WA State Preparedness Group

**Purpose:** to collaborate, share and/or develop adoptable and adaptable programs and products by standardizing publications, products, PSAs, media communications, etc. to bring more concise, consistent messages to all Washington State residents.

1. **Quarterly Meetings:**
   - August 15 or w/WSEMA
   - November 15

2. **Sharing Platform:** Basecamp

   **To Sign Up, Send:**
   - Name
   - Title
   - Organization
   - Email Address

   **To:** Rosanne Garrand
   rosanne.garrand@mil.wa.gov

   **Accept Invitation!**
Disaster Preparedness Outreach Volunteers

*Trained and Ready to assist local EMs!*

The Emergency Management Division is partnering with the Washington State Guard to train a cadre of Disaster Preparedness Outreach Volunteers.

<table>
<thead>
<tr>
<th>Volunteer Training Requirements:</th>
<th>Volunteer Assistance for Local EMs:</th>
</tr>
</thead>
<tbody>
<tr>
<td>• IS-700, IS-800, IS-100, IS-200</td>
<td>• Delivering presentations</td>
</tr>
<tr>
<td>• Demonstrate preparedness by developing their plans and kits</td>
<td>• Staff</td>
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<tr>
<td>• Attend EMD’s Disaster Preparedness Outreach training to include MYN/CERT overview</td>
<td>– Informational booths</td>
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<tr>
<td>• Complete a presentation skills and techniques assessment</td>
<td>– Preparedness fairs</td>
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<tr>
<td>• Meet with Local EM staff</td>
<td>– Community events</td>
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<tr>
<td>• Register as a Local Emergency Worker</td>
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**Volunteer Expectations:**

• Meet with local EMs to modify slides to meet local needs
• Schedule all presentations with local EMs
• Report activities to WSG

*Questions? Please contact Rosanne Garrand, rosanne.garrand@mil.wa.gov*
*Robin Thompson, robin.thompson@mil.wa.gov*
DISASTER PREPAREDNESS OUTREACH VOLUNTEER PROGRAM
APPLICATION FORM

I, ________________________________, am interested in becoming a Disaster Preparedness Outreach Volunteer. I do this as part of my service to Washington State Guard and its mission to assist communities throughout the state.

Please Print Legibly:

First Name: ___________________________  Middle Initial: ____________  Last Name: ___________________________
Address: _______________________________  City: ________________  State: _______________________________
Email: _________________________________  Phone: ________________  Work Phone: _______________________

Prerequisites:
Please check completed courses; provide certificates to 2LT Carl Chatfield, Washington State Guard, Carl.Chatfield@mil.wa.gov.

(Free on-line courses: FEMA/EMI at https://training.fema.gov/is/crslist.aspx)

I have completed the Prepare in a Year activities with my family.
[ ] Communications Plan  [ ] Action Plan  [ ] Grab & Go Kits  [ ] 2 Weeks Ready
[ ] Important Documents  [ ] Water  [ ] Fire Safety  [ ] Utility Safety
[ ] Shelter In Place  [ ] Drop, Cover & Hold On  [ ] Under the Bed  [ ] Home Hazard Hunt

Additional Expectations:
[ ] Attended the Department’s “Disaster Preparedness Outreach” training ________________________ (Date)
  • Community Overview Presentation
  • Events Training: Booth/Table Hosting
  • Map Your Neighborhood (MYN) Introduction
  • Community Emergency Response Team (CERT) Introduction
  • Presentation Skills Assessment

[ ] Met with the local emergency management office: ________________________________________ (Location/Date)

*Local emergency management office will determine Emergency Worker status.

(Applicant Signature) _______________________________  (Date) _______________________________
(State Guard Signature) _______________________________  (Date) _______________________________
(Local Emergency Manager Signature) _______________________________  (Date) _______________________________
Hello DEMs, SALs, BaseCamp Members,

The State Preparedness Outreach Workgroup, made up of local, state, and federal disaster outreach staff, was convened in December 2016. It’s main purpose is to collaborate, share and/or develop adoptable and adaptable programs and products for everyone to use as they deem appropriate. One outcome is to standardize publications, products, PSAs, media communications, etc. in order to bring more concise, consistent messages to all Washington State residents.

Following this idea and discussions within the workgroup, we are now in the process of purchasing printed materials in bulk, thereby saving costs and increasing standardization.

Attached is an Ordering Sheet, along with print estimates from the DES/PRT office, which give more details on the amounts & costs; the more we can order at one time the greater the savings. On the Order Sheet, please let me know how much money you want to spend and/or the number of brochures you want; I will calculate to get us the best price possible. You will know the exact prices, before I place any order.

Currently we are looking to bulk print the:
- 2 Weelcs Ready Backpack (side-fold)
- 2 Weel<s Ready Insert (Emergency Information)
- Emergency Preparedness Guide

Note: Minor changes will be incorporated into the existing brochures; we will insert your logo where appropriate and add your contact information, as noted on your order sheet.

Depending on your interest and your budget timelines we hope to place an order in early June and another order in early September.

Your earliest response is requested; I will be talking with DES/PRT the week of June 11.

Thanks much — Rosanne

Rosanne J. Garrand
Disaster Preparedness Outreach Program Manager
Washington State Emergency Management Division
Washington Military Department
rosanne.garrand@mil.wa.gov
Office: 253-512-7419
EMD Publications Order Form

Note: you will be notified of the number ordered and printing costs of your publications before the final combined orders are submitted to WA DES/PRT.

Your approval & authorization to purchase will be needed at the at time.

Name: 
Jurisdiction: 
Email: 
Phone: 
Logo: 

<table>
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<th>Ordered Separately:</th>
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<th>Dollar Amount</th>
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<td>Prices:</td>
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2 Weeks Ready - Insert (Emergency Information)

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Ordered Together (Printed & Collated)

2 Weeks Ready - Backpack & Insert

Prices:

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Emergency Preparedness Guide - 60 page booklet

Prices:

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</table>
Hello my name is _______________________________. I am a member of the Washington State Guard working with local and state emergency management to help Washington residents become more aware and better prepared to survive disasters. In the next few minutes I will let you know what disasters can happen in Washington State, and why it’s important for you to take appropriate actions to prepare. I will give you basic steps that you can do to help you and your family become 2 Weeks Ready. Preparedness guidance is available from a number of different sources such as Red Cross, FEMA, Ready.gov Across the nation many of those programs promote preparing for 3 days or 72 hours of self sufficiency, but in Washington we want people to be prepared for 2 WEEKS.

I am a registered emergency worker and volunteer for (insert name of county/city) Emergency Management and I believe disaster preparedness is important not only for me and my family but for all Washington residents. To be better prepared to assist with (county/city EM) disaster outreach efforts, I have completed ICS 700, 800, 100, 200, as well as Prepare in a Year (PIY) activities with my family. PIY includes:

- [ ] Communications Plan
- [ ] Action Plans
- [ ] Storing Water
- [ ] Grab & Go Kits
- [ ] Important Documents
- [ ] Two Weeks Ready
- [ ] Under the Bed
- [ ] Utility Safety
- [ ] Drop, Cover & Hold On
- [ ] Fire Safety
- [ ] Shelter In Place
- [ ] Home Hazard Hunt

(Note: if you want to use a handout the first page of this document is great to suggest for a fridge reminder flyer: https://mil.wa.gov/uploads/pdf/emergency-management/ply-englishbooklet.compressed.pdf)

I’ve also completed the “Disaster Preparedness Outreach Program” training, which includes: Community Overview Training (this presentation), a community events training (for booths), Map Your Neighborhood (MYN) & Community Emergency Response Teams (CERT) overviews, and a presentation skills assessment.

The State Guard, the Emergency Management Division and the National Guard are all part of the Washington Military Department, kind of like sibling divisions. WSG members are all volunteer and are located throughout the state. The State Guard mission includes “the protection of life or property” – therefore this work aligns with the emergency management division whose mission is: “Protect the People, Property, Environment and Economy of Washington State”.
(Show the video) – Does this remind you of WA State? This is one of the reasons “why” we need to prepare.

If you have an internet connection right click on the page heading and click on “Open Hyperlink”

Ready.Gov PSA - “You Can’t Always Predict”:
https://www.fema.gov/media-library/assets/videos/82016

4 Steps to Disaster Preparedness

1. Be Informed
2. Make a Plan
3. Build Your Kits
4. Become Involved

You can find preparedness information from a lot of different sources, like Red Cross or Ready.gov. While most of the sources have more in common than different, one important difference is the 3 day or 72 hour message. In the Pacific NW we know there are some major hazards that could cause significant damage, so we are promoting the 2 Weeks Ready Campaign and there are some who believe preparing for 30 days of self-sufficiency is wise. (If you have the 2 Weeks Ready handout hold it up)

Today to talk about Disaster Preparedness we are going to look at these four steps:


Step 1 - Being Informed

Did You Know?

*Did You Know? Washington State is # 3 in the United States with a wide variety of disasters. *Earthquakes, *volcanic eruptions, and *tsunamis are unpredictable and rare, but they can happen here. We may not know when they will happen, but in some cases we do know a bit about some of the impacts to expect. Following a volcanic eruption there could be a lahar flow. If you live or work in a lahar zone you need to know where the closest evacuation route is and you need to practice using it. Schools in Orting have held drills with their students, climbing the hills so that if they ever need to evacuate it won’t be so scary because they have already done it. These may be rare, but the potential impact could be devastating. We need to prepare.
These are the disasters that affect us most often; wildfires, hot weather, floods, landslides, windstorms, and winter storms. Show of hands, who has been impacted by one of these? These events happen often in our state. This is why we need to be prepared. You need to know about the hazards specific to where you live and work. Are you in a flood or lahar zone? Are there preset evacuation routes? Ask your local EM for information about your area.

**Being Informed**

If it impacts you — you will want to know.

**EIS**

*Stay connected with cell phones, walkie talkies, and home phones. We depend on our cell phone for instant voice and text contact, so make sure you have the correct equipment to keep it charged.*

*Think about it - if cell towers were down you may find that an old-fashioned corded phone might be your best option.*

*If the local EM has a notification system include that information here.*

Show video – does this sound familiar?

**Step 2 - Make a Plan**

Talk with your family. Decide where you will meet, how you will contact each other, and who will do what when a disaster happens. Write down your plan and practice it to make sure it works. Remember to plan for family members that might need extra help with walking, seeing, or hearing.

*If you have an internet connection right click on the page heading and click on “Open Hyperlink”*

https://www.youtube.com/watch?v=FlcuY6ciXMk
Washington Weather

(Show the video) – Does this remind you of WA State? This is one of the reasons “why” we need to prepare.

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1. Be Informed.
2. Make a Plan.
3. Build Your Kits.

Step 1 - Being Informed

Did You Know?

Earthquakes
Volcanoes
Tsunamis

Step 1 - Being Informed means knowing what disasters can happen in your area.

*Did You Know?* Washington State is #3 in the United States with a wide variety of disasters.

*Earthquakes, volcanic eruptions, and tsunamis are unpredictable and rare, but they can happen here. We may not know when they will happen, but in some cases we do know a bit about some of the impacts to expect. Following a volcanic eruption there could be a lahar flow. If you live or work in a lahar zone you need to know where the closest evacuation route is and you need to practice using it. Schools in Orting have held drills with their students, climbing the hills so that if they ever need to evacuate it won’t be so scary because they have already done it. These may be rare, but the potential impact could be devastating. We need to prepare.*
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Being Informed also means you need to stay connected, so purchase a NOAA weather radio, sign up for alert/warning notifications, and download apps. Notification systems give you emergency information and instructions about what is happening and what to do. If it impacts you – you will want to know. So many people listen to downloaded music or web app systems. Does everyone in your family know where to find a local radio station for local information?

*Stay connected with cell phones, walkie talkies, and home phones. We depend on our cell phone for instant voice and text contact, so make sure you have the correct equipment to keep it charged.

*Think about it - if cell towers were down you may find that an old-fashioned corded phone might be your best option.

(If the local EM has a notification system include that information here.)

Show video – does this sound familiar?

Step 2 – Make A Plan. Talk with your family. Decide where you will meet, how you will contact each other, and who will do what when a disaster happens. Write down your plan and practice it to make sure it works. Remember to plan for family members that might need extra help with walking, seeing, or hearing.

If you have an internet connection right click on the page heading and click on "Open Hyperlink"

https://www.youtube.com/watch?v=FlcuY6ciXMk
An important part of your plan is contacting each other. Why is it important to have an out of area contact? During disasters, and even during smaller incidents, our local cell phone systems can get overwhelmed. Sometimes it is more likely you can get a connection out of the area. It is important for everyone in your family to know who the out of area contact is and that contact needs to know what to do when they get messages. Everyone needs to know that sending text messages are the best way to communicate, since phone calls use more bandwidth and are less likely to succeed. When sending the text message it needs to be one-to-one, group messages also use more bandwidth. It is important to have a written copy of the out of area contact information, if we don’t have our cell phone with us we can borrow a phone from someone else. Even children can carry this information in their backpacks. If a child at school asks to use their teacher’s cell phone to send a message to their out of area contact imagine your peace of mind when the contact sends you a message that they have heard from your child and they are safe at school. That is how it works, everyone in your family in the local area sends a text message to the out of area contact and the contact relays the messages back to each of them so they can relax and take the next step in the plan. Families can use holidays to send messages and practice how this communication plan will work during a disaster.

Step 3 — Build Your Kits: Notice kits is plural. You need more than one kit because you spend time in more than one place. The majority of your supplies will be in your home kit, but you need some supplies with you in your vehicle and possibly at work. Everyone in the family, including your pets, should have a Grab & Go kit ready in case you need to quickly evacuate.

Watch Video:

Practice Your Plan: Set up practice evacuations or shelter-in-place drills for your family to ensure everyone knows what to do and where to go in the event of an emergency.

If you have an internet connection right click on the page heading and click on “Open Hyperlink”

https://www.youtube.com/watch?v=Zhmk81IEDSrs
In order to become “2 Weeks Ready” at home you should have 1 gallon of water, per person, per day. 14 GALLONS for each person in your family! Maybe you need to also plan to filter or treat water that you reuse during a disaster, possible from your water heater or a creek or lake. Your food supplies should include canned meats, canned fruits and vegetables, soups, and juices along with high energy foods such as peanut butter, protein bars, trail mix, and beef jerky. Build up your home supplies a little at a time — each time you go shopping add a “disaster item” to your shopping cart and then put it with your disaster supplies when you get home. How can you cycle through your disaster supplies? Since many of us are using more fresh food and less packaged food we may not regularly use the food we keep for disasters. One suggestion is to use the disaster supplies to fill food donation bins. Some employers hold annual food collections for local food banks and this would be a good way to use canned and packaged food before it expires and you can restock your disaster supplies with fresh purchases.

Two weeks can be a long time to be inconvenienced so think about:

How will you keep warm? Do you have wood heat or a pellet stove? Sleeping bags, blankets, and warm clothes will help. If you have a Van or RV it can be used as your alternate shelter. Could you survive in a tent for weeks? (I can if I have an air mattress and I was thrilled to find a battery powered pump! Robin).

For cooking use an outdoor portable grill or build a small fire. Don’t let your propane run out just because camping season is over, disasters happen year round. Make sure to keep a fire extinguisher handy. Is this up to date? Check for the expiration date.
Lighting: how will you see? Purchase flashlights, lanterns, solar lights, and light sticks and don’t forget the batteries. Have a variety of light tools. Flashlights are great, but a lantern throws light broadly across a room and this may help to make your shelter location feel a little more homey, providing comfort to weary family members.

Sanitation: What happens if you can’t flush the toilet? Raw sewage can cause a health hazard; so consider placing heavy-duty plastic bags under the toilet seat or in a sturdy bucket, so you can dispose of it properly. Plan where you will bury you refuse. Make sure you have extra toilet paper, disinfectant supplies, wet wipes, and hand sanitizer. Plan for these items at work also. You may want your own supply in case you are at work when a disaster occurs.

Grab & Go Kits - Adults

In case you need to evacuate quickly you need to prepare your “Grab & Go” kits. You can purchase a kit with basic supplies, but you will need to add extra food, water, clothing, cellphone & charger, power bank, important documents, and cash in small denominations. It is also very important to take your family’s medications with you. How can you keep a supply of prescription medications? Sometimes your insurance allows you to refill your prescriptions at 28 days, so if you plan to refill early every month after 6 or 7 months you should have collected a 14 day supply. Then you need to remember to cycle through the meds in your Grab & Go kit so it doesn’t expire.

Make sure your kit is light enough to easily carry - consider using a backpack or rolling suitcase.
You may not be able to put all the things you need in your Grab & Go Kit, so keep heavy, large, and bulky items in your vehicle; making them are part of your overall disaster supplies. If you need to quickly evacuate, have a plan with your family so you know who will load the disaster supplies in your home into the vehicle, who will get the important papers and documents file, who will collect the special items needed by children and pets.

Have your child pack their own kit. Food, water, clothing, and flashlight are a must, but let them add things that are important to them that will give them comfort if you are away for an extended period of time. Remind them to keep it light, since they will be carrying it.

An infant will have specific needs too. If you are already carrying a backpack you might want to use a front carrier for your child or perhaps a small stroller for carrying both the child and its Grab & Go items.

Pets are an important part of your family. Their kit should include a carrier, food, water, leash, towels/blankets to keep them warm, and waste bags. Don’t forget your pet important documents: photos, name tag/license, vaccination records, medication list, and your vet’s contact information. Do you know which local shelters are prepared for pets?
**Vehicle Safety Kit**

Your Vehicle Safety Kit should include jumper cables, ice scraper, fix it flat, shovel, sand, and other useful tools. Make sure to include a roadside assistance phone number. Even when there is no major disaster these things are useful and may help to keep a bad day from becoming a disaster.

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**Step 4 - Become Involved**

- Meet your local Emergency Manager, and
- Become a Disaster Volunteer/Emergency Worker

Step 4 — Become Involved. After a disaster, first responders will be busy with life-threatening situations. There may not be enough first responders to get to everyone or the roads may not be passable. Neighbors may become the first responders helping one another.

Contact your local emergency management office to find out how you can become involved and how you can help. Map Your Neighborhood is a program that helps neighbors become an organized team and Community Emergency Response Teams, CERT provides training that prepares neighbors to safely respond to assist in their community. These programs play an important role in your community’s disasters preparedness efforts and can save lives.

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**4 Steps to Disaster Preparedness**

1. Be Informed
2. Make a Plan
3. Build Your Kits
4. Become Involved

With a little time, effort, and planning you too can become 2 Weeks Ready. By taking these 4 Steps you will make the right decision and take the right actions to help yourself, your family, and your neighbors.

We need you to help us become a Disaster Ready Washington.
When to Prepare?
Make your emergency plan today.

Visit Ready.gov/communicate

Show video – 5 pictures * click through pictures.

If you have an internet connection right click on the page heading and click on “Open Hyperlink”

https://www.youtube.com/watch?v=eOKYaHUxMZY

Websites & Assistance

• Your local Emergency Management Office
• State Emergency Management: www.mi.wa.gov/emergency-management-divisionmi.wa.gov
• FEMA: www.fema.gov/plan-prepare
• Disaster Resistant Community Group: http://www.drc-group.com/
• Videos & Exercises

For more information visit these websites. For assistance contact your local emergency management office.

Thank you for your time.