

# Grays Harbor County Emergency Management

## *Preparedness on the Harbor*

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January - February 2019

Photo by Lisa Ballou

### *In this Issue:*

Monthly Raffle

Personal Story  
From recent Alaska  
Earthquake

New Year's  
Preparedness  
Resolution

Volunteer  
Opportunities

Food & Water  
Safety

Safety Tips

Contacts &  
info



### **2019 FREE Monthly Raffle**

**Sign Up to  
WIN**



**Grays Harbor County Notification System  
REGISTER TODAY!**

**In 2019 subscribers of the Grays Harbor  
County Notification System will have a chance  
of winning an  
All Hazard Alert Weather Radio.**

*An All Hazard Alert Weather Radio provides the fastest, easiest  
and most reliable way to obtain emergency and disaster warning  
information for any type of emergency or disaster event in  
Western Washington.*

## Personal story shared from the November 30, 2018 7.0 Alaska Earthquake

Friends, one thing I have learned from this earthquake experience is that being fully prepared is imperative. We had water, flashlights, food and thanks to our youngest son, Joseph, we had a radio and batteries. What we didn't have was plenty of toilet paper. I was in panic mode when I realized we had only two rolls and I didn't know when stores would be opened again. I also think that I need to rethink the food I keep for emergencies. Food that is easiest to keep is not always the healthiest choice, and in times of stress it is even more important to take care of ourselves. Eating emergency food shouldn't cause us to get sick because it is loaded with stuff that our body doesn't like. So, more frozen (*frozen food may not be the best option in the event we have a power outage*) and even canned veggies, tuna, salmon etc. is on my shopping list. I'm also going to get an aluminum trash can to fill with emergency food and supplies, buy a round piece of wood and a pretty tablecloth to cover it. My pantry spilled out on the kitchen floor and some was ruined, so maybe the trash can will keep food contained. I really stress that you prepare. We have a much, much smaller population up here and we were blessed that there was no looting. You will be facing many more panicked people and I fear that it may be scarier dealing with looters than any disaster that occurs. Make sure that you also have good walking shoes, a flashlight, water, blanket, toilet paper and healthy food items in your vehicle and/or office as you may not be able to get through traffic to your homes. It took Mike 4 1/2 hours to travel approximately 20 miles to get home, and again, our population in our entire state is smaller than many of your cities. Lots of love to all of you. Please prepare and be ready, we never know when something will happen.

By Laura Lynne, Alaska



*Are You Prepared?*

## WHAT'S YOUR NEW YEAR'S RESOLUTION?

1. **Sign up** for the Grays Harbor County Notification System.
2. **Assemble** your GO-KIT.
3. **Purchase** a NOAA All Hazard Alert Weather Radio.
4. **Set up** your Family Emergency Plan.
5. **Check** your supplies to make sure you are 2 weeks Ready.
6. **Prepare** your kids!
7. **Don't forget** your pets! Pet Preparedness.

  
**Ready**  
Prepare. Plan. Stay Informed.®





## 2019



### Basic CERT Classes

January 24, 25 & 26th - Oakville

February 21, 22 & 23rd - Taholah

April 18, 19 & 20 - Ocean Shores

June 20, 21 & 22nd - Central County

September 26, 27 & 28th East County

November 28, 29 & 30 - South County

More details to follow:

**NOTE: We will NOT take sign ups for classes until the class locations have been confirmed**

[graysharborcert.com](http://graysharborcert.com)

#### **Community Emergency Response Teams (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.

## The Red Cross needs your help in Grays Harbor



**American Red Cross**  
Serving the South Puget Sound

### Current Volunteer Opportunities in Grays Harbor

#### **Disaster Action Teams-Client Caseworkers**

When Local residents are forced from their homes due home fires, floods and major winter storms, Red Cross volunteers are mobilized to respond. Disaster volunteers are on-call during either the day-time or after hours and evening shifts. They meet with disaster clients to determine their emergency needs and provide assistance such as food, clothing and shelter to individuals and families devastated by a disaster.

#### **Required Skills**

- Detail Orientation
- Strong organizational skills
- Strong verbal and written skills
- Ability to prioritize and delegate
- Ability to operate within established fiscal controls
- Ability to follow Red Cross Policies, regulations and procedures.

#### **Other Qualifications**

- Desire to help others
- Availability and willingness to be on-call
- Bilingual skills are an asset, but not required

#### **For More Information Contact:**

Mike Michener at

[mike.michener@redcross.org](mailto:mike.michener@redcross.org) or  
(253) 778-6340

Or visit Red Cross at

<http://www.redcross.org/local/washington>

# Food and Water Safety During Power Outages

## Prepare Yourself Before Power Emergencies

1. Make sure you have **appliance thermometers in your refrigerator and freezer**.
  - Check to ensure that the freezer temperature is at or below **0° F**, and the refrigerator is at or below **40° F**.
  - In case of a **power outage**, the appliance thermometers will indicate the temperatures in the refrigerator and freezer to help you determine if the food is safe.
2. **Freeze containers of water** for ice to help keep food cold in the freezer, refrigerator, or coolers in case the power goes out. If your normal water supply is contaminated or unavailable, the melting ice will also supply drinking water.
3. **Freeze refrigerated items** such as leftovers, milk, and fresh meat and poultry that you may not need immediately. This helps keep them at a safe temperature longer.
4. **Group food together** in the freezer. This helps the food stay cold longer.
5. **Have coolers on hand** to keep refrigerated food cold if the power will be out for more than 4 hours.
6. Purchase or make **ice cubes in advance**, and freeze **gel packs** ahead of time. Store all of these in the freezer for future use in the refrigerator or in coolers.
7. Check out local sources to know where **dry ice and block ice** can be purchased, in case it should be needed.
8. **Store food on shelves** that will be safely out of the way of contaminated water in case of flooding.
9. Make sure to have a **supply of bottled water** stored where it will be as safe as possible from flooding. If your bottled water has an odor, do not drink or use it. Instead, dispose of it, or if applicable, call your bottled water provider to make arrangements to get a replacement.

During an emergency, if you use food or beverage containers to hold non-food substances like gasoline, dispose of them after use and do *not* recycle them.

## Power Outages: During *and* After

### When the Power Goes Out . . .

Here are basic tips for keeping food safe:

1. Keep the **refrigerator and freezer doors closed** as much as possible to maintain the cold temperature.
  - The **refrigerator** will keep food **cold for about 4 hours** if it is unopened.
  - A **full freezer** will keep the temperature for approximately **48 hours** (24 hours if it is half full) if the door remains closed.
2. Buy **dry or block ice** to keep the refrigerator as cold as possible if the power is going to be out for a prolonged period of time. Fifty pounds of dry ice should keep an 18 cubic foot, fully stocked freezer cold for two days.
3. If you plan to eat refrigerated or frozen meat, poultry, fish, or eggs while they are still at safe temperatures, it is important that each item is **thoroughly cooked to a safe minimum internal temperature** to ensure that any foodborne bacteria that may be present are destroyed. However, if at any point the food was above 40° F for 2 hours or more (or 1 hour if temperatures are above 90 ° F) — **discard it**.

### Once Power is Restored . . .

Determine the safety of your food:

1. If an appliance thermometer was kept in the freezer, **check the temperature** when the power comes back on. If the freezer thermometer reads 40° F or below, the food is safe and may be refrozen.
2. If a thermometer has not been kept in the freezer, **check each package** of food to determine its safety. You can't rely on appearance or odor. If the food **still contains ice crystals** or is 40° F or below, it is safe to refreeze or cook.
3. Refrigerated food should be safe as long as the power was out for **no more than 4 hours** and the refrigerator door was kept shut. Discard any perishable food (such as meat, poultry, fish, eggs, or leftovers) that has been at temperatures above 40° F for 2 hours or more (or 1 hour if temperatures are above 90° F).

Perishable food such as meat, poultry, seafood, milk, and eggs that are not kept adequately refrigerated or frozen may cause illness if consumed, even when they are thoroughly cooked.



# SAFETY TIPS!



## 5 safety tips for driving on black ice



Keep at least a five-second following distance from the vehicle in front of you, because it takes twice as long to stop on black ice.



Never hit the brakes on ice to avoid skidding. Instead, hold your steering wheel steady.



Be vigilant in the early morning, when air temperature rises faster than the pavement temperature.



Take caution when driving on bridges and overpasses as well as through tunnels.



Don't overcorrect your steering if you feel your car sliding.

Source: National Safety Council

## WDFW approves 5-day razor clam dig starting Jan. 2nd

Click [HERE](#) for schedule

“Diggers should come prepared with good lighting devices and always keep an eye on the surf, particularly at this time of year when the best low tides come after dark,” Ayres said.

Grays Harbor County Emergency Management has contacted various lifeguard associations and was informed that due to the cold water temperatures, extreme surf and rip current possibilities specific to our shoreline, people should:

1. NEVER go into the surf alone
2. Wading in the surf should be restricted to no higher than a person's knees.
3. If you get caught in the grip of a rip current:
  - Yell for help immediately.
  - Don't swim against the rip current.
  - Swim parallel to the beach until you are free.
  - If you are unable to swim out of the rip current, float or calmly tread water.
  - When out of the current, swim toward the shore at an angle away from the rip current.

## Avoiding Carbon Monoxide Poisoning During a Power Outage

This is an important message from the U.S. Department of Health and Human Services. During a power outage, never use generators, grills, or other gasoline-, propane-, or charcoal-burning devices inside your home, garage, or carport or near doors, windows, or vents. They produce carbon monoxide, an odorless, colorless gas that kills more than 500 Americans each year. If your home is damaged, stay with friends or family or in a shelter.

To learn more, call the CDC at 800-CDC-INFO

**Carbon monoxide poisoning can strike suddenly and without warning.**

**Physical Symptoms of carbon monoxide poisoning may include:**

- Splitting headaches
- Nausea
- Vomiting
- Lethargy
- 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. DO NOT return inside the property until response agencies determine it is safe for your family to return.

## CARBON MONOXIDE (CO) POISONING



H a p p y

New Year

Contacts & Info

**Request for Preparedness on the Harbor  
Newsletter Articles**  
Submit your article and pictures to  
[cmccullough@co.grays-harbor.wa.us](mailto:cmccullough@co.grays-harbor.wa.us)

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



**Grays Harbor County  
Emergency Management**

310 W Spruce St  
Montesano, WA 98563  
(360) 249-3911  
Fax (360) 249-3805

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**Article & Photo Credit**

Front cover photo by: Lisa Ballou

Personal Story from November 30,  
2018 Alaska Earthquake by:  
Laura Lynne

**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](http://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  
[http://cms5.revize.com/revize/graysharborcounty/departments/emergency\\_management/DEMNotificationRequest.php](http://cms5.revize.com/revize/graysharborcounty/departments/emergency_management/DEMNotificationRequest.php)

**LIKE** the Grays Harbor Emergency Management Facebook page at  
<https://www.facebook.com/Grays-Harbor-County-Emergency-Management-426601594068767/>

**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](http://cms5.revize.com/revize/graysharborcounty/departments/emergency_management/index.php)

**Upcoming Events**

**Test of the GH County  
Notification System**

**January 30th**

We will conduct a test of the Grays Harbor County Notification System. To be included in this test please sign up by January 23rd  
[REGISTER HERE](#)

**Listen for Tammy Fairley**  
of the Ocean Shores  
CERT Team on: [KOSW 91.3FM](#)  
or at <http://koswradio.com>  
9:00am  
on  
Feb. 28th

[KXRO 101.7 FM / 1320 AM](#)  
8:40am  
on  
Jan. 22nd / Feb. 26th



**Citizen Corps Meetings**

**January 9th & February 13th**  
9:00am  
Grays Harbor County  
Emergency Management  
310 W Spruce St. Montesano