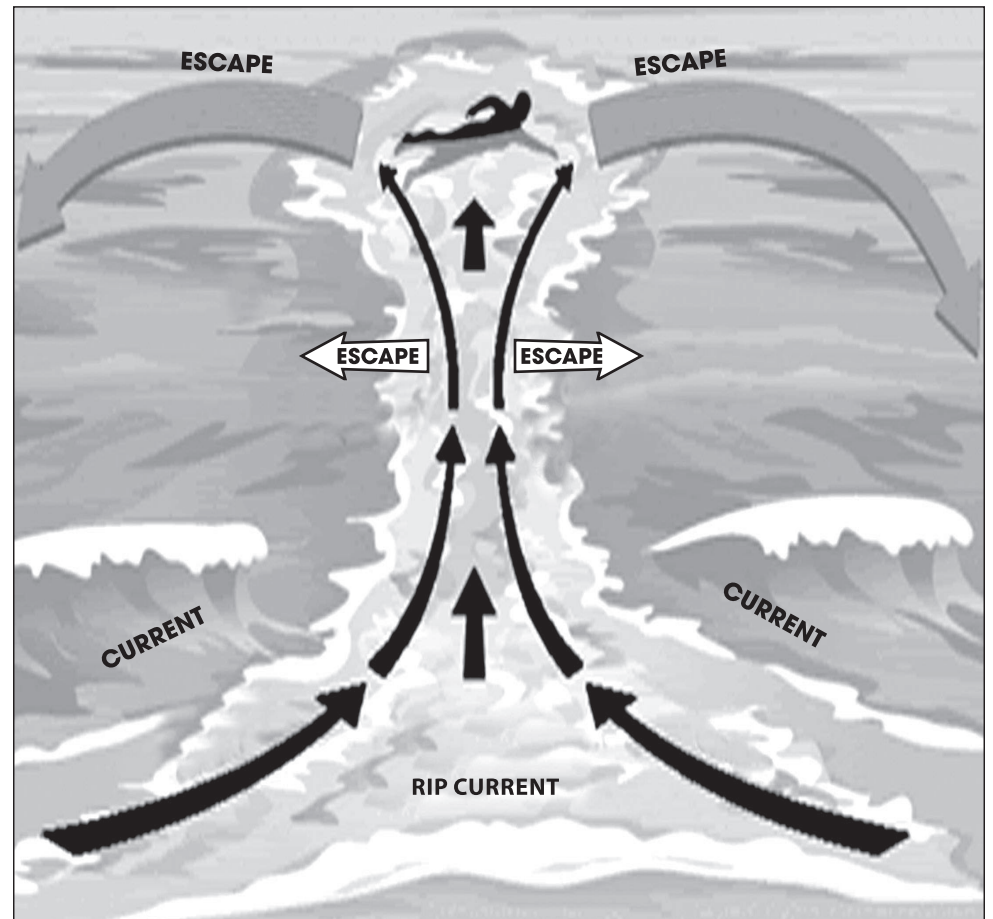


A rip current is a horizontal current. Rip currents do not pull people under the water – they pull people away from shore. Drowning deaths occur when people pulled offshore are unable to keep themselves afloat and swim to shore. This may be due to any combination of fear, panic, exhaustion, or lack of swimming skills.

If caught in a rip current

- Remain calm to conserve energy and think clearly.
- Swim parallel to the shoreline to swim out of the current. If you are unable to swim out of the rip current, float or calmly tread water.
- When out of the current, swim at an angle away from the current and towards shore.
- When out of the current, swim towards shore. If you cannot reach shore, draw attention to yourself by waving your arm and yelling for help.
- If you see someone in trouble, don't become a victim, too. Call 9-1-1. Do not enter the water.
- Throw the rip current victim something that floats — a life jacket, cooler, or an inflatable ball. Yell instructions on how to escape.

How to survive rip currents:



If you are caught in a rip current, escape by swimming laterally out of the foamy current into calmer water before swimming back ashore to safety.

For more information, visit: www.ripcurrents.noaa.gov

CHEMICAL HAZARDS IN YOUR AREA

Hazardous Chemical Emergencies

A major chemical emergency is an accident that releases a hazardous amount of a chemical into the environment. Accidents can happen underground, on railroad tracks or highways and at manufacturing plants. These accidents sometimes result in a fire or explosion, but many times you cannot see or smell anything unusual.

Planning for major chemical emergencies

- Contact the your County Emergency Management Agency for information on hazardous materials in this area.
- Find out evacuation plans for your workplace and your children's schools. Know where you or your children may be taken in the event of a major chemical emergency.
- Develop an evacuation plan for your home and workplace. Everyone in your family should know where to go if they have to leave.
- Learn about industry and community warning signals. Use a NOAA Weather Radio (see page 19) to be aware of warnings.
- What to do during a major chemical emergency
- Authorities will notify you of a major chemical emergency. If you hear a siren or other warning signal, turn on a radio or television for information. You will be told the following:
 - The type of health hazard.
 - The area affected.
 - How to protect yourself.
 - Evacuation routes (if necessary.)
 - Shelter locations.
 - Type and location of medical facilities.
 - The phone numbers to call if you need extra help.



- Strictly follow instructions of emergency officials. Your life could depend on it.
- Call 9-1-1 only for a possible life-threatening emergency. Telephone

lines are frequently overwhelmed in disaster situations, and need to be clear for emergency calls to get through.

- Clean up and dispose of debris carefully. Follow instructions from emergency officials concerning cleanup methods.

How to evacuate

If you are told to evacuate immediately, take your emergency supplies kit (see page 6). Take only the essentials, and leave your home quickly. Follow the route authorities recommend. If a route has not been identified use the route your family has pre determined. Do not take shortcuts, they may be blocked or expose you to dangerous chemicals. Shelter in place if advised by local authorities (see page 27).

- Listen to your radio to make sure the evacuation order applies to you. Local officials may call for evacuation in specific areas at risk.
- Do not assume that a shelter will have everything you need. While shelters provide a safe place to stay, take your own specialty items for infants and individuals on restricted diets.
- Close and lock your windows and doors.
- Check neighbors to make sure they have been notified, and offer help to those who need it.
- Take only one vehicle to the evacuation site. Traffic may be very heavy and parking at a shelter may be limited.
- To reduce your exposure to chemicals, close your car windows, air vents, and turn off the heater and air conditioner.
- Return home only when authorities say it is safe.

SHELTER-IN-PLACE

How to Shelter-in-Place

If a chemical accident happens, authorities will instruct people to either seek shelter where they are, or evacuate. If ordered to remain in your home, office or school, follow these directions to “shelter-in-place.”

- Dampen towels and place over the cracks under doors.
- Cut plastic sheeting to fit over the windows and vents. Secure the plastic with duct tape.

- Tape around the door.
- Turn on the radio.
- Don't air out or leave your sealed shelter until you are told do so.

If you were outside before taking shelter and think you may have been exposed to a chemical agent, take off at least your outer clothes, put them in a plastic bag and seal the bag.

- If water is available, wash or take a

cool to lukewarm shower, using only water. (Caution: in some cases water may make chemical burns and exposures worse, only apply water if you know it is safe to do so.)

- Don't use soap unless authorities advise you to do so; soap may react poorly with some chemicals.
- If you leave the area, tell emergency responders or medical staff at your destination you may have been exposed.

- Tell the emergency responders about the sealed bag so that they can arrange for its safe removal after the emergency.

REMEMBER!

If you have symptoms of chemical exposure, call 9-1-1 immediately and follow their instructions.

1



Go indoors immediately.

2



Close all windows and doors.

3



Turn off ventilation systems (heating and air-conditioning, and fireplace dampers).

4



Go into a room with the fewest doors and windows and seal the room.

5



Stay in the room until told by the authorities that it is safe to come out. Turn on your radio for information.

CLEAN WATER IS CRITICAL DURING EMERGENCIES

Purifying Water for Household Use

These treatments are safe **ONLY** when surface water is contaminated with bacteria or viruses from floods, streams or lakes.

NEVER drink water you suspect is contaminated with chemicals, oils, poisonous substances or other contaminants!

Before a disaster: Storing water safely

- Store three or more gallons of water per person. You will need about one gallon of water for drinking, cooking, and washing per day. Also store at least one quart per small pet per day. If your home has room, consider storing a two-week supply.
- Collect the water from a safe supply.
- Thoroughly washed plastic containers are best for storage.
- Seal water containers tightly, label with date, and store in a cool, dark place.

- Replace water every six months.
- Never use a container that contained toxic materials such as pesticides, solvents, chemicals, oil or antifreeze.

Water sources during a disaster

- During a disaster, use your stored emergency water. You can also use water in your water pipes and hot water tanks.
- To use the water in your pipes, shut off the incoming water valve. Turn on the faucet in your house at the highest level, to let air into the plumbing. A small amount of water will trickle out. Then obtain water from the lowest faucet in the house.
- You can use the water in your hot water tank, if it is not submerged by floodwater. Turn off the electricity or gas and turn off the water intake valve. Open the drain at the bottom of the tank and turn on a hot-water faucet to let air into the plumbing.

Purify water to kill organisms

- If you gather additional water from streams, hot water tanks, or from the tap, purify it first.
- Filter water before boiling or adding bleach. Use coffee filters, paper towels, cheese cloth or a cotton plug in a funnel as a filter.

Safest Option: Boiling

- Bring the water to rolling boil for 3-5 minutes. Cool before drinking.

Secondary option: Bleaching

- If boiling is not possible, treat water by adding liquid household bleach, such as Clorox™ or Purex™. Avoid using bleaches that contain perfumes, dyes and other additives.
- Place the water (filtered, if cloudy) in a clean container. Add bleach according to the table below.
- Mix thoroughly and allow to stand for at least 30 minutes before using. Wait 60 minutes if the water is cloudy or very cold.

Treating Water with a 5-6 Percent Liquid Chlorine Bleach Solution

Volume of Water to be Treated	Treating Clear/Cloudy Water: Amount of Bleach to Add	Treating Very Cold, or Surface Water: Amount of Bleach to Add
1 quart/1 liter	3 drops	5 drops
1/2 gallon/2 quarts/2 liters	5 drops	10 drops
1 gallon	1/8 tsp	1/4 tsp
5 gallons	1/2 tsp	1 tsp
10 gallons	1 tsp	2 tsp

Washington State Dept. of Health

Getting Medicine During Emergencies

Medication distribution centers might be opened during an emergency. If distribution centers are open, trained staff will provide services free of charge to the public.

Local public health agencies will announce if/when medication centers will open. You will be able to find out if distribution centers are available from TV and radio, newspapers, state and county emergency management websites, and community, civic and religious organizations. The County Emergency Management Agency will publicize the location of medication

centers in their areas after a disaster.

The Strategic National Stockpile is a federal government program that provides medication and medical supplies to states during an emergency. Washington State emergency response workers immediately deliver shipments of supplies and medications directly to the communities that need them. Understand that this could take days or even weeks.

REMEMBER:

Always have at least a seven-day supply of medications and medical supplies. Other sources may not be available during an emergency.



CREATE POSITIVE RECOVERY FOR CHILDREN

Helping Children Cope with Trauma

Following a disaster, children react differently. Some children may never show distress. Others may become upset only several weeks or even months after an emergency. Whether or not children show a change in behavior, they may still need your help.

Children who experience an initial distressing event before 11 years old are three times more likely to develop mental or emotional symptoms than those who experience their first distressing event later. Children are able to handle a distressing event better if parents and other adults support and help them with their experiences, starting as soon as possible after the event.

Generally, children of all ages may

exhibit the following behaviors after a disaster:

- Become afraid of wind, rain or sudden loud noises.
- Be afraid the event will occur again and will want to stay close to parents.
- Be upset over the loss of an important or favorite toy or possession.
- Change from being quiet and obedient to loud and aggressive, or change from being outgoing to shy and afraid.
- Develop night-time fears of the dark or sleeping alone.
- Have symptoms of illness, such as headaches, vomiting or fever.
- Worry about where they and their family will live.

Things parents should consider to help their children

At All Ages

- Children manage the distressing event based on parental actions.
- Go back to former routines as soon as possible. Maintain a regular schedule for the children.

Infant to 2 years

- Very young children do not have the ability to describe their feelings.
- Children may become irritable and/or cry more than normal.

Ages 3 to 6

- Reassure children that the disaster was not their fault.
- Assure fearful children you will be there to care for them; consistently reassure them.
- Talk with children about how they are feeling. At this stage, the most common feelings are fear and insecurity. Assure them that it's okay to have those feelings.
- Children should not be expected to be brave or tough. Tell them it's okay to cry.

Ages 7 to 10

- Children this age may become very interested in the details of the disaster and want to talk about it constantly.
- Don't give children more information than they can handle about the disaster. At the same time, make sure the children are also getting accurate information about the disaster.
- Spend extra time with your children at bedtime.

Ages 11 to 18

- Children at these ages respond to a disaster similar to an adult.
- Teenagers may start participating in dangerous behaviors. They may also become fearful of leaving the home or participating in their normal activities.
- Trauma is normal and will take time to heal. Family and community support are most important for a teenager's recovery.

Create and use support networks to help parents and children

As a parent, take steps to understand and manage your own feelings and ways of coping so you can help your children. You can do this by building and using social support systems of family, friends, community organizations, or other resources that work for your family. Parents are almost always the best source of support for children in difficult times. To support children, parents need to attend to their own needs and have a plan for their own support.

Preparation helps; when people feel prepared, they cope better and so do children.



For more information, visit:

FEMA

www.ready.gov/document/psychological-first-aid-children-and-parents-book-format

National Association of School Psychologists (NASP)

www.nasponline.org/resources/crisis_safety/naturaldisaster_ho.aspx

HELPING YOUR BUSINESS REBOUND SUCCESSFULLY FROM A DISASTER

Business Continuity Planning

Getting back to business after a disaster depends on preparedness planning done today. Both small and large business owners invest a tremendous amount of time, money and resources to make their investments successful. Business owners also need to invest time in planning for a disaster so their business will run as quickly as possible after a disaster.

Building a continuity plan and taking steps toward preparedness will reduce risk, protect stakeholder's interests and ensure continuation of services. Plan ahead for an unexpected disaster.

BUSINESS ESSENTIALS

Create an all-inclusive disaster plan, update it regularly and keep an additional copy at an off-site location. Meet regularly with your insurance agent to ensure you have adequate coverage and knowledge of how to quickly file a claim. Here is a helpful list for employees and employers to refer to while preparing the work place for a disaster event:

Employers:

- Know if you are in a tsunami hazard zone.
- Develop and practice emergency plans with your employees.
- Identify an internal shelter in the event authorities tell you to "shelter in place" (see page 27.)
- Establish a single spokesperson to speak to the media and public.
- Document each employee's function and emergency contact information.
- Decide who is in charge when managers are unavailable.
- Create a phone tree and decide

who will start the communication process.

Customers:

- Keep a copy of your customer records off-site.
- Have an alternate work site from which to communicate to customers during recovery.

Suppliers:

- Maintain a contact list of all your suppliers. Find out how they plan to supply you if the supplier experiences a disaster.
- Maintain a list of alternate suppliers.

Equipment:

- Maintain an inventory of all equipment.
 - Keep an equipment maintenance schedule and contact lists of manufacturer and service providers off-site.
- #### Property:
- Make sure your facility meets all local building and fire codes.
 - All employees should know where utility shutoffs are located and how to operate them (see page 9.)

Records:

- Document all processes essential to running your business (answering phones, tracking finances, etc).
- Develop a schedule for backing up all computers.
- Keep current copies of all essential paper and computer files off-site.
- Here are some specific suggestions if you are at risk for the following hazards:

FLOODING

- Most standard insurance policies do not cover flood damage and the resulting loss of income. Check with

Economic Development Councils

Clallam County Economic Development Council

Visit: www.clallam.org

905 W 9th Street, Suite 139
Port Angeles, WA 98363

Phone (360) 457-7793

Email: info@clallam.org

Jefferson County Economic Development Council

Visit: www.edcteamjefferson.com

2410 Washington Street
Port Townsend, WA 98368

Phone (360) 379-4693

your insurance agent to ensure adequate protection.

- Build with flood-resistant materials to ease clean up and reduce damage.
- Consider working with a licensed contractor to raise electrical and HVAC systems above the 100 year flood level mark.
- Keep computers, electronics, and important files raised at least three feet off the floor.
- Consider working with a licensed plumber to install a back flow valve to prevent sewage backup.

EARTHQUAKE/Tsunami

- Refer to county building officials to ensure your facility is up to code.
- Use natural gas lines with flexible connections and automatic shut-off valves.
- Use flexible water lines and/or couplings to toilets, sinks, and in sprinkler systems.
- Secure equipment, including computers, to the floor or walls to prevent tipping.

- Make sure that automatic or electric doors have manual latches in case of power outages.
- Practice tsunami evacuations regularly.
- Register for the Great Washington Shake Out

SEVERE WEATHER STORMS

- Assign one person to be responsible for monitoring weather alerts.
- Establish safe locations inside the business for employees to gather. Bathrooms or hallways are safe locations to gather during severe weather.
- Keep a supply of non-perishable food, drinking water and blankets.
- Have a method of notifying employees concerning work status before and after the storm.
- Consider evacuating vehicles before a storm. Put them in a garage or keep them outside, away from trees or other potential falling objects.
- Unplug all equipment and turn off electricity and water. Only turn off gas if you smell gas or hear a hissing noise.

WE CAN'T HIDE FROM NATURE... BUT WE ALL CAN BE PREPARED.

We're gearing up for the next printing of the *All Hazards Preparedness Guide*! We invite you to become a local sponsoring partner of this popular publication. Your advertisement will be read by the entire region's residential and business community.

Help us build a community safety net while building awareness of your organization! Contact your local Emergency Management Office or the State Emergency Management Division for information on how your organization or business can help build a resilient community.



EMERGENCY PROCEDURES REMINDER

EARTHQUAKE

If you are indoors:

- Stay inside. Use “Drop, Cover, and Hold On.”

If you are outdoors:

- Do not run. When safe, carefully move to a clear area away from trees, signs, buildings or downed electrical wires and poles.

After the earthquake:

- Check yourself and those around you for injuries.
- Be prepared for aftershocks.
- Listen to your radio for reports from officials.
- If safety personnel tell you to evacuate, wait until they say it is safe before returning home.
- Be careful entering and exiting buildings. Stay away from downed power lines.
- Use your out-of-area contact to let your family know you are safe.

TSUNAMI

- Listen to radio or TV for updates on tsunami information.
- Know the safest evacuation route.
- Move to higher ground or inland immediately if an earthquake occurs.
- Wait for the “All Clear” before you return to the beach or your home.

If at the beach:

- Head for higher ground immediately if you feel the ground shake, you hear an AHAB siren, or the ocean recedes dramatically.

SEVERE STORMS

- Prepare to stay warm without electricity (have a supply of dry wood or extra blankets).
- Understand the proper use of your home generator.
- Know the emergency plans at your workplace, school, and daycare center.
- Identify potential dangerous trees that could cause damage to your home.
- Insulate pipes and allow faucets to drip a little during cold weather to avoid freezing pipes.
- Learn how to shut off water valves in case pipes burst.
- Dress for the weather in several loose fitting, lightweight layers with a water repellent outermost layer.
- Prepare and maintain at least a week’s supply kit.

FLOOD

- Listen to your weather radio or television for information.
- Be aware of flash flooding (a sudden local flood). Move immediately to higher ground. Do not wait for instructions to move.

If you must prepare to evacuate:

- Move essential items to an upper floor, turn off utilities at the main switches or valves if instructed to do so.
- Do not touch electrical equipment if you are wet or standing in water.

LANDSLIDE

If inside of a building:

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

If outside:

- 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.
- If escape is not possible, curl into a tight ball and protect your head.

FIRE

When wildfire threatens:

- Remain calm. Listen to the radio and television for fire reports and evacuation information. Follow the advice given by authorities.
- Set up a ladder, garden hoses and sprinklers on the roof.

If advised to evacuate, do so immediately:

- Close all windows, vents and doors, and remove lightweight curtains.
- Post a note on main entrance stating when you left and where you are going.
- Leave doors and windows closed but unlocked.
- Choose a route away from fire hazards. Drive with your lights on and watch for emergency vehicles.
- Do not attempt to re-enter the area until firefighters have declared it safe.

CLALLAM COUNTY CONTACTS

Clip and place these contact lists where all members of your household can quickly refer to them. Area Code 360 unless noted otherwise

CLALLAM COUNTY EMERGENCY MANAGEMENT

223 East 4th Street, Suite 12
Port Angeles, Washington 98362
Fax 360-417-2485

Email: ccem@co.clallam.wa.us

Ron Peregrin, Undersheriff, Emergency Manager
Phone 360-417-2544

Email: rperegrin@co.clallam.wa.us

Penelope Linterman, Program Coordinator
360-417-2483

Email: plinterman@co.clallam.wa.us

Jamye Wisecup, Program Coordinator
360-417-2483

Email: jwisecup@co.clallam.wa.us

CLALLAM COUNTY ALERT SYSTEM

Be alerted about emergencies and other important community news by signing up on the Clallam County Alert System. This system provides critical information quickly in a variety of situations, such as severe weather, unexpected road closures, missing persons and evacuations of buildings or neighborhoods. Messages will be delivered wherever you specify, such as your home, mobile or business phones, email address, text messages and more. To sign up for this service, visit:

<https://member.everbridge.net/index/1772417038942559#/signup>

VOLUNTEER OPPORTUNITIES WITH CLALLAM COUNTY EMERGENCY MANAGEMENT

Clallam County Amateur Radio Club/Emergency Services
Chuck Jones at 360-452-4672
Tom Newcomb at 360-452-8228

COMMUNITY EMERGENCY RESPONSE TEAM (CERT)

Jamye Wisecup, Program Coordinator 360-417-2525
Email: jwisecup@co.clallam.wa.us

MAP YOUR NEIGHBORHOOD (MYN)

360-417-2483
Email: bmartin@co.clallam.wa.us

JEFFERSON COUNTY CONTACTS

JEFFERSON COUNTY, DEPT OF EMERGENCY MANAGEMENT

Director/Program Manager

Bob Hamlin
360-344-9729

Alternate 360-385-9368
bhamlin@co.jefferson.wa.us

Disaster Recovery

Michael Hoover
360-344-9791, ext 728
mhoover@co.jefferson.wa.us

Community Operations

Tanda McMillin
360-344-9791, ext 786
tmcmillin@co.jefferson.wa.us

Emergency Operations Center Facilities/Logistics

John Ebner
360-344-9775

jebner@co.jefferson.wa.us

Alternate Emergency Operations Center, Special Projects

Henry Stanford
360-385-9368
hstanford@co.jefferson.wa.us

Public Information Officer

Keppie Keplinger
360-344-9730
kkeplinger@co.jefferson.wa.us

24-Hour Contact

Emergency 9-1-1
Police-Fire Dispatch Center 360-385-3831, ext 1

NIXLE TEXT MESSAGING IN JEFFERSON COUNTY

To be sure you are getting current information, residents should have a NIXLE text messaging to receive text alerts on your mobile phone.

Visit: www.jeffcoec.org, click on the NIXLE link at the top of the page

ADDITIONAL STATE, REGIONAL, FEDERAL RESOURCES

RED CROSS

Southwest Washington Chapter
Phone: 1-888-434-1966
Fax: 693-1953
Website: www.swwredcross.org
For information about Red Cross emergency shelters:
Phone: 1-866-438-4636

WASHINGTON STATE EMERGENCY MANAGEMENT DIVISION

Phone: 1-253-512-7000
Website: www.emd.wa.gov

MAP YOUR NEIGHBORHOOD (MYN)

Website: www.emd.wa.gov/myn/index.shtml

POISON CONTROL

Toll free 1-800-222-1222

MENTAL HEALTH

Toll free 1-800-884-2298

ONLINE ACCESS TO DISASTER INFORMATION AND RESOURCES

Website: www.DisasterAssistance.gov

ONLINE DISASTER RESOURCE INFORMATION IN WASHINGTON STATE

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

FEDERAL EMERGENCY MANAGEMENT AGENCY (FEMA)

Federal Regional Center 425-487-4600
Website: www.fema.gov

COMMUNITY EMERGENCY RESPONSE TEAM (CERT)

Website: www.citizenrcps.gov/cert/about.shtm

NOAA WEATHER RADIO ALL HAZARDS

Website: www.nws.noaa.gov/nwr

NATIONAL TSUNAMI HAZARD MITIGATION PROGRAM

Website: <http://nthmp.tsunami.gov>

FLOODSMART INSURANCE

Website: www.floodsmart.com