

Grays Harbor County Emergency Management

Preparedness on the Harbor

Montesano

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November - December 2017

2017 Emergency
Preparedness EXPO

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GRAYS HARBOR COUNTY 2017 EMERGENCY PREPAREDNESS EXPO

The Grays Harbor County Preparedness Expo was held on Saturday, October 7TH, at the Rotary Log Pavilion in Aberdeen. Numerous State, Federal, County and local community groups assisted at the event, showcasing risk and hazard to Natural Disasters which impact Grays Harbor County and the surrounding region. Best practices to prepare at home and at work, for individuals and families, was also presented for the more than 200 attendees of the event.



Photo provided by Amy Bledsoe

To see photos from the EXPO visit Grays Harbor County Emergency Management Photo Gallery at: <http://cms5.revize.com/revize/graysharborcounty/Emergency%20Management/Photo%20Gallery/2017%20Emergency%20Preparedness%20EXPO.pdf>

Daylight Savings Time Ends November 5th

This is a perfect opportunity to **replace** the batteries in your Smoke Detectors, Carbon Monoxide Detectors, Flashlights, your All Hazard Weather Radios and to **check** for proper function!

Don't forget to check or assemble your **"GO KIT"** and be sure you are **2 WEEKS READY!**



Food Safety Tips for your Holiday Turkey

Food handling errors and inadequate cooking are the most common problems that lead to poultry-associated foodborne disease outbreaks in the United States.¹ Follow these four food safety tips to help you safely prepare your next holiday turkey meal.

1. Safely Thaw Your Turkey

Thaw turkeys in the refrigerator, in a sink of cold water that is changed every 30 minutes, or in the microwave. Never thaw your turkey by leaving it out on the counter. A frozen turkey is safe indefinitely, but a thawing turkey must defrost at a safe temperature. When the turkey is left out at room temperature for more than two hours, its temperature becomes unsafe as it moves into the danger zone between 40°F and 140°F, where bacteria can grow rapidly.

2. Safely Handle Your Turkey

Bacteria from raw poultry can contaminate anything that it touches. Follow the four steps to food safety - **cook, clean, chill, and separate** (<https://www.cdc.gov/foodsafety/groups/consumers.html>) - to prevent the spread of bacteria to your food and family.



3. Safely Stuff Your Turkey

Cook stuffing in a casserole dish to make sure it is thoroughly cooked. If you stuff the turkey, do so **just before** cooking. Use a food thermometer to make sure the stuffing's center reaches 165°F. Bacteria can survive in stuffing that has not reached 165°F and possibly cause food poisoning. If the stuffing is inside a whole turkey, take the bird out of the oven and let it stand 20 minutes before removing the stuffing. Learn more about how to [safely prepare stuffing](#).

4. Safely Cook Your Turkey

Set the oven temperature to at least 325°F. Place the completely thawed turkey with the breast side up in a roasting pan that is 2 to 2-1/2 inches deep. Cooking times will vary depending on the weight of the turkey. To make sure the turkey has reached a safe internal temperature of 165°F, check by inserting a food thermometer into the center of the stuffing and the thickest portions of the breast, thigh, and wing joint. Let the turkey stand 20 minutes before removing all stuffing from the cavity and carving the meat. Learn more about [safe minimum cooking temperatures](#) and how to use and calibrate a [food thermometer](#) for turkey and other foods.

For more information visit the CDC at: <https://www.cdc.gov/features/turkeytime/index.html>

The Pilgrims' Preparedness

Thanksgiving is a wonderful holiday with a rich tradition in America that dates back to some of our earliest founders. Many of the things we take for granted today, from fresh food to warm homes, were ongoing challenges for the Pilgrims. Situations we experience only during emergencies were faced by the Pilgrims every day, and there are some good things to learn from their preparation.

Preparing For the Cold

The Pilgrim Way: When the Pilgrims landed at Plymouth in December 1620, they were unprepared for the extreme cold of New England. Their first order of business was to build shelter as quickly as possible, but that took time, and many were initially forced to live in tents or dugouts. Because of these insufficient shelters, many of the original settlers suffered from exposure and illness during their first American winter.

The 21st Century Way: Today many of us take shelter and warmth for granted, but it's important to be prepared for cold weather in case you lose power or get stranded. Prepare safe alternative sources of heat. Even a gas or oil furnace needs electricity to operate, so if you have a fireplace or wood stove, be sure you have enough wood. Also, never bring portable generators, camp stoves or grills into the home; they should be kept outside and at least 20 feet away from windows, doors and vents. Pack some extra blankets in your Ready kit. If you're expecting a freeze, allow your faucets to drip to prevent pipe damage. Finally, winterize your vehicle in case you get stuck in some bad weather.

Preparing Your Food

The Pilgrim Way: The Pilgrims didn't have supermarkets and refrigerators, so they had to learn how to acquire food and preserve it. Food was a struggle in the early months because of the harsh winter and their unfamiliarity with the land. However, by the following fall, the Pilgrims had produced enough food through farming, gathering and hunting that they were able to throw a three-day feast at the First Thanksgiving and store up their surplus for the winter.

The 21st Century Way: Today we can drive to the grocery store if we need food, but after a disaster, we may not be able to drive anywhere. Like the Pilgrims, it's important to store non-perishable foods and water in a safe place in your home in case of emergencies. Thankfully, instead of an entire season's worth of food, experts today recommend putting away three days' worth of food and water for your family. If you really want to get into the Pilgrim spirit, include some jerky in there and some canned corn and beans as well.

Washington State recommends 2 Weeks Ready!

Preparing For Medical Emergencies

The Pilgrim Way: About half of the original group of colonists from the Mayflower died in the first year, mostly from infectious diseases caused by unsanitary conditions and exposure to the wet and cold. The first common house the Pilgrims built was turned into a hospital to deal with the infirm, because they knew these were the people who needed the care. Sadly, medicine was still pretty primitive at the time, and their capabilities were limited.

The 21st Century Way: One thing to be thankful for this year is modern medicine. What we can handle with simple pills today would seem almost miraculous to the Pilgrims. This is why it's important to pack a first aid kit and extra prescriptions in your Ready kit. It's also a good idea to keep copies of your medical documents in a watertight container.

For those who may need extra assistance during emergencies, such as older residents and those with special needs, create a support network of people who may be able to help in these types of situations. Just like the Pilgrims, we need to make sure our first priority is caring for those who need it most.

<https://ready.ga.gov/georgia-weather/the-pilgrims-preparedness/>

Christmas Tree Safety



As you deck the halls this holiday season, be fire smart. A small fire that spreads to a Christmas tree can grow large very quickly.



PICKING THE TREE

- Choose a tree with fresh, green needles that do not fall off when touched.



PLACING THE TREE

- Before placing the tree in the stand, cut 2" from the base of the trunk.
- Make sure the tree is at least three feet away from any heat source, like fireplaces, radiators, candles, heat vents or lights.
- Make sure the tree is not blocking an exit.
- Add water to the tree stand. Be sure to add water daily.



LIGHTING THE TREE

- Use lights that are listed by a qualified testing laboratory. Some lights are only for indoor or outdoor use.
- Replace any string of lights with worn or broken cords or loose bulb connections. Read manufacturer's instructions for number of light strands to connect.
- Never use lit candles to decorate the tree.
- Always turn off Christmas tree lights before leaving home or going to bed.



Your Source for SAFETY Information

NFPA Public Education Division • 1 Batterymarch Park, Quincy, MA 02169

www.nfpa.org/education ©NFPA 2016

After Christmas

Get rid of the tree after Christmas or when it is dry. Dried-out trees are a fire danger and should not be left in the home or garage, or placed outside against the home.

Check with your local community to find a recycling program.

Bring outdoor electrical lights inside after the holidays to prevent hazards and make them last longer.

FACTS

- ! One quarter of home Christmas tree fires are caused by electrical problems.
- ! Although Christmas tree fires are not common, when they do occur, they are more likely to be serious.
- ! A heat source too close to the tree causes roughly **one in every four** of the fires.

Give the Gift of Preparedness this Holiday Season

Supplies for an emergency preparedness kit can make unique—and potentially life-saving—holiday gifts, such as:

Stocking Stuffers

- Battery-powered or hand-crank radio and a NOAA Weather Radio with tone alert.
- A flashlight with extra batteries.
- Solar-powered cell phone charger.
- Smoke detector and/or carbon monoxide detectors.
- First aid kit.
- Fire extinguisher and fire escape ladder.
- Enrollment in a CPR or first aid class.
- Books, coloring books, crayons and board games for the kids, in case the power goes out.
- Personal hygiene comfort kit, including shampoo, body wash, wash cloth, hairbrush, comb, toothbrush, toothpaste and deodorant.
- A waterproof pouch or backpack containing any of the above items, or with such things as a rain poncho, moist towelettes, work gloves, batteries, duct tape, whistle, food bars, etc.

<https://www.fema.gov/news-release/2014/11/26/give-gift>

Winter Driving - Emergency Car Kit



Winter travel can be tough on car and driver, to prepare:

- **Check your tires** and make sure your chains fit before the first winter storm and check tire pressure during cold weather. Remember, tire shops and mechanics are busiest just before and during winter storms.
- **Get a vehicle winter maintenance check-up.** Don't wait to check your battery, belts, hoses, radiator, lights, brakes, heater/defroster and wipers.
- **Keep your fuel tank full** — don't let it fall below half a tank on winter trips.
- **Program your radio** for traffic reports and emergency messages (for WSDOT radio: 530 and 1610 AM).



What to carry on winter trips:

- **Keep a basic winter survival kit** in your vehicle: flashlight, batteries, blanket, snacks, water, gloves, boots, first-aid kit.
- **Load your car with winter travel gear** : tire chains, ice scraper/snowbrush, jumper cables, road flares.
- See more winter preparedness tips at [Take Winter By Storm](http://www.wsdot.com/winter/emergencykit.htm) website.

<http://www.wsdot.com/winter/emergencykit.htm>

5 APPS TO CONQUER YOUR EMERGENCY PREPAREDNESS PROCRASTINATION



App #1: Emergency by the American Red Cross



This app has information related to all different kinds of emergencies, including ones we are concerned about here in the Northwest, like earthquakes, power outages, extreme heat, wildfires, and floods. In the “emergency toolkit,” there is a messaging system to alert loved ones that you’re safe. They help make a family emergency plan, show instruction on how to do basic first aid, and give links to weather and severe storm updates. If there are shelters in place, this app provides a list of all shelters in your area. Download it on [Android](#) and [Apple](#).

App #2: Pet First Aid by the American Red Cross



This app contains information for dog and/or cat owners on how to provide first aid for their pet and how to prepare for pets during emergencies. It informs about early warning signs of serious conditions and how to assemble a pet first aid kit. The app also connects you with resources if your pet is lost and addresses questions for non-emergency situations, such as spaying & neutering, giving your pet medications, traveling with your pet, and improving your pet’s health and well-being. Download it on [Android](#) and [Apple](#).

App #3: FEMA App



This app was made by the Federal Emergency Management Agency (FEMA), the agency that responds to major disasters. It has preparation guidelines to create an emergency plan, weather alerts from the National Weather Service, and disaster resource information, including shelter information, disaster recovery centers, applications for disaster assistance, and contact information of FEMA representatives. Download it on [Android](#) and [Apple](#).

App #4: Liberty Mutual Home Gallery App



This is useful in case of property damage, robbery, insurance claims made on possession, or simply knowing what you possess. This app allows you to catalog all your possessions by room in each property. It allows you to use your camera to document the condition of the item and the receipt from within the app. This app manages the items by designating which property and which room the item is in and you can export the information into a PDF or CVS file. You do not need to be a Liberty Mutual member to use it. Download it on [Android](#) and [Apple](#).

App #5: PulsePoint AED



This app gives a satellite map with registered automated external defibrillators (AEDs) in your area. Why is this useful? If you can immediately start CPR when a heart attack patient is unresponsive and use an AED, you give the patient the greatest chance of survival. During a disaster, there can be an increase in heart attacks triggered by the stress of the disaster. Download it on [Android](#) and [Apple](#).

Food Safety During a Power Outage

Power outages may mean your refrigerator, stove, or microwave cannot work. When food is not kept cold or is not fully cooked the food can make you sick. More than 250 diseases can be caused by bacteria found in contaminated raw or undercooked food, such as meat, milk, eggs, fish, or shellfish. Keeping these foods cold and cooking them will help prevent foodborne illness.

Know How to Protect Your Food

If you think your power might be out for a long time, use foods that can spoil fast before foods that keep longer. Find out now where you can buy dry ice to keep your freezer cold, or blocks of ice for the refrigerator. Buy an ice chest.

Keep Food Cold

Keep doors to refrigerators and freezers closed to keep cold air inside. Freezers that are part of a refrigerator-freezer combination will keep food frozen for up to a day. A free-standing chest or upright freezer will keep food frozen solid for two days if it is fully loaded. A half-full freezer will keep food frozen for a day, especially if the food has been grouped together.

Power Outage Expected to Last More Than a Day

It is most important to keep meat, seafood, and dairy products cold. An ice chest packed with ice or snow can keep food cold. Bags of ice or block ice can be purchased and placed in the refrigerator to keep food cold.

Dry ice from a local ice company or grocery store can help save frozen food. Use caution when handling dry ice and follow these tips:

- Never touch with bare hands, taste, or put in mouth.
- Provide good ventilation prior to placing dry ice in freezer and don't inhale gas vapors.
- Don't place dry ice directly on food or glass shelves and don't use in an operating freezer.

Can't Fit Everything Into the Ice Chest

It is most important to keep meat, seafood, and dairy products cold. In cold weather, other items can be stored in a cardboard box in a garage or shed. Generally, the following items can be kept on a countertop or in the garage:

- Jams and jellies.
- Butter and margarine.
- Ketchup, mustard, pickles, relish and similar condiments.
- Fresh uncut fruit and vegetables.

Don't Store Food Outside During Winter

Storing food outside during winter isn't recommended. The outside temperature changes from hour to hour. The sun may thaw frozen foods or warm cold foods so that they grow bacteria. If you store food outside anyway, make sure that animals don't contaminate the food.

Know What to Keep and What to Throw Out

If food is cold to the touch, and you know it has not been above 45 degrees F for more than an hour or two, it is probably safe to keep, use, or refreeze. Throw away all meat, seafood, dairy products, or cooked foods that don't feel cold to the touch. Even under proper refrigeration, many raw foods should be kept only three or four days before they are cooked, frozen, or thrown away. **If in doubt, throw it out.** Never taste suspicious food. It may look and smell fine, but the bacteria that cause foodborne illness may have grown on the food and will make you sick.

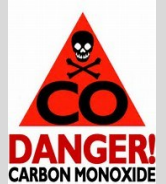
Provided by Jeff Nelson, Environmental Health

Avoid Carbon Monoxide Poisoning

Carbon monoxide is an odorless, invisible gas that can kill. Carbon monoxide comes from burning fuels such as gasoline, propane, oil, kerosene, natural gas, coal or wood. Carbon monoxide poisoning is preventable:

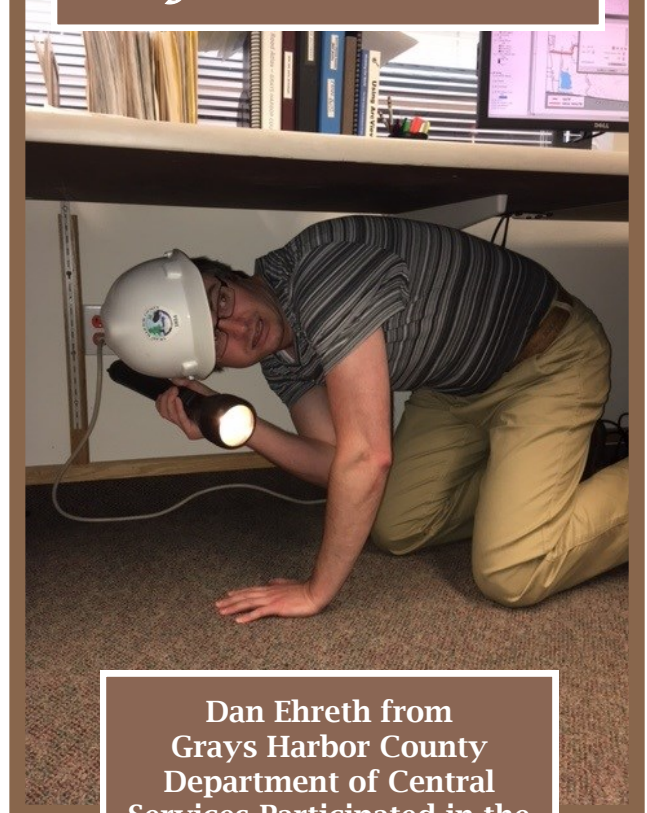
- * Only use portable generators outdoors and far from open windows and vents.
- * Never use a generator indoors, in garages or carports.
- * Never use a gas or charcoal grill, hibachi, or portable propane heater to cook indoors or heat your home.
- * If you use a portable space heater indoors, be sure to leave a window open 1-2" to provide ventilation. Never fill a Space Heater indoors!

Carbon Monoxide poisoning can strike suddenly and without warning. Physical symptoms of carbon monoxide poisoning may include **splitting headache, nausea, vomiting, lethargy and fatigue.**



If you or a family member believes that they could be experiencing carbon monoxide poisoning, get out of the property and **call 911 immediately!**

Drop, Cover & Hold



Dan Ehreth from
Grays Harbor County
Department of Central
Services Participated in the
Great Shakeout held on
October 19th

LOOKING BACK

10 Year Anniversary The Great Coastal Gale ~ December 2007

It's been 10 years since Grays Harbor saw one of the largest storms to ever hit our area.

On December 2nd, 2007 wind speeds topped 100 mph along the coast and the majority of Grays Harbor was out of power for the week.

Many local roads were fully blocked, turning Aberdeen/Hoquiam into a literal island with no traffic able to come in and out.

Massive flooding hit the county after upwards of 20 inches of rain were recorded, and life was at a standstill for over a week in areas.

Deputy Director of Grays Harbor Emergency Management [Chuck Wallace](#) issued a press release this week highlighting some of the issues that came with the storm.

“Gas was at a premium because many service stations couldn't operate due to the [power outage](#) and those that could, had issues obtaining additional fuel. Long lines at the few open service stations resulted in tempers flaring. Gas was limited to a few dollars - cash money. Cash was at a premium because money access machines were inoperable and stores could not accept credit or debit cards.”

He added

“Everyone can recall exactly where they were and what problems their families had to endure during the event.”

The windstorm damaged lands along the coast from Naselle to North County. Estimates from the [Department of Natural Resources](#) show that approximately 17,000 acres of forestland were heavily damaged.

According to then [Governor Christine Gregoire](#), damage from the storms may have exceeded a billion dollars.

2 people in Grays Harbor died following the events of the storm, one man in Aberdeen was hit by a falling tree, and a Montesano man died after his oxygen tank failed due to the power outage.

Kxro.com



Do You Remember ? ? ? ?

- November 24, 1983 Thanksgiving Day Storm
- December 12, 1995 The Major West Coast Windstorm
- December 14-15, 2006 “Hanukkah Eve” Windstorm
- December 1-3, 2007 The Great Coastal Gale
- December 2008 Western Washington Winter Storm



Kxro.com



For more driving on ice safety tips visit:
<http://www.drive-safely.net/driving-on-ice/>

Techniques to Driving on Ice and Snow

By [Victoria Miller](#)—[howtodothings.com](#)

Winter driving conditions can be tricky for even the most experienced drivers. While a snow-covered road can be an obvious driving hazard, a road that just looks wet can also be deceptively slippery.

Black ice is a dangerous wintertime hazard because the icy road may not always be visible to the driver. Indeed, melted snow or ice that refreezes may still look deceptively like a dry road. And temperatures don't have to be below freezing for black ice to develop. Black ice can occur if temperatures are near the freezing mark—or even a few degrees above it.

While a shiny road surface indicates an obviously wet or icy road, a road covered with black ice will look a little different. Keep an eye out for pavement that is slightly darker and a little duller looking than the rest of the road surface—this may indicate that black ice is present. Because black ice is so tricky to detect, a driver may not realize there is an icy road surface until his car begins to slide. Here are some winter driving safety tips on how to drive on black ice:

1. **As soon as your car begins to slide on black ice, take your foot off the gas pedal.** In fact, the last thing you want to do is give your car more gas. It is very important to slow down when you are driving on black ice or in any other winter road conditions.
2. **Don't slam the brakes.** While it may be a natural instinct to slam on your brakes, this will only cause your car to lose control and slide even more. Tap the brake pedal lightly instead of pushing down hard on it.
3. **Look for trouble spots ahead.** If you have an idea that there may be black ice ahead (if you see cars ahead of you sliding, for example), down shift to a lower gear before you come onto the black ice. The lower gear will force you to drive more slowly and it will give you better control of your car.
4. **If your car does begin to skid on the ice, turn the wheel in the direction of the skid.** This should help to steer your car back on the right track.
5. **Leave plenty of space between your car and the other cars on the road.** When driving on black ice road conditions, stay well behind the car in front of you (at least a couple of hundred feet) - this definitely not the time to tailgate. Even if you feel confident that you know how to drive safely on black ice, that doesn't mean the driver in front of you does. Be prepared in case other cars start to slide.
6. **Don't think you're invincible just because you drive a truck or a big sports utility vehicle.** While 4-wheel drive vehicles are great for driving in heavy snow, you're on your own when it comes to driving on black ice. In fact, 4-wheel drive vehicles have not advantage over regular cars when it comes to driving on black ice, so be sure to take the necessary safety precautions to matter what type of vehicle you are driving.

Did You Know??



The Community Emergency Response Team (CERT)

Program educates people about disaster preparedness for hazards that may impact their area and trains them in basic disaster response skills such as: fire safety, light search and rescue, team organization, and disaster medical operations.

Visit your local CERT Team Website at:
[Grays Harbor County CERT](#)

[North Beach CERT](#)

[Ocean Shores CERT](#)



West Coast Search Dogs of Washington

West Coast Search Dogs of Washington (WCSD) is a non-profit, all volunteer organization that was established in 1985. The purpose/mission of the unit is to furnish a rapid response search team to help locate lost subjects and offer aid within the limits of their training. They do this by establishing operational teams composed of trained scent discriminating Search dogs, dog handlers, and support personnel. The result is the ability to respond to mission requests from law enforcement, emergency management, fire safety officials, and parks services at local, state, and national levels.

Visit their website at:

<http://www.westcoastsearchdogs.org/index.php>

Or

Like them on Facebook

<https://www.facebook.com/West-Coast-Search-Dogs-of-Washington-449803431759051/>

Contacts & Info

*Request for Preparedness on the Harbor Newsletter Articles
Submit your article and pictures to cmccullough@co.grays-harbor.wa.us
Deadline is February 9, 2018*

All Hazards Alert Broadcast (AHAB) Siren testing occurs the first Monday of every month at noon.

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Article and Photo Credit

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Amy Bledsoe

Page 4 APP links provided by:
Jeff Nelson, Environmental Health

Page 5 Food Safety During a Power
Outage provided by:
Jeff Nelson, Environmental Health

ATTEND the Grays Harbor Citizen Corp meetings the second Wednesday of every month at 9am, in the Grays Harbor County Forestry Building.
310 W Spruce St Montesano, WA 98563

Meet with other county agencies and organizations working on disaster preparedness in our county. Check out their Facebook page too.
www.facebook.com/GraysHarborCitizenCorps

SIGN UP for the Grays Harbor Emergency Notification System to receive Emergency & Disaster information on winter storms, earthquakes, flooding, from Grays Harbor
Emergency Management
http://cms5.revize.com/revize/graysharborcounty/departments/emergency_management/DEMNotificationRequest.php

LIKE the Grays Harbor Emergency Management Facebook page at
www.facebook.com/pages/Grays-Harbor-County-Emergency-Management

FOLLOW Grays Harbor Emergency Management [@GHCDEM](https://twitter.com/GHCDEM) on Twitter

VISIT the Grays Harbor Emergency Management website at
http://cms5.revize.com/revize/graysharborcounty/departments/emergency_management/index.php

Upcoming Events

Look for Upcoming Events on the Emergency Management Website

http://cms5.revize.com/revize/graysharborcounty/departments/emergency_management/training.php

Listen for Tammy Fairley of the Ocean Shores CERT Team at 9am on: 91.3FM or at <http://koswradio.com>

**November 23rd
December 28th**



<http://oceanshores-cert.webs.com/photo->

Upcoming Meetings

Citizen Corps
November 7th - 1:00pm
December 13th - 9:00am
LEPC
November 7th - 2:15pm
December 13th - 10:15am