

Grays Harbor County Emergency Management

Preparedness on the Harbor

Volume 2, Issue 1

September—October 2016

Emergency
Management
EXPO

The New CERT

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For the Fall & Winter

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PREPAREDNESS 3
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Grays Harbor County Emergency Management EXPO

**** THIS IS A FREE EVENT OPEN TO ALL ****
Saturday September 17, 2016 10am – 4pm



Grays Harbor County Fairgrounds

32 Elma McCleary Rd, Elma, WA 98541
Borden-Seabert Exhibition Building (Dog Barn)

Hear speakers all day from:

- The National Weather Service in Seattle
- WA State Emergency Management Division Earthquake/Tsunami/Volcano Program
- Grays Harbor County Public Health
- Grays Harbor County Emergency Management
- Community Emergency Response Teams (CERT)
- Community Block Watch Groups
- Grays Harbor County Amateur Radio

And Many More!

Come learn about:

- The fall and winter weather forecast for the region – Will it be a stormy winter?
- Family and personal preparedness
- Earthquake, tsunami, flood and landslide issues
- Disaster Medication Preparedness
- Preparing a Go Kit for you and your pet

And Much More!

For more information call Grays Harbor County
Emergency Management at (360) 964-1575 or email
us at GHCDEM@co.grays-harbor.wa.us



What is CERT?

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. Using the training learned in the classroom and during exercises, CERT members can assist others in their neighborhood or workplace following an event when professional responders are not immediately available to help. CERT members also are encouraged to support emergency response agencies by taking a more active role in emergency preparedness projects in their community.

CERT is not a religious or politically based organization. It is open to everyone in all walks of life. There is an opportunity to help no matter your back ground, training or disability.

Starting Over

At the beginning of the year, three individuals began the daunting task of organizing the county's CERT teams. Everyone in the county who had been on a previous CERT team needed to recertify under the new curriculum and the new program.

Heather Worley was the only active certified trainer left in the county. She took the new FEMA course to become the county's first program manager. The first team she recertified was her own team North Beach, sponsored by GHFD#8. It was then the goal to have all the county's CERT teams supported by their local fire and law jurisdictions.



Stephanie Allestad, the former leader of the North Beach team handed the reigns over to Clint Davis and became the facilitator for the county. She's been working with fire chiefs to secure locations, along with law enforcement and local officials to support CERT and the first round of regional training classes.

Clint Davis was an active CERT member in California prior to moving to Grays Harbor, and brought his talents to the trio as the head of logistics. He has been great at obtaining supplies. As a diehard prepper, he has experience using so many of the products available, knows hoe to find them and is able to teach these resources others.

Doing it Better

Some of the new elements of CERT is all teams working with the same Standard Operating Procedures and Codes of Conduct. There is now a chain of command to follow for deployments and leaders have been chosen for each area team once they have been certified. Trainings are

now open to anyone living in the county. At least one all-county mass casualty incident training will be held each year.

The goal is to have a viable resource of professionally trained volunteers for not just the county, but for each city and community. These teams can be utilized for more than just disasters, but for events as well. Once teams are certified with the basic course, then additional trainings will begin. This includes sheltering, traffic control, responder rehab and more.



This year during the Cascadia Rising, a major milestone was met. CERT teams were a part of a multi agency, multi jurisdictional training! This was a chance for the teams to shine and show what a great asset they can be.

Making it Fun

The county team came up with the idea of extra curricular classes and events to showcase CERT. Last year, a new monthly winter series was created called Emergency Cooking & Disaster Preparedness Made Easy. This was an introduction course, open to the public on how to use emergency food and disaster supplies. The naval resort, Pacific Beach Resort & Conference Center, hosted the series. Guests like Mill 109 Pub chef/owner Rob Paylor and District #3 County Commissioner, Vickie Raines each taught one of the cooking segments.



In April, a Moulage class was offered to those looking to learn how to do realistic make-up for training events. Two top instructors came from Seattle and spent the first half of the day teaching how to set up for a mass casualty training. Then after lunch students got to do hands on training making each other up. Long supporter of preparedness events, KBKW News Director, Dave Haviland played model for the class. These skills came into play for an exercises

during Cascadia Rising. An advanced class is in the works for January of 2017.

The next certified CERT training will be in the tri-city areas of Hoquiam/Aberdeen/Cosmopolis in November on the 11th—13th. The location will be announced soon. As always, these trainings are open to all citizens in the county. For more information you can go to www.NorthBeachCERT.org or call Facilitator Stephanie Allestad at 360-276-0009.

Grays Harbor County CERT

Are You Ready?

Preparing Your Home for the Fall & Winter Storm Season

Information provided by: Grays Harbor County Emergency Management, King County Office of Emergency Management, Washington State Emergency Management Division, TakeWinterByStorm.org, FEMA.org, NOAA.gov

Prepare your home

- **Prepare for possible isolation in your home** by having sufficient heating fuel; regular fuel sources may be cut off. For example, store a good supply of dry, seasoned wood for your fireplace or wood-burning stove.
- **Winterize your home** to extend the life of your fuel supply by insulating walls and attics, caulking and weather-stripping doors and windows, and installing storm windows or covering windows with plastic.
- **Check your roof** for loose, missing or damaged shingles and flashing around vents and chimneys to eliminate flying debris and reduce the chance of possible water damage.
- **Winterize your house, barn, shed or any other structure that may provide shelter** for your family, neighbors, livestock or equipment. Clear rain gutters; repair roof leaks and cut away tree branches that could fall on a house or other structure during a storm.
- **Grade your property** so water drains away from the foundation and downspouts direct water away from the house.
- **Insulate pipes** with insulation or newspapers and plastic and allow faucets to drip a little during cold weather to avoid freezing.
- **Check for loose handrails, banisters and stair coverings.** Buckled or cracked walks should be repaired.
- **Test your sump pump** before the start of the season.
- **Check your smoke and carbon monoxide detectors** for proper operation and new batteries.
- **Learn how to turn your electricity off** in the event your house gets flooded. Make sure to *NEVER* turn it back on until an electrician has checked the system.
- **Keep fire extinguishers on hand**, and make sure ever one in your house knows how to use them. House fires pose an additional risk, as more people turn to alternate heating sources without taking the necessary safety precautions.
- **Learn how to shut off water valves** (in case a pipe bursts).
- **Know ahead of time what you should do to help elderly or disabled friends, neighbors or employees.**
- **Bring outdoor belongings, such as patio furniture, indoors.**



Driving In Fog

Grays Harbor County Emergency Management is cautioning all drivers that this is the time of year when we begin to see increased fog issues on

all roads and highways. The following information will be extremely helpful to every driver.

Driving In Fog (SmartMotorist.com)

Statistically, driving in fog is the most dangerous driving hazard in existence.

The best advice we can give to drivers confronted with thick fog is to get off the road as soon as possible. If you can't or won't pull off the road we offer the following advice:

- **Keep your MINIMUM safety gap to three seconds** in ideal conditions; with the decreased visibility fog causes, this interval should be increased substantially.
- **Slow down.** Most fog-related traffic fatalities occur because someone was driving too fast and couldn't stop in time to avoid a collision.
- **Make sure that you can be seen.** Turn on your fog lights, and use low beams. High beams direct light up into the fog making it difficult for you to see. Low beams direct light down onto the road and help other drivers to see you.
- **Use the right edge of the road (aka fog line) as a guide rather than the center line**, to avoid running into oncoming traffic or becoming distracted by their headlights.
- **If you leave the road, be sure to pull off completely.** Turn off your driving lights and turn on your flashers so others know you're there but won't think you are driving on the road.
- **Always use your defroster and windshield wipers** in foggy conditions to keep the windows clear.
- **Keep an eye on your speedometer** and maintain a slow, constant speed.
- **Remember that other drivers have a limited sight distance and that fog can leave road ways slick. Signal early, and when you use your brakes, don't stomp on them.**

CHIMNEY, STOVE, GENERATOR AND SPACE HEATER PREPAREDNESS

We have been fortunate to have such beautiful weather this past summer; however it's time to prepare your home for the fall and winter season. If you have a fire place, wood burning stove, portable generator or portable space heater, it's time to inspect each for safety and performance.

Bird nests, twigs and leaves can block your chimney, causing potential fire hazards and the possibility of Carbon Monoxide gasses backing up into the living spaces of your home. Use a professional chimney cleaning service that will clean and inspect your chimney for liner deterioration, outside damage to the weather cap, and mortar problems, or other issues which may cause your chimney to fail.

Propane, kerosene and other small portable space heaters are concerning because of the possibility of carbon monoxide gas (the silent killer) escaping into your home. It is recommended that all homes purchase and install a Carbon Monoxide Detector and confirm all smoke detectors are in good operating condition. Test and replace the battery on each detector on Sunday, November 1st, (Daylight Saving Time Ends). Remove each detector and clean them. Dust and bugs can cause the detector to fail. Placement of detectors is paramount. Many homeowners install smoke detectors and Carbon Monoxide detectors in places which may limit their performance, ultimately placing your family at risk to smoke, fire and Carbon Monoxide poisoning. If you have questions about placement of detectors, contact your local fire department.

If you use portable electric heaters, be sure the tip over switch will shut the heater off. Electric wall heaters need dust and lint removed and heater covers cleaned for good circulation.

Portable generators should be serviced by a professional small engine mechanic to ensure peak performance. Remember, **NEVER use a portable generator indoors or near windows or doors.**

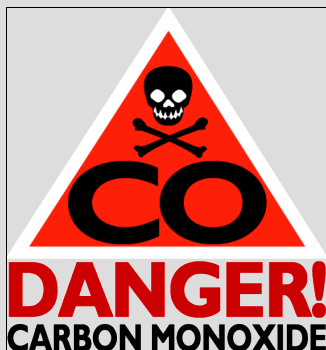
Signs and Symptoms of Carbon Monoxide Poisoning

Be alert for signs of Carbon Monoxide poisoning. If you suspect your family may be affected by Carbon Monoxide poisoning, leave the property immediately and call 911.

High concentrations of Carbon Monoxide in the atmosphere can kill a human being in a matter of minutes. Although low to mid-range levels of carbon monoxide do not usually cause an immediate threat to a person's life, being exposed to such levels for an extended period of time can often lead to carbon monoxide poisoning. In either case, if significant inhalation is suspected, the situation should be taken very seriously and treatment should be sought as soon as possible.

The most common symptoms range from:

headache
nausea
dizziness
confusion
Depression
memory loss



The Great Shakeout Is on Thursday, October 20th!

What to do during an Earthquake:



Shake
Out

Register at www.ShakeOut.org

Thursday October 20th, at 10:20am, The Great Shakeout Earthquake Exercise will initiate. This will be the largest earthquake exercise ever conducted worldwide. **Please be aware that many government offices, businesses and all Grays Harbor County schools will be evacuating during the exercise. Use extreme caution as you drive throughout the county.**

All AHAB Sirens will activate with the actual, full 3 minute siren along with a voice

message announcing the test and then again following the siren. The All Hazard Weather Radios will **only** activate with the required weekly test at 10:15am and only in coastal communities such as Grays Harbor County and Pacific County. **Some weather radios will not activate because they do not receive weekly test messages.** If you are not sure whether your All Hazard Weather Radio is functioning properly, push the radio button. You should hear the 24 hour weather forecast message. If you do not hear a voice transmission, you may need to reconfigure the radio or move it to another area.

As part of the exercise, Grays Harbor County Emergency Management is asking all government buildings, schools, businesses and private citizens to:

1. Practice "Drop, Cover and Hold On" And other procedures at <http://dropcoverholdon.org/>
2. Then evacuate their building, school or home to a predetermined safe area and account for all staff, students and family.
 - A) A process should be in place to account for any staff, student or family member not on location with you -text, phone call etc.
 - B) Consider who to contact should you find anyone is **NOT** accounted for.
3. **Since most families are NOT together for this event, please consider discussing your family disaster plans over the weekend so all family members are fully aware what is expected from each person.**

The exercise should take no longer than 20 minutes to complete and is to provide awareness to all citizens, enabling them to best protect themselves, their staff, students and family members during an earthquake event.

ATTENTION - ALL COASTAL COMMUNITIES:

Remember that notification of whether a tsunami has been generated or not may take up to 10-15 minutes following the shaking of an earthquake. **Your initial actions should be to "Drop, Cover and Hold On" followed by moving to high ground without hesitation! Once on high ground, personnel accountability should take place.**

During a true earthquake event, communication may be lost for some time. Texting may be a possible way to communicate. The **AHAB sirens may NOT activate** along the coast, even if a tsunami is approaching due to the earthquake moving the siren out of alignment with the satellite activation ability. **THE EARTHQUAKE IS YOUR WARNING TO MOVE TO HIGHER GROUND!!!**

DISASTER PREPAREDNESS

3 DAYS, (72 Hours) Is NOT Sufficient

Washington State Emergency Management has adopted 14 Days as the minimum time to be prepared to be self-sufficient following a natural disaster.

Last Month, the Washington State Emergency Management Division with assistance from the Emergency Management Assistance Group, representing the various regions, cities and counties of the entire state, voted to change the disaster preparedness timeline previously at 3 days to **14 days or more.**

The national “3days/3ways” campaign is not adequate nor realistic for any area of Washington State. Natural disaster impacts from severe storm, earthquake, flooding, wildfire, tsunami and volcano create dynamics which far exceed the need for 3 days disaster preparedness for virtually every person living in Washington State.

On a yearly basis, severe storms have left communities without power for 7-14 days. The Cascadia Rising Exercise, held this past June in Washington State, immediately identified issues with transportation, evacuation, sheltering and significant time before regional response agencies and neighboring states could not only send assistance, but get it to those most in need.

The Previous 3 days or more preparedness timeline would leave many citizens and families who did prepare for the minimum 3 days, vulnerable to the possible inability of disaster response agencies to provide assistance during that 72 hour period.

By Setting a more realistic standard for citizens to follow, based upon previous natural disaster occurrences and projected response timelines and abilities of various groups including the National Guard and numerous response agencies in Washington and neighboring states, the hope is the new **14 days or more** standard will help citizens and their families withstand the effects of natural disasters while enduring the possibility of waiting many days for assistance.

Emergency Preparedness Feeds Desire to Learn More

"When most people think of survival food, they think of dried up nutrition bars or Military MRE's (Meals Ready to Eat)," States Clint Davis, North Beach CERT Team Leader and coordinator of the series Emergency Cooking & Disaster Preparedness Made Easy. Clint is also a firefighnt and EMT for Grays Harbor Fire District #8 in Pacific Beach.

Each month is a totally different class. One month is dedicated to alternative cooking methods. Students learn how to cook safely in the event of a disaster using items usually found around the house. Also it is an opportunity to actually see and handle multiple styles of cooking devices in the survival market. When students arrive, they have a chance to look over all the displays, and there is plenty to see! Handouts are always available with information and links on where to purchase items discussed during the classes. Along with advice from those who have actually used these products, students have an opportunity to ask questions and even participate!

Season one ended during the Chocolate on the Beach Festival. The same will be true for season 2! This time they want to have some fun and do a "Chopped" style competition, where season 2 students will get a chance to compete and win some fabulous prizes! Did we mention prizes? Each class, students are entered into door prize drawings and win really nice disaster supplies. NOAA radios, meal kits, multi-purpose tools and flashlights are just a few of things that have been given away.

This season promises to be great for not just beginners, but to also appeal to advanced preppers and previous students. All the guest chefs will be returning,

and other speakers are planned as well. Classes start at 11am and run to 1pm. Full samples, including a dessert are provided, all for FREE! This is a family orientated event, but not advised for small children due to displays with potentially dangerous materials like sharp objects and choking hazards.

You can go to the Facebook page www.facebook.com/DisasterPrepMadeEasy for more information or to the website at www.NorthBeachCERT.org, and click on "training sign-up" to register for the class. This ensure we have plenty of supplies and samples for everyone. If you're looking for something fun, different, educational and tasty to beat the winter blahs, then this is the class for you!



Disaster Go Kits

Waterproof backpack containing the following:

- 2 Bottles of Water
- 2 Disposable easy-open pouches of food (*tuna, peanut butter, energy bars*)
- Spoon or Fork
- Flashlight—plus 1 set of extra batteries
- Small AM/FM Radio
- Hooded Jacket or Sweatshirt
- **Laminated Copy** of Emergency Contact Phone numbers and Addresses of family and friends in another state (if possible)
- Pocket Sized Rain Parka
- Pocket Sized Emergency Blanket
- Hand Sanitizer
- Band Aids, Gauze,
- Medical tape, antiseptic spray
- **Laminated Copy of Prescriptions** —One week supply of your prescription medication (in a waterproof container) and medical supplies (exceptions will be made by insurance companies to allow you this supply)

Go Kit for Pets (for each pet)

Waterproof backpack containing the following:

- 2 Bottles of Water
- 2 Disposable easy-open pouches of pet food
- Towel
- **Laminated Copy** of most recent pet vaccination record
- Spoon or Fork
- Pet leash or Harness
- Pocket Sized Emergency Blanket
- **Laminated Picture** of You and your Pet (Shelters may not release lost pets without positive identification)



Contacts & Info



Grays Harbor County Emergency Management

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

Sheriff Rick Scott
Director Emergency Management
(360) 249-3711
soadmin@co.grays-harbor.wa.us

Chuck Wallace
Deputy Director
(360) 964-1575
cwallace@co.grays-harbor.wa.us

Carmin McCullough
DEM Assistant & Editor
(360) 964-1576
cmccullough@co.grays-harbor.wa.us

Stephanie Allestad
Assistant Editor
(360) 276-0009
GHFD8ChocoFireLady@gmail.com

Grays Harbor Emergency Management
Grays Harbor Forestry Building
310 W Spruce Street,
Montesano, WA 98563

Grays Harbor Emergency Management
(360) 249-3911
Fax (360) 249-3805
ghcdem@co.grays-harbor.wa.us

ATTEND the Grays Harbor Citizen Corp meetings the second Tuesday 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://www.co.grays-harbor.wa.us/info/DEM/EMailTWS.asp>

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
www.co.grays-harbor.wa.us/info/DEM

Upcoming Events

Emergency Management EXPO
(GH County Fairgrounds)
September 17th

Emergency Cooking & Disaster Preparedness Made Easy Class
October 15th

Great Shakeout
October 20th
10:20am

CERT MCI Training
October 29th
Pacific Beach at GHFD8

Daylight Savings FALL BACK
November 6th

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