

PCEMA

Pacific County Emergency Management Agency

Preparedness Post

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Those who reside in Pacific County know, of all seasons to prepare for, winter ranks high. Weather can be deadly, roads treacherous, and power-outages or isolation just par for the course. With wind and rain picking up as winter fast approaches, PCEMA encourages you to take a little time to prepare yourself. November is the month to brace for winter's onslaught by ensuring that you possess the supplies necessary to weather any storm. The kits discussed in this issue would also make excellent Christmas gifts or stocking stuffers! This year, skip the fruitcakes and festive sweaters and give the gift that keeps on giving...a lovingly prepared emergency supply kit.

Recipes for Preparedness

Pocket-Sized Provisions

Something the size of an Altoids tin is ideal.



SMALL PENCIL/WATERPROOF PAPER: for important notes.
MINI WHISTLE & MIRROR: will help you signal for help.
WATERPROOF MATCHES OR LIGHTER: to start a fire.
SWISS ARMY TYPE KNIFE: a useful multi-tool.

COTTON & PETROLEUM BASED CHAPSTICK: in combination, can be used to aid in fire-starting. Cotton can be used for first aid, and chapstick is always nice to have.
WATER PURIFICATION TABLETS: clean water!
SMALL COMPASS: for use in the event that you are lost.
DENTAL FLOSS, NEEDLE, & FISH HOOK: to stitch, fish, and jerry-rig on a small scale.

Ten Essentials

These basics are the foundation of any solid kit.

MATCHES/LIGHTER: waterproof matches are ideal.
FIRESTARTER: dry cotton is handy in the rain.
LIGHTSOURCE: preferably a flashlight.
FOOD: nutritious, high calorie foods are best.
WATER: for necessary hydration and sanitation.
SHELTER: rope, with a tarp or plastic sheeting.
BODY WARMERS: dry clothing or a solar blanket.
FIRST AID KIT: must at least have wound dressings.
MULTI-TOOL: many diverse uses.
NOAA WEATHER RADIO: for important instruction.

Tricked-Out Ride

Keep in your vehicle for emergencies enroute.

BACKPACK/CONTAINER: keep your items together.
FIRST AID KIT: for use in accident and injury.
FIRE EXTINGUISHER: to mitigate fire damage.
HAND CLEANER/TOWEL: use to remove gunk after changing tires or working under the hood.
WATER: at least a gallon to drink, sanitize, or cool your vehicle's engine.
FOOD: nutritious, high-calorie items to eat when stranded or in case of a diabetic emergency.
EXTRA CLOTHING: to maintain warmth.
BRIGHT PONCHO: for use outside the vehicle.
MAP or GPS UNIT: geographical orientation can be essential to inform emergency personnel of your location.
TOOLS: a jack, tire iron, Swiss Army type knife, larger utility knife, screwdriver set, crescent wrench, pliers, and jumper cables can make all the difference.
LEATHER GLOVES: to protect your hands while working.
TIRE SEALANT: to keep a flat tire temporarily functional if changing the tire is not an option.

The One Pounder

A one pound coffee can works well for this grab and go kit.

ALL ITEMS IN POCKET-SIZED KIT: useful bare essentials.
20+ FEET THIN ROPE: many uses, including shelter.
BRIGHT PONCHO: to shield from rain & attract attention.
SOLAR BLANKET: for keeping warm.
SMALL FLASHLIGHT: for dark circumstances, first aid.
ALUMINUM FOIL: for cooking, also adaptable to many purposes.
LARGE GARBAGE BAGS/PLASTIC SHEETING: many uses, including shelter.
VARIOUS FIRST AID ITEMS: bandages, tape, medications.
SMALL BOTTLE OF WATER: is better than no water at all.

Strictly Medical

Make your own first aid kit to better learn its contents.

GAUZE PADS	ASPIRIN
COMPRESS DRESSINGS	ANTI-DIARRHEAL MEDS
ADHESIVE BANDAGES	ANTIHISTAMINE PILLS
ROLLER BANDAGES	COLD COMPRESS
TRIANGULAR BANDAGES	SLING
CLOTH TAPE	NON-LATEX GLOVES
ANTIBIOTIC OINTMENT	ORAL THERMOMETER
ANTISEPTIC WIPES	TWEEZERS
HYDROCORTIZONE	SCISSORS
SUNSCREEN	FIRST AID BOOKLET

Vehicle Blizzard Buster

These winter items are to be added to a normal car kit.

FOLDING SHOVEL: for digging out of snow or mud.
HAND WARMERS: for use while working on your car outside.
ICE SCRAPER: also useful in many non-emergency situations.
WINTER COAT & CLOTHING: to maintain warmth.
STURDY SHOES: for use out in the elements.
WOOL BLANKET: to maintain warmth.
METAL TIN/POT: to melt snow/gather rain.
LANTERN: provides light and increases heat inside car.
WORKING RADIO: to stay up to date on road hazards.
EXTRA FOOD: high calorie snacks that are rich in nutrients.

TOW ROPE: 14'-20' long with metal hooks to aid in removing your vehicle from dangerous areas.
BUNGEE CORDS/DUCT TAPE: for securing vehicle components that have come loose.
SPARE FLUIDS: oil, brake, and transmission.
LIGHT SOURCE: a flashlight, headlamp, or glow sticks can be useful for nighttime operations.
REFLECTIVE VEST: for increased visibility to oncoming traffic while walking or working on your vehicle roadside.
REFLECTIVE TRIANGLE/ROAD FLARES: for increased visibility after an accident.

Highlights of the Facebook Feed www.facebook.com/PCEMA

October 21st-27th was Winter Weather Awareness Week. The National Weather Service (NWS) posted daily Public Information Statements about seasonal hazards and emergency protocols on their website. Because Pacific County annually experiences strong storms, flooding, and freezing temperatures, PCEMA made a point to highlight the NWS Public Information Statements on the Facebook page. Each post summarizes the content, and provides a link to the entire statement.

Check out www.facebook.com/PCEMA to read about winter weather awareness, safety, and terminology. Blizzards, snow, ice storms, wind chill, avalanches, floods, and windstorms were the hazards covered, and a whole section focused on the Winter Weather Outlooks, Watches, Advisories, and Warnings that come through NOAA Weather Radios and the Emergency Alert System.

 Pacific County Emergency Management Agency shared a link. Yesterday

Turn around... Don't drown! Flooding causes more deaths and property damage in the U.S. than any other severe weather related event. The majority of flood related deaths occur when people become trapped in automobiles while attempting to drive through flooded areas.

<http://www.wrh.noaa.gov/pqr/seasonal/winterthu.php>



National Weather Service - NWS Portland
www.wrh.noaa.gov

During most winters, storms bring long periods of heavy rain and snow to the Pacific Northwest. In addition to

 Pacific County Emergency Management Agency shared a link. Tuesday

NOAA's National Weather Service uses a four-tier approach to alert the public for the potential for severe weather or high fire danger. This four-tier approach consists of outlooks, advisories, watches and warnings.

<http://www.wrh.noaa.gov/pqr/seasonal/wintertue.php>



National Weather Service - NWS Portland
www.wrh.noaa.gov

A goal of the National Weather Service is to provide information on winter storms, with enough advance notice to allow the

National Preparedness Month Facebook Campaign

For National Preparedness Month in September, PCEMA held a daily Facebook campaign where those who commented or liked certain posts were eligible to win various disaster kit prizes. PCEMA would like to send a big thank you to all those who participated!



And the Prize Winners Are...

- Andrea Marie
- Arnold McDonald
- Chandy Gaub
- Dale Kramer
- Debi & Bill Webb
- Heidi H Palmer Ragan
- Jenifer Loveday-Demings
- John Lavonne-Bradshaw
- John Macaras
- Keith Fauver
- Kelli Hughes Schimelpfenig
- Kirk Church
- Laura Signor Cadinha
- Lynda Anne Lawhern
- Timothy J. Kezele
- Niki Johnson
- Peggy Taylor Miles
- Ryan Wilson
- Scott McDougall
- Stephanie Graves
- Tim Triesch

Hospital Employees Clean Mustard Mess

On September 13th and 14th, thirteen Willapa Harbor Hospital employees learned to set-up, operate, and dismantle the facility's decontamination tent. This was a 12 hour training.

Decontamination tents are used to transform contaminated victims into viable patients who will not spread their contamination while being treated within the hospital. This newly trained team could be activated in the event of a hazardous spill or toxic chemical release in the area.

Trainees had the opportunity to practice wearing and using their personal protective equipment while responding to simulated victims. The victims were coated in mustard, which is easy to see and takes considerable scrubbing to remove.

Paul Staats, of Willapa Harbor Hospital, and Micah Brunner from Kittitas Valley Community Hospital in Ellensburg, WA were the trainers. Both Paul and Micah are certified instructors through the Washington State Hospital Association.



New Amateur Radio Station Operational



Bob Frink (KB7APN) uses the new equipment. Photo Credit: Bob Cline

Pacific County Amateur Radio Emergency Services (ARES) and Radio Amateur Civil Emergency Services (RACES) volunteers recently established a fully operational amateur radio station on 67th Place (“Dump Road”) in Long Beach. The station is located within the City of Long Beach Water Treatment Plant, which is also an identified tsunami safe zone.

This project was made possible through a grant from the American Red Cross. ARES/RACES volunteers were given access to a small, unused building owned by the City of Long Beach where the station is currently housed. The building has sufficient room for ARES/RACES personnel to operate, and came equipped with emergency power, lights, and heat.

Over the course of six months, ARES/RACES volunteers performed several actions to retrofit the building and site for amateur radio purposes. It was necessary to install a telephone pole for antenna mounting, eventually stringing cables from the pole into the building. This involved drilling a three inch hole through thick concrete and digging a trench under the building’s foundation. After these preparations the equipment was installed and tested.

The station consists of a voice UHF/VHF radio and a digital radio system called packet radio. The UHF/VHF system can access local radio repeaters, enabling communications between this site and the rest of the county. Packet radio provides the capability to send email type messages to the Pacific County Emergency Operations Centers (EOCs) in South Bend and Long Beach. Packet radio can also be used to contact local fire stations using the same system or other internet gateways located outside the county. In the event of a wide-spread power outage or communications failure, the facility will be able to send important messages to the outside world.

PCEMA to Begin Shelter Survey

PCEMA is embarking on a long-term project to identify and assess the sheltering capacity within Pacific County.

In the initial phase of the project, PCEMA has developed an ten question survey where respondents can indicate their interests in sheltering persons, animals, or both persons and animals.

The survey is primarily electronic and a link is being emailed to various facilities in the county who may be interested in participating. PCEMA has worked to gather email addresses associated with facilities that might serve as a shelter. If your facility is interested and did not receive an email with a link to the survey, please contact the PCEMA office at 360-875/642-9340 or 360-875/642-9338. You may also contact PCEMA with a mailing address if you do not have internet access.

The survey process is expected to conclude by the end of November, at which time answers will be evaluated and a continued work plan developed based upon survey responses.

If your facility is interested in participating in the Shelter Survey, contact PCEMA:

360-875/642-9340 or 360-875/642-9338

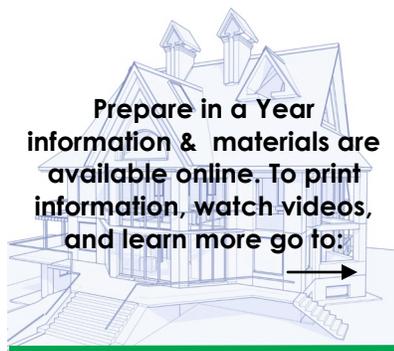
East Coast Recovers from Superstorm

FEMA strike teams have been deployed from all across the nation, including Western Washington, to respond to the devastation left in the wake of “perfect storm” Sandy on the east coast. A disastrous combination of severe weather and dense population, relief workers are facing a daunting task across 21 states where gas leaks, fires, and toxic contamination complicate efforts in some areas.

7.6 million homes lost power due to the storm, and nearly 16,000 flights were cancelled. Other transportation systems, including bus and rail, were shut down. Mandatory evacuations were declared and shelters established. Some areas along the immediate coast experienced severe flooding, including New Jersey and New York where the damage was extensive. Inland, high winds prevailed with some areas also engulfed in blizzard conditions.

Here in the Pacific Northwest, we do not experience hurricanes, though the storms we do have can often be just as dangerous. As coverage of recovery continues across the country, take the time to understand how quickly disaster can strike, especially along the coast.

Prepare in November!



http://www.emd.wa.gov/preparedness/prepare_year.shtml

Get Prepared!

Your home could provide an effective first-layer barrier against toxic airborne agents, so it is important to understand how to seal it correctly. November is the month to learn and prepare to shelter in place.

Basic protection is achieved by tightly sealing one room of your home that you have predetermined as a safe room. A safe room is one that can be quickly sealed. It should contain supplies that will get you through the hours that you may be inside. Choose a room that will be accommodating, like a master bedroom with an attached bathroom where you will have access to a toilet and running water.

Preparing Your Safe Room

- Gather plastic sheeting and cloth or duct tape.
- Pre-cut the plastic sheeting to fit all windows, vents, and doors, labeling each piece.
- Store the plastic sheets, tape, and emergency supplies such as a NOAA weather radio, non-perishable food, water, and towels in the room.

Toxic Airborne Agent Response

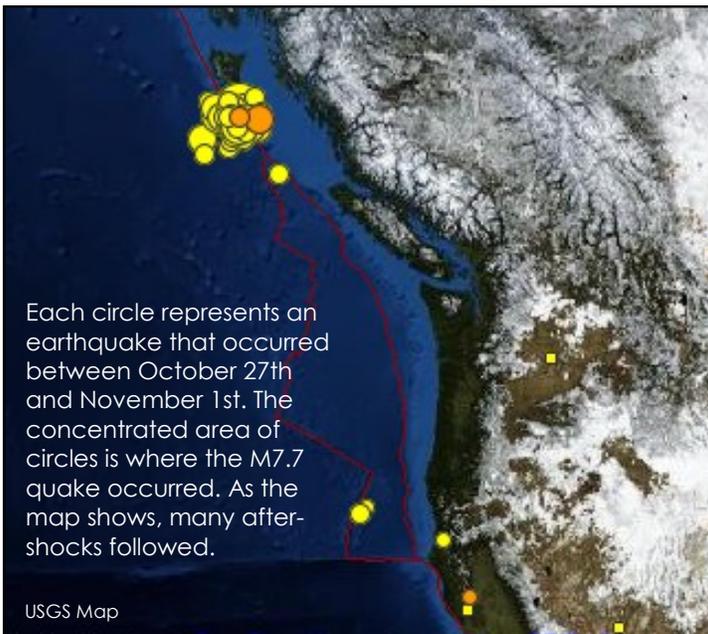
- Go inside immediately. Remember your pets.
- Tightly lock all doors and windows.
- Turn off fans and other devices that circulate air



through your home.

- Go into your safe room and seal it tightly with your pre-cut plastic sheeting.
- Listen to your NOAA weather radio for official instructions.
- After the all-clear, open doors and windows to thoroughly air out your home, dissipating any toxic particles that may have leaked in.

7.7 Earthquake Hits Canadian Coast



Each circle represents an earthquake that occurred between October 27th and November 1st. The concentrated area of circles is where the M7.7 quake occurred. As the map shows, many aftershocks followed.

USGS Map

A magnitude 7.7 earthquake struck off the coast of Canada on October 27th just after 8 p.m. local time. No major damage was reported. This powerful quake came from a depth of 3 miles and struck 25 miles south of Sandspit, British Columbia. The quake visibly shook the waters and land of British Columbia, and was initially followed by a magnitude 5.8 aftershock. Many other aftershocks continue to be reported. People in the immediate coastal area were advised to head for high ground.

Alerts were issued by the Pacific and West Coast and Alaska Tsunami Warning Centers for Hawaii, Canada, Alaska, Oregon, and California. An alert was not issued for Washington though officials monitored the situation closely. Waves up to two and a half feet high were recorded in Hawaii, where swimmers and boaters were warned to watch for strong or unusual currents. Waves were considerably smaller along the Canadian Coast with a 10 inch wave recorded off Vancouver Island. A six inch surge was even recorded in Alaska approximately two hours after the quake. This was Canada's largest earthquake since 1949, when a magnitude 8.1 quake struck off the coast of British Columbia. Events like this recent quake are a good reminder for coastal residents.

Pacific County sits merely 50 miles from the Cascadia Subduction Zone, which is capable of producing quakes of a 7.7 magnitude and considerably larger.

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Pacific County Emergency Management Agency

UPCOMING EVENTS:

AHAB Siren Test: First Monday of the month @ noon
Disaster Preparedness for Seniors: Friday, 11/16/12
1:30 p.m. at Ocean Park Lutheran Church

CONTACT INFORMATION:

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	http://www.facebook.com/PCEMA
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	http://www.co.pacific.wa.us/pcema/

To join PCEMA's Weather Warning List email Denise Rowlett:
drowlett@co.pacific.wa.us



Sheriff's Office on Twitter:
@PCSOWA
On Facebook:
www.facebook.com/PCSOWA

Interested in Volunteering?

CONTACT: PCEMA AMERICORPS MEMBER KIRSTEN HARVILL
kharvill@co.pacific.wa.us
(360) 875/642-9409

