

PCEMA

Pacific County Emergency Management Agency

Preparedness Post

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Issue

10 Ways to Stay Safe in the Forest this Fall!

Stephanie Walks
the Route

Drought Persists

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Recovery



Forest Preparedness: There are Things to Know Before You Go

Hikers and mushroom foragers planning to explore public lands in the fall should be aware of hunting seasons and should enter the forest prepared to ensure their own safety by doing simple things such as wearing bright clothing or making noise. It is also important that those entering the forest are prepared to act if they become lost or injured. By consulting maps and weather reports prior to departure, potential complications can be mitigated before they become an issue. Pacific County's undeveloped areas are some of the regions finest! If you plan to go exploring, make sure you are prepared.

To learn more about Washington State hunting seasons, check out:

http://wdfw.wa.gov/hunting/regulations/summary_hunting_dates.html

Fall Forest Safety: 10 Simple Tips

1. Educate yourself on hunting seasons and if possible, avoid going out on opening days.
2. Before you leave, let a responsible person know where you are going, what you plan to do, and when you plan to return.
3. Adequately prepare for the trip. Prior knowledge of the area, weather, and terrain is essential. Understand your physical limitations. Bring an emergency pack in case you become lost or injured.
4. Come equipped with a map of the area. Pay attention to your surroundings, noting landmarks and relating these to your location on the map. If you are foraging for wild mushrooms, be sure to look up as you walk so that you do not become disoriented.
5. Wear an article of blaze orange clothing.
6. Avoid wearing brown and white, which could be mistaken for a deer's white tail.
7. Keep your dog on a leash, also outfitted with a blaze orange vest or bandana.
8. Stay on designated trails and avoid bushwacking.
9. Make noise to alert hunters to your presence. If you hear shooting, be sure to shout so the hunters know you are in the vicinity.
10. If you are foraging for wild mushrooms, do not consume anything you are not 100% sure about before consulting reference materials or an expert.

Timberland Regional Library and PCEMA Coordinate Five Events for National Preparedness Month

September was a busy month in the preparedness world! With the help of Timberland Regional Library (TRL), PCEMA was able to give five presentations of Get Prepared Pacific County at all area branches.

PCEMA would like to thank TRL for coordinating the events, volunteer presenters Frank Wolfe, Mary Atherton, and Natasha Nesbitt, as well as all those who attended!

PCEMA is happy to facilitate Get Prepared Pacific County or Let's Talk Tsunamis presentations for community organizations interested in hosting an event.

To schedule an event, contact Kirsten Harvill: kharvill@co.pacific.wa.us or 360-642/875-9409.

Drop, Cover, and Hold!



You are invited to join thousands of people who will Drop, Cover, and Hold on October 18th at 10:18 a.m. in the 2012 Great Washington ShakeOut! More than 12.5 million people were registered to participate in ShakeOut drills worldwide in 2011. Over 410,000 people have registered in Washington! Participating is a great way for your family or organization to become better prepared to survive and recover quickly from big earthquakes. To register visit <http://www.shakeout.org/washington/>

Walking the Route

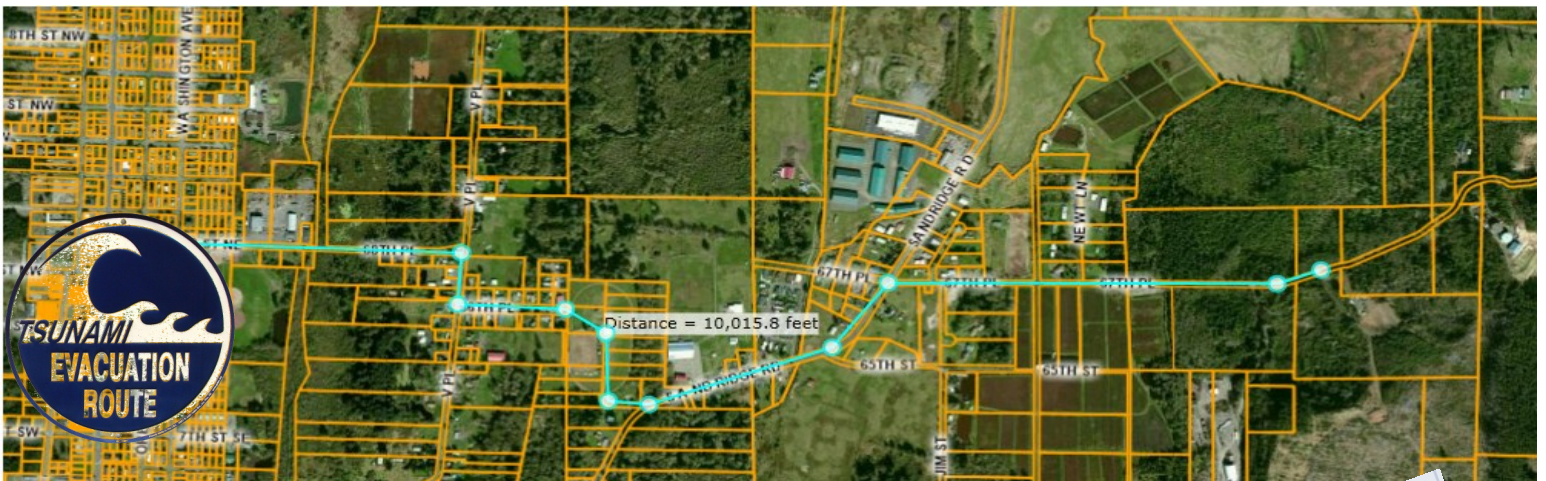


Today I “walked the tsunami walk”....It’s Sept 14th (the middle of National Preparedness Month) and I’ve been planning this walk since early spring. It’s sunny and warm – and I have no excuses! I’ve wanted (for years) to walk from the intersection of Bolstad and Pacific Avenues to the closest high ground on 67th Place, just off Sandridge Road. And I finally did it today. It was a surprisingly quick trip! I took a stopwatch and cell phone, and was wearing jeans, a t-shirt and vest, and carried a light backpack with a few emergency supplies.

I determined from the start to take the absolute shortest route, so my first “short-cut” took me behind the Long Beach post office and on to 2nd St NE heading east. I walked past the All Hazard Alert Broadcast siren at the Long Beach City Park, and on past the county shop and the Humane Society building, turning south on V Place. I continued south on V Place for two blocks and again turned east on 66th Place. 66th Place is a dead-end, which ends right at the Long Beach Saddle Club and Rodeo Grounds. (And yes – I did call ahead and request permission to cut through the Saddle Club property! Thank you to the Saddle Club for saying yes!)

At the west entrance to the Saddle Club property, there is a pedestrian gate, providing access to the grounds. In the interest of shortening my trip I went to the north and east of the rodeo arena, and came out at the entrance along Sandridge Road. From there I turned north, heading to 67th Place.

Here I have to confess, I did not turn east on 67th Place and “head for high ground”. Instead, I headed back to the office at the county building. (Thanks to Undersheriff Todd Fosse for dropping me off downtown by the way!) All in all, by the time I got to the South Pacific County Administration Facility, I walked 29 minutes and 49 seconds (to the Sheriff’s Office front door). The distance, when I measured using the MapSifter tool available on the county website, was slightly shorter than if I had headed to high ground. Despite that, I believe it was a valid test of the capability. I did a few calculations and was surprised that I clocked in at 3.5 miles per hour (with a gimpy knee). Not too bad! And I’ve proven to myself that there is an adequate tsunami evacuation route on foot for persons located in the downtown Long Beach area. I would also venture to say that I could shave a few minutes off my time if a wave were on my tail! Here is a small map of my route:



Highlights of the Facebook Feed



www.facebook.com/PCEMA

Do you "Know Your Location"? Being able to relate your location to 9-1-1 telecommunicators was the topic covered on PCEMA’s Facebook page for day 26 of National Preparedness Month. Do you know that many cell phones (older models) do not have the capability to transmit your location to emergency responders? And do you know that the degree of confidence in the location a cell phone provides is fairly low? It’s important to "Know Your Location" in the event you have to contact 9-1-1. Pay attention to those milepost markers and landmarks while driving on the state highways! If you are in a building, are in need of assistance, and are speaking with a 9-1-1 telecommunicator, being able to identify where you are at, in terms of the north, south, east or west side of your building is key.



Read About Japan's Continued Recovery

On March 11, 2011 coastal communities in Northern Japan were demolished by a 9.0 earthquake and ensuing tsunami which killed nearly 16,000 people. Thousands of coastal residents were displaced, seeking refuge at temporary shelters. In addition, a radiological emergency on par with Chernobyl was declared in the Fukushima Prefecture where a nuclear power plant was severely damaged forcing thousands more to evacuate their homes.

With a long, well-documented history of seismic activity and tsunamis, Japan had the most advanced mitigation and response capability in the world. Even so, the magnitude of this disaster overwhelmed their capability. Foreign disaster response teams assisted in the initial recovery efforts, including the International Medical Corps, a group which has remained in the country, providing long term recovery assistance. The International Medical Corps has comprehensively documented their efforts, in the process providing compelling reports on post-disaster Japan.

Many Pacific County residents were shocked to see the destruction on March 11, 2011, and many continued to follow the events with an added interest particular to coastal inhabitants of the same violent ocean. Though accounts of Japan's disaster have faded from the headlines, the slow struggle

to recover continues. The story is far from over. Pacific County residents drew parallels to the incident and initial recovery, learning lessons that have helped them better prepare. Similar lessons are available from Japan as the nation continues to rebuild.

According to the International Medical Corps, as of March 2012, the Japanese government was still struggling to provide critical public services, including mental health care, and economic opportunities for the displaced. Many survivors still live in fear as they confront uncertainty over their futures. After a year, most survivors were living in temporary houses, hotels, or with friends and family. 59,000 people were displaced in the Fukushima Prefecture alone.

Prior to the disaster, the coastal economy centered around fishing and aquaculture (much like Pacific County). The tsunami obliterated these industries with the destruction of boats, equipment, and processing plants. In addition, because of the nuclear crisis demand for seafood from the Japanese coast has been low due to fears of contamination. Unemployment is a huge issue.

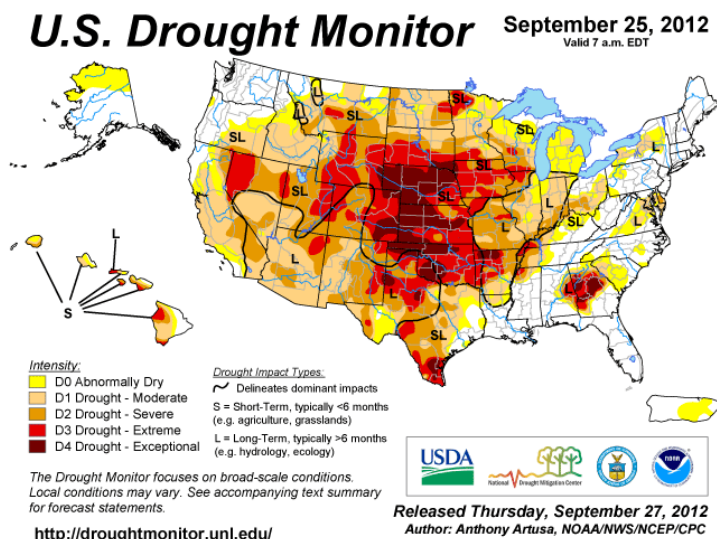
To learn more about Japan's recovery, check out the International Medical Corps website where you will find photos, first hand accounts, statistics, and survivor stories.



To learn more about Japan's Recovery Efforts from the International Medical Corps, check out:

[INTERNATIONAL MEDICAL CORPS: http://internationalmedicalcorps.org/japan](http://internationalmedicalcorps.org/japan)

September is Dry for Pacific County and Much of the U.S.

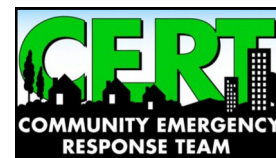


It's been at least a month since most in Pacific County have seen so much as a puddle. On the majority of days in September, morning fog gave way to blue skies, comfortably warm weather, and fairly calm winds. Though the county-wide burn ban has been an inconvenience for some, this area appears an oasis in contrast to the many regions still in the grip of wildfires and severe drought across the nation.

According to the U.S. Drought Monitor, the entire west was "warm and dry," with some unlucky areas in Montana, Wyoming, Utah, and Nevada experiencing moderate to extreme drought. In Oklahoma, Kansas, and Nebraska, the drought has been classified as exceptional. On the east coast, conditions are improved as cold fronts have moved in, bringing with them rain.

As of September 25th, Washington was the only state east of the Mississippi that was not classified as even abnormally dry.

CERT Training Spotlight



Disaster Psychology

Of the many topics covered in Community Emergency Response Team (CERT) training, Disaster Psychology has appeared to be a favorite among Pacific County trainees. This section, as with many of the others, will be useful during a disaster but also has practical applications in everyday life. The following is a brief overview of topics covered in the 90 minute course.

The CERT's Role

Psychological first aid is not therapy. It is a set of approaches that provide emotional intervention during field operations. The techniques covered in this unit are meant to help CERTs respond to psychological issues so that the needs of all survivors can be met.

Disaster Trauma

During a disaster, you may see, hear, and feel things that will be extremely unpleasant. Direct psychological trauma could result from not feeling safe or secure, your own personal losses, working in your neighborhood, and assisting injured neighbors, friends, and coworkers. Trauma can also occur with the destruction of homes, neighborhoods, and valued possessions, or loss of contact with loved ones and pets.

When survivors suffer from the traumatic crisis of a disaster, their ability to cope can become overwhelmed. Be alert for signs of disaster trauma in yourself, as well as in those around you. The signs of trauma can be physiological as well as psychological.

The Psychological Signs of Trauma

- Irritability or anger
- Self blame or blaming others
- Isolation and withdrawal
- Fear of recurrence
- Feeling stunned, numb, or overwhelmed
- Feeling helpless
- Mood swings
- Sadness, depression, and grief

- Denial
- Trouble concentrating

The Physiological Signs of Trauma

- Loss of appetite
- Headaches or chest pain
- Diarrhea, stomach pain, nausea
- Hyperactivity
- Increase in alcohol/drug intake
- Nightmares
- Insomnia
- Fatigue or low energy

Methods for Coping

Only you know what helps you to reduce stress. Expending the effort to find personal stress reducers is worthwhile before an incident occurs. Here are some basic methods which will help you attempt to prevent stress in a disaster situation:

- Get adequate sleep
- Try to eat balanced meals
- Stay hydrated
- Be open to receiving as well as giving help
- Try to connect with others
- Use spiritual resources
- Find someone to talk to

Mediating Factors

The strength and type of personal reaction to trauma may vary depending on:

- The person's prior experience with the same or a similar event.
- The intensity of the disruption in the survivor's life.
- The meaning of the event to the survivor - perception will effect the level of stress.
- The emotional well-being of the survivor and the personal resources already in place to aid in coping.

Stabilizing Trauma Victims

As part of scene stabilization, CERTs may need to work with individuals experiencing trauma who may be dangerous to themselves or others. Here are ways to lessen trauma and deal with victims:

- Be observant. Attempt to mitigate personal issues before they arise.
- Get uninjured survivors involved in helping. Engaging in focused activity will help them to cope.
- Help survivors connect to natural support systems, such as family, friends, or clergy.
- Provide support by listening to survivors talk about their feelings and needs. Be empathetic.

What Not to Say to a Trauma Victim

Though consolation takes many forms depending on who is speaking and to whom they are speaking, the following are phrases that don't always meet the intended goal:

- "I understand." In most situations, we cannot understand unless we have had the same experience.
- "Don't feel bad." The survivor has a right to feel bad and will need time to feel differently.
- "You're strong" or "You'll get through this." Many survivors do not feel strong and question if they will recover from the loss.
- "Don't cry." It is okay to cry. In fact, a good cry can be exhausting and may help them eventually relax.
- "It's God's will." This can be a comfort to some and an insult to others. Be sure not to give religious meaning to someone you don't know.
- "It could be worse," "At least you still have..." or "Everything will be okay." It is up to the individual to decide those things.

Remember, it is usually more helpful to listen. If you do say something offensive, apologize!

Community Emergency Response Team (CERT) members are trained to handle major issues associated with a disaster. Though they are by no means trained at the level of a professional, the training they complete equips them with skills and knowledge that will help them to save lives and stabilize the scene until professional first responders arrive. *Much of this article is directly derived from CERT Curriculum.

Free Online CERT Training Modules

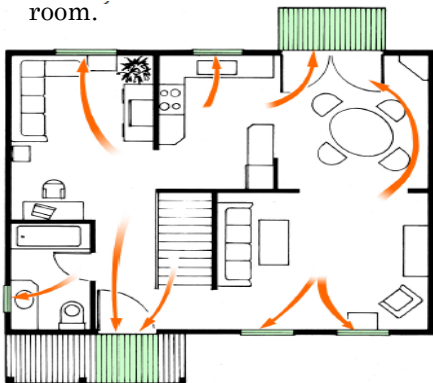
http://www.citizencorps.gov/cert/training_mat.shtml

Prepare in October!

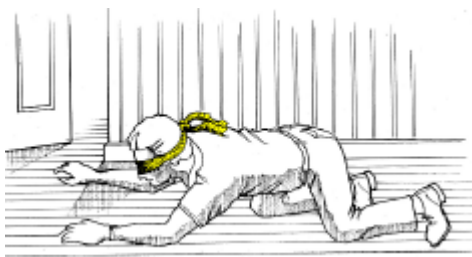
October is the month for fire safety! With jack-o-lanterns out for Halloween, knowing how to extinguish a fire will come in handy for some. But remember, when it comes to fire – *be smart!* If the fire is too big for you to handle, immediately get out of the house. Don't stop to gather anything or to do anything. Once you are outside, stay outside. Intense heat and toxic fumes can kill you.

Planning and Practicing Fire Safety

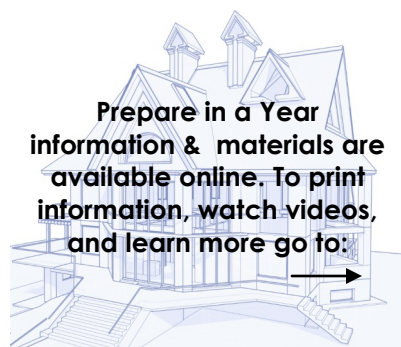
- Plan a reunion place inside your home. Regularly remind all household members where this place is.
- Draw a floor plan of your home and discuss ways to exit each room.



- Hold a fire drill at least twice each year. Blindfolded, practice crawling your exit routes to simulate escaping a smoke-filled house.



- Install fire alarms in your home if you haven't already. They should at least be in all bedrooms and other sleeping areas. Be sure to regularly check them.



Placing Fire Extinguishers

Place your fire extinguishers with care about your house. Ready access to them is critical. Fire moves rapidly, so immediate access to an extinguisher could mean the difference between putting a small fire out or suffering much damage. Several small fire extinguishers spread throughout the house are better than one large one that may not be quickly accessible to all areas. Key places for fire extinguishers are:

- The kitchen
- The garage
- If the home has multiple floors, one on every level
- The utility room

Choosing a Fire Extinguisher

A-B-C fire extinguishers are recommended for homes. Each letter signifies a type of fire that the extinguisher is equipped to fight.

- A: Ordinary combustibles like wood, paper, cloth, and many plastics.
- B: Flammable liquids such as gasoline, paints, kitchen grease, and oils.
- C: Electrical equipment, such as fires in wiring, motors, and appliances.

Other extinguishers exist to control fires that typically do not occur in the home. D extinguishers handle combustible metals, and K extinguishers are made for oil fires in industrial kitchens.

Check your extinguishers on a regular basis to ensure they are fully charged. Most fire departments will provide assistance charging them.

Using a Fire Extinguisher

- Begin by trying to keep calm.

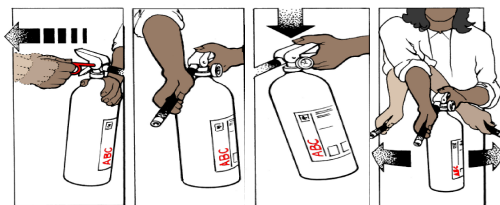


http://www.emd.wa.gov/preparedness/prepare_year.shtml

Get Prepared!



- Keep an escape route open between you and the small fire you are attempting to extinguish.
- Use the P.A.S.S. method: Pull the pin, aim the nozzle, squeeze the handle, sweep along the base of the fire.
- Always point the extinguisher at the base of the fire. Pointing at the top of the flames does nothing but waste your extinguisher.
- If the fire does not extinguish after five seconds, it is too big for you to fight with your extinguisher. Leave immediately!



P A S S



*Much of this article is directly derived from WA EMD's Prepare in a Year Curriculum.

PCEMA

Pacific County Emergency Management Agency

UPCOMING EVENTS:

AHAB Siren Test: **First Monday of the month @ noon**

PCEMA Council Meeting: **October 11th @ 9:00 a.m.**

Courthouse Annex (BOCC Meeting Room) South Bend

PCEMA Volunteer Orientation: **October 18th @ 9:00 a.m.**

Willapa Harbor Hospital

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To join PCEMA's Weather Warning List
email Denise Rowlett:

drowlett@co.pacific.wa.us



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Volunteering?*

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get involved!

Never doubt that a small group of
thoughtful, committed citizens can
change the world; indeed, it's the
only thing that ever has.

Margaret Mead

