



# **Island County Ready Neighbors**

# **Household Preparedness Information and Activity Packet**

Family Name: \_\_\_\_\_

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## Directions

This packet contains information and activities to help you and your family become better prepared for disasters. Review each page with your family to decide which activities to complete.

**Note:** *The terms 'family' and 'household' are used interchangeably in this document.*

# Neighborhood Preparedness

In case of disaster, do you know the people who live around you?

## Find Creative Ways to Interact with Your Neighbors

**Why?** Every residential community is different and only you and your neighbors will know the best ways to collaborate on preparedness.

**Mark your calendars to remember to update your kits seasonally and check expiration dates. Rotate out supplies before they expire.**

- Identify a neighborhood meeting point.
- Encourage new neighbors to prepare for disasters.
- Regularly discuss your neighborhood preparedness.
- Have a community BBQ to get to know each other.
- Learn where individuals and families can sign up for training.
- Create a map of shared supplies, skills, and resources (i.e. chainsaw).
- Sign up for the annual Great Washington ShakeOut earthquake drill.
- Brainstorm other activities that work best for you and your neighbors.

## Sharing Information with Your Neighbors

**Why?** Whether you're sharing information before a disaster or communicating during one, your neighborhood should think about ways to stay in touch.

- Plan to discuss preparedness topics at existing neighborhood meetings or invite Island County Dept of Emergency Management (DEM) to come guide discussion.
- Add information to an existing neighborhood website, newsletter, or community board.
- Get extra flyers from Island County DEM to make available in common gathering places (i.e. an HOA meeting, the front counter of an apartment building, or another shared community space).

*What other ideas do you or your neighbors have?*

# Local Hazards

Do you know which hazards are most likely to impact Island County?

## Learning About Local Hazards

**Why?** Learning more about the hazards that we are at risk of helps to remind us why preparedness is important.

Scan the QR Code to learn more about Island County's local hazards, and use the "*Where Are My Hazards?*" web map application to view them.



- Earthquakes
- Wildland Fires
- Tsunami
- Flooding
- Acts of Violence
- Volcanic Eruptions
- Landslides
- Extreme Heat
- Winter Storms
- Windstorms

Some areas are at a higher risk to certain hazards than other areas. Use the map to zoom in on places where you live, work, and play, and identify which hazards are present.

## Discussion

**Based on where you live, which hazards are you most concerned about?**

**What about where you work?**

**WHY?** Identifying which hazards concern your household the most can help guide which preparedness actions you take next. Consider both "no-notice" events (i.e.: earthquakes) and hazards that can be forecast and provide some warning time (i.e.: winter storms).

# Preparedness Self-Assessment

Check off the items that you have completed.

## Assessing your Preparedness

**WHY?** Getting an idea of where your preparedness currently stands is a key to identifying gaps and guiding you on first steps to take.

- I have enough supplies at home to be self-sufficient for at least 14 days including my pets.
- I have a go-kit for work and other places I spend significant time.
- I have emergency supplies in my vehicle that align with the current seasonal hazards.
- I have a plan to rotate my perishable supplies and update my emergency kits every season.
- I have an emergency communications plan with my family.
- I am aware of our local natural and human-caused hazards and their potential impacts.
- Each family member in my household is signed up for Island County Emergency Alerts.
- I know how to connect with Island County Emergency Management for preparedness resources.
- I know where my utility shut-offs are and can turn them off in the event of a disruption.
- I have secured my decorative items to shelves and cabinets with earthquake putty.
- I used closed hooks or earthquake putty when hanging pictures and other wall décor.
- I used straps or earthquake brackets to secure my water heater and heavy furniture.
- I have considered hazard specific insurance coverage that is not included in my current policy.
- I have a backup friend, family member, or trusted neighbor who can check on my pets.
- My household has discussed a plan to stay in touch before, during, and after a disaster.
- Everyone in our household knows where our family meeting point is.

How many items could you check off?

\_\_\_\_\_ out of 16

How prepared do you feel at this point?



Not prepared

A little prepared

Moderately prepared

Well prepared

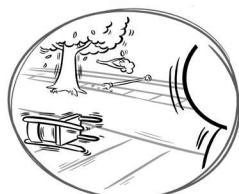
# Earthquakes

## Early Warnings, Preparedness, and The World's Largest Earthquake Drill

### ShakeAlert

The ShakeAlert® Earthquake Early Warning System is a U.S. Geological Survey product that detects earthquakes quickly so that we may get a message before shaking happens. These alerts can prompt people to take protective action as well as trigger automated actions to protect systems and facilities. Read the following graphics carefully to learn more about ShakeAlert, and what it can and cannot do.

### Things To Know About ShakeAlert®



You may feel shaking and not get an alert.



You may get an alert after you feel shaking.



You may get an alert and not feel strong shaking or any shaking at all.

### ShakeAlert® Is Not Earthquake Prediction

1 ShakeAlert® sensors rapidly detect an earthquake in progress.

2 ShakeAlert® processing centers estimate earthquake characteristics and issue a ShakeAlert® Message.

3 Delivery partners pick up the ShakeAlert® Message and produce an alert for people and systems.



ShakeAlert™

USGS 08.2021

## Alerts Delivered to People



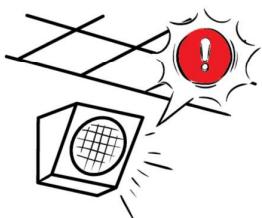
**On Your  
Mobile Device**



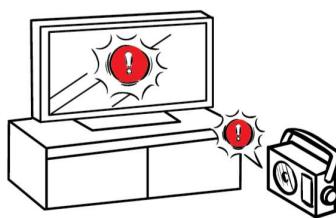
**Electronic  
Road Signage**



**Digital Billboard  
on Buildings**

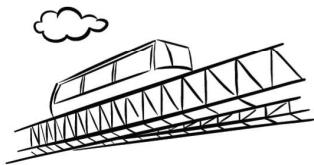


**Public  
Announcements**

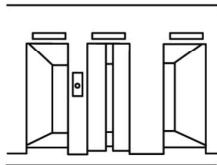


**Emergency Alerts  
over TV and Radio**

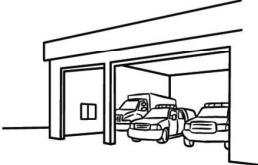
## “Machine-to-Machine” Actions



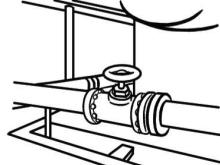
**Slowing  
Trains**



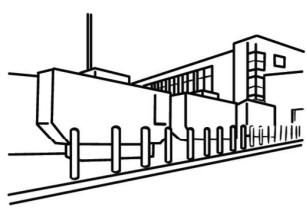
**Recalling  
Elevators**



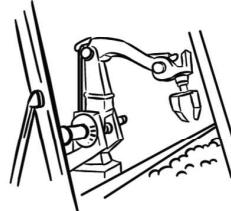
**Opening  
Firehouse  
Doors**



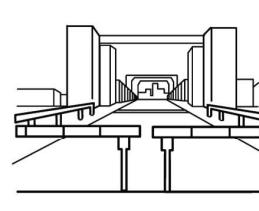
**Shutting Off  
Water and  
Gas Valves**



**Activating  
Generators**



**Parking Delicate  
Machinery**



**Closing Bridge  
Gates**



## If you **FEEL SHAKING** or **GET AN ALERT...**

**When possible:**



**DROP!**



**COVER!**



**HOLD ON!**

**Using a cane?**



**DROP!**



**COVER!**



**HOLD ON!**

**Using a walker?**



**LOCK!**



**COVER!**



**HOLD ON!**

**Using a wheelchair?**



**LOCK!**



**COVER!**



**HOLD ON!**

**In a bed?**



**TURN!**



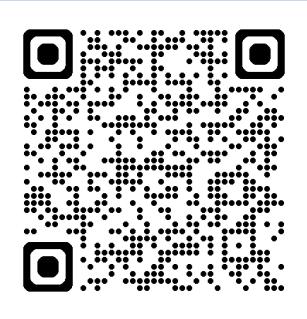
**COVER!**



**HOLD ON!**

### How do I get alerts?

There are several different methods for receiving alerts in Island County. Visit [www.islandcountywa.gov/464/Alerts-Warnings](http://www.islandcountywa.gov/464/Alerts-Warnings) or scan the QR Code below to learn more.



To learn more about ShakeAlert, visit [www.shakealert.org](http://www.shakealert.org) or scan the code below.



# Earthquake Preparedness Checklist

Whether you rent or buy, protect your home with preventative action

## SECURE WATER HEATERS

Fasten your water heater to the wall with earthquake straps. As they are connected to water and either electricity or gas, they can be a potential source for fires, flooding, or shock.

## SECURE HANGING OBJECTS AND DECOR

Use earthquake putty, closed loop picture hangers, or velcro to secure hanging items or other decor around your home.

## LATCH AND LOCK YOUR STORAGE CABINETS

Unsecured cabinet doors fly open during earthquakes, allowing glassware and dishes to crash to the floor. Keep doors and drawers locked and consider installing latches to those without existing hardware.

*Cuts on feet from broken glass and mirrors are some of the most common injuries from earthquakes!*



## SECURE HEAVY FURNITURE TO THE WALL

Install straps or earthquake brackets to secure tall, heavy furniture to the wall to prevent injuries from falling objects and help keep a clear path to the exit.

## SECURE FREESTANDING WOODSTOVES OR FIREPLACE INSERTS

Install restraints or anchors to prevent damage from shifting or possible fires.

## CONSIDER EARTHQUAKE INSURANCE

Consider adding earthquake insurance to your standard homeowners or renters' insurance policies, as it usually only covers losses from fire after an earthquake.

## Practice How to Keep Yourself Safe During an Earthquake

In the event of an earthquake, do not run outside and do not panic. When the earth begins to shake, most people should Drop, Cover, and Hold On. Stay where you are until the shaking has stopped. If you are near the coast, head to high ground.

## Would you like to know more?

The Federal Emergency Management Agency has published an in-depth guide, "Earthquake Safety at Home" (FEMA P-530), available for free at [www.fema.gov](http://www.fema.gov), or scan the QR Code to go directly to it.



# The Great ShakeOut

Practice Earthquake Safety with an Earthquake Drill

**What?** A drill simulating that an earthquake has occurred, and an opportunity to practice how you would protect yourself in that situation. Drop, Cover, and Hold on to protect yourself, and stay there for a minute! If you live in a tsunami hazard zone, this is also an excellent time to practice walking your route to high ground! *At that time, all Coastal Tsunami Sirens will play the “Wail” sound as part of the drill – not the usual test sound that goes off on the first Monday of each month.*

**When?** The third Thursday of October

**Where?** Wherever you are!

**Who?** You!

**Why?** Washington is earthquake country. After California, we have the 2nd-highest risk from earthquakes in the U.S. The state also has more than 3,000 miles of coastline, all susceptible to tsunami hazards. “Drop, Cover, and Hold on” is the best way to protect yourself from the immediate hazards of falling objects, the ground shaking beneath you, and other dangers from earthquakes. Practicing now (while there's not an earthquake) will help ensure that you know how to protect yourself when an earthquake strikes. Visit [www.shakeout.org/washington](http://www.shakeout.org/washington) to register.

**Join Us  
in the  
World's Largest  
Earthquake Drill.**

**Every 3<sup>rd</sup> Thursday of  
October**



Register: [ShakeOut.org](http://ShakeOut.org)

## Future Great ShakeOut Dates:

October 16, 2025	October 20, 2033
October 15, 2026	October 19, 2034
October 21, 2027	October 18, 2035
October 19, 2028	October 16, 2036
October 18, 2029	October 15, 2037
October 17, 2030	October 21, 2038
October 16, 2031	October 20, 2039
October 21, 2032	October 18, 2040

# Game: Supply Scavenger Hunt

Need to get your kit started? Get help from family of all ages

## Gathering Supplies with the Whole Family

**How?** Many of the disaster supplies you need are often already things you have around the house.

- Gather your family and discuss the importance of emergency preparedness.
- Review the supplies on the next page with your children and decide which supplies work best for your family. Cross out any that you do not have or want them searching for.
- Add three other supplies that are not already included in the list to the blank boxes in the bottom row.
- Have children search for each item on the list to cross off.
- Children can work together as a team with other members of the family.
- Find a bag, tote, or other container to place supplies in and work together to identify a storage place where everyone can get to it.
- After everything has been collected, identify what supplies might be missing.

Remember to sort items into...

...a Go-Bag...

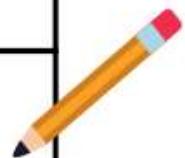


...and a Two-Week Supply



# Game: Supply Scavenger Hunt

Remember that your supply kit should address your family's specific needs. What will your family add to the list?





# Preparing for Extreme Cold



Freezing temperatures, downed power lines, power outages, frozen pipes, snow, wind, ice, and hypothermia are all winter hazards we may see

## Frozen Water Pipes

**Why?** Cold weather can mean freezing pipes. Here are some tips to prevent this from happening in your home.

- Cover your outdoor spigot and wrap exposed pipes with insulation.
- Know where your water shut off is located.
- Allow a faucet to slowly drip to keep water moving.
- Open cabinet doors that contain plumbing.
- Disconnect and drain garden hoses.

## Keeping Warm With or Without Power

**Why?** Power outages during the cold season can make keeping your family warm a challenge.

- Check to see if your gas fireplace has a battery backup.
- Prepare firewood ahead of time if you have a woodstove or fireplace.
- Keep space heaters 3 ft. away from flammable objects such as curtains.
- Do not use a gas stove or oven to heat your home.

## Other Tips

- If you use candles as a source of light during a power outage, be sure to keep away from kids, pets, and flammable objects, and never leave them burning unattended or when you go to sleep.
- If you go out, walk and drive carefully when on snow and ice.
- If you see a downed power line, stay far away (at least 30 feet/10 meters) and never try to move it.
- Remember the dangers of over-exertion while shoveling snow.



# Preparing for Extreme Heat



Power outages, dehydration, heat exhaustion, heat stroke, and sunburn are all summer hazards we may see.

## Prepare Ahead of Time

- Learn to recognize the signs of heat illness.
- Do not rely on a fan as your primary cooling device. Fans create air flow and a false sense of comfort, but do not reduce body temperature.
- Cover windows with drapes or shades and weather-strip doors and windows.
- Install window air conditioners if you can and insulate around them.

## Stay Safe During

- Take cool showers/baths and wear loose, lightweight, light-colored clothing.
- Use your oven less to help reduce the temperature in your home.
- If you're outside, find shade. Wear a hat wide enough to protect your face.
- Drink plenty of fluids to stay hydrated.
- Avoid high-energy activities or work outdoors during midday heat, if possible.
- Check on family members, older adults, and neighbors.
- Watch for heat cramps, heat exhaustion, and heat stroke.

## Look Before You Lock

**Why?** The temperature in your car can quickly become deadly, even when the outside temperature is only 80 degrees.



Inside temp is 99° after 10 minutes



Inside temp is 114° after 30 minutes



Inside temp is 109° after 20 minutes



Inside temp is 123° after 60 minutes

[www.weather.gov/heat](http://www.weather.gov/heat)

# Power Outage Safety

Seasonal hazards can bring power outages when we least expect it.

## Food Safety

**Why?** Refrigerated or frozen foods may not be safe to eat after the loss of power. Never taste food to determine if it is safe to eat. **When in doubt, throw it out.**

- Keep your refrigerator and freezer closed as much as possible.
- Before an outage: If you have empty space in your freezer, keep mostly full plastic water bottles in that space. During an outage, it will help keep your freezer and refrigerator cold for longer.
- For food without power or a cold source, throw out after 4 hours in the refrigerator, 48 hours in a full freezer, and 24 hours in a half-full freezer
- Throw out any food with an unusual odor, color, or texture.
- Check temperatures of food and throw out food above 40°F.

## Generator Safety

**Why?** Generators can be helpful when the power goes out. It is important to know how to use them safely to prevent carbon monoxide (CO) poisoning and other hazards.

**Carbon monoxide is a colorless, odorless gas that can kill people and pets.**

- Generators and fuel should only be used outdoors and at least 20 feet away from windows, doors, and attached garages.
- Install working carbon monoxide detectors on every level of your home.
- Keep the generator dry and protected from rain or flooding. Touching a wet generator or devices connected to one can cause electric shock.
- Always connect generators to appliances with heavy-duty extension cords.

## Other Tips

- Disconnect appliances/electronics to avoid damage from electrical surges.
- Have alternate plans and supplies for charging phones, refrigerating medicines, or using power-dependent medical devices.
- Practice safe cooking and never use a grill or portable camping stove inside.

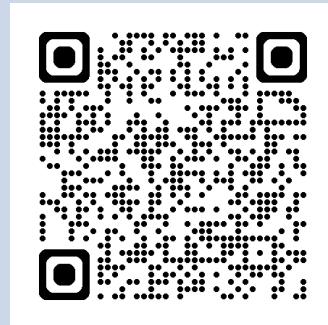
# Staying Informed Before, During, and After Disasters

Receiving timely information about weather conditions or other emergency events can make all the difference in knowing when to take action to be safe.

## Sign up for Island County Emergency Alerts

Island County can send you emergency alerts via text message, email, pager, or voice mail (in extreme cases). You can also receive these alerts using the MyAlerts app. The system is intended to be used for emergency alerts, as well as non-emergency incidents that may have significant impacts to residents. Emergency Alerts could be related to specific hazards that require some kind of action be taken such as evacuation, shelter in place, boil water orders, etc. Non-emergency alerts could include significant transportation problems with prolonged impacts, or significant ongoing police or fire activity. This list is not all inclusive, but is meant to demonstrate that this system will not be used for routine information.

To sign up for Island County Emergency Alerts and download the MyAlerts app, visit <https://public.alertsense.com/SignUp/?regionid=1137> or scan the QR code.



***Tip:** You can also use the MyAlerts app to sign up for local alerts in other places, such as the locations of friends and loved ones that you would want to check on during an emergency.*



# Safe Drinking Water



If your tap stopped working, how much water would your family have?

## Determining Water Needs

**Why?** In a disaster clean drinking water may not be available, so it is important for your household to build a supply of properly stored water.

Store at least **one gallon of water per person per day** for several days, for drinking and sanitation. A normally active person needs about 3/4 of a gallon of fluid daily. However, individual needs vary depending on age, health, physical condition, activity, diet, and climate.

## Water Storage

**The best thing you can do is buy commercially bottled water and store it in the sealed original container in cool, dark place.**

To prepare your own containers of water, purchase food-grade water storage containers. Before filling with chlorinated water, thoroughly clean the containers with dishwashing soap and sanitize the bottles by cleaning with a solution of one teaspoon of non-scented liquid household chlorine bleach to a quart of water. Water that has not been commercially bottled should be replaced every six months.

## Water Wisdom

- Never ration drinking water unless ordered to do so by authorities. Drink the amount you need today and try to find more for tomorrow.
- Reducing activity and staying cool will minimize the amount of water you need.
- Drink water that you know is not contaminated first. If necessary, suspicious water, such as cloudy water from regular faucets or water from streams or ponds, can be used after it has been treated.
- Consider purchasing camping gear such as Life-Straws or water purification tablets.
- Caffeinated drinks and alcohol dehydrate the body which increases the need for drinking water.

## Water Treatment

**Why?** If you have used all your stored water and there are no other reliable clean water sources, it may become necessary to treat suspicious water.

Treat all water of uncertain quality before using it for drinking, food washing or preparation, washing dishes, brushing teeth, or making ice. In addition to having a bad odor and taste, contaminated water can contain microorganisms (germs) that cause diseases such as dysentery, cholera, typhoid, and hepatitis.

### Boiling

**Why?** If you do not have bottled water, boiling water is sufficient to kill bacteria, viruses, and protozoa, but will not remove other contaminants such as heavy metals, salts, and most other chemicals.

- If water is cloudy, let it settle and filter it through a clean cloth, paper towel, or coffee filter. In a large pot or kettle, bring water to a rolling boil for one full minute, keeping in mind that some water will evaporate. Let the water cool before drinking.
- Boiled water will taste better if you put oxygen back into it by pouring the water back and forth between two clean containers. This will also improve the taste of stored water.

### Chlorination

**Why?** If you cannot boil water, you can use household liquid bleach to kill microorganisms. Keep in mind that chlorination will not remove other contaminants such as heavy metals, salts, and most other chemicals.

- If the water is cloudy, let it settle and filter it through a clean cloth, paper towel, or coffee filter.
- Use only regular household liquid bleach that contains 5.25 to 6.0 percent sodium hypochlorite. Do not use scented bleaches, color safe bleaches, or bleaches with added cleaners.
- Add 1/8 teaspoon of bleach per gallon of water, stir and let stand for 30 minutes. The water should have a slight bleach odor. If it doesn't, then repeat the dosage and let stand another 15 minutes. If it still does not smell of chlorine, discard it and find another source of water.
- Remember that liquid bleach has a shelf life of only 6 months. After that, it may not be effective for treating water.

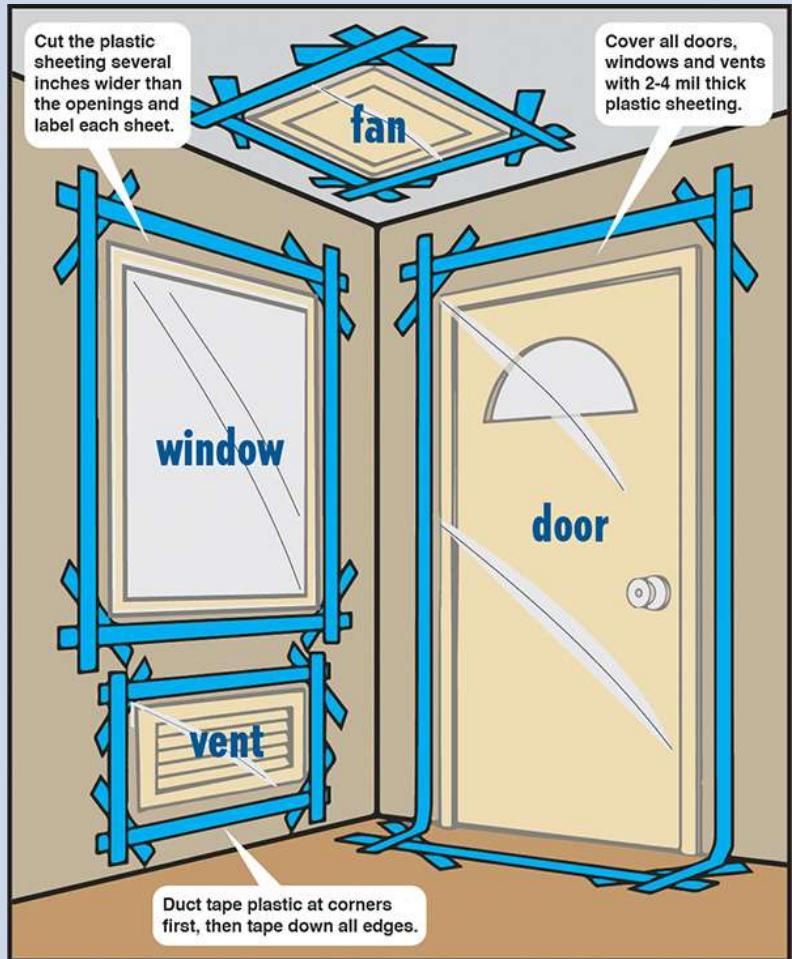
# Shelter-in-Place

Learn how to protect your household in the event of a Hazardous Material Release

## Considerations for Sheltering-in-Place

**Why?** Hazardous materials can include explosives, flammable and combustible substances, poisons, and radioactive materials. Releases can happen during the production, storage, transportation, use, or disposal of hazardous materials.

- Local authorities may not immediately be able to provide information on what is happening and what you should do.
- Pay attention to local media outlets for official news and instructions as they become available.
- Bring your family and pets inside.
- Lock doors, close windows, air vents, and fireplace dampers.
- Turn off fans, air conditioning, and forced air heating systems.
- Grab your emergency supply kit unless you have reason to believe it has been contaminated.
- Go into an interior room with few windows if possible.
- Seal all windows, doors, and air vents with thick plastic sheeting and duct tape. Consider measuring and cutting the sheeting in advance to save time.
- Cut plastic sheeting several inches wider than openings and label each sheet.
- Duct tape plastic at corners first and then tape down all edges.
- Be prepared to improvise and use what you have on hand to seal gaps so that you create a barrier between yourself and any contamination.



## Extra Notes

If you would like a fresh copy of this packet from the Island County Ready Neighbors Program, all documents are available for download at [www.islandcountywa.gov/1023/Island-County-Ready-Neighbors](http://www.islandcountywa.gov/1023/Island-County-Ready-Neighbors). You can also scan the QR Code to go directly to it.

