



## EMERGENCY MANAGEMENT

### How to Prepare for the Unpredictable, but Inevitable Widespread Emergencies and Natural Disasters

Emergency readiness can be tricky because you don't really know what or when you're preparing for, which makes it equally difficult to know how much and how long you can expect to be on your own during a widespread emergency. There are many variables to consider, as these events differ in intensity and are very situational.

For example, if a windstorm knocks out the power it could be minutes, hours or days before the lights come back on. However, if that same windstorm brings heavy rains and flooding, and knocks down a few dozen trees, it could take crews weeks to get everything back up and running. All things considered, we need to be prepared for both – water, food, first aid, batteries, flashlights, candles, generators, extra blankets, and the like.

Preparing for a major earthquake event is a bit more comprehensive. While the "where" and "when" of the BIG ONE is also somewhat unpredictable, the assumptions are very different. A 9.0 Cascadia event won't just create a prolonged interruption; it will result in a devastating widespread catastrophe full of upheaval and calamity – think, Tohoku, Japan, and Mexico City. You're not just preparing for an inconvenience; you're gearing up for a radical paradigm shift. We need to get ready for a total lifestyle change. Yours and my survival depends on it.

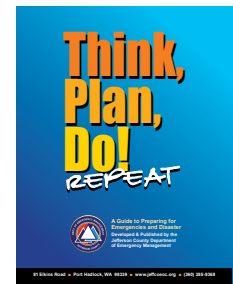
Based on decades of disaster recovery scenarios and the known logistics for mobilizing government bureaucracies (e.g., Katrina, Puerto Rico, etc.), Jefferson County DEM Emergency Operations Center (EOC) coordinator, John Crooks (pictured), says people on the North Olympic Peninsula shouldn't expect

much assistance, if any, for 30 days, or more, following a magnitude 9.0 earthquake. What does that mean, exactly?

It means, YOYO – you're on your own for at least 30 days until outside help arrives. That means every individual household in Port Ludlow needs to prepare to be without power, water, phone, sewer, food, TV, gasoline, Internet, plumbing, among other conveniences, and it's not likely you'll be able to buy anything, either. The reality is, we are our first line of defense for our own households and community. This cannot be understated and must not be ignored.

Here's the good news. There's nothing tricky about knowing the result of community-wide individual preparedness, as it will always lead to stronger resiliency for all. Survival in a major disaster increases when we prepare together! Here's how you can do your part:

1. Prepare for yourself and your household: Use the **Emergency Preparation Calendar For One Person For 30 Days** on the reverse to begin preparing your household incrementally, one week at a time.
2. Go to <http://bit.ly/plvcem-thinkplando> to download or request a free print copy of the *Think-Plan-Do! Repeat Guide to Individual and Neighborhood Preparedness*.
3. Help prepare your neighborhood: Sign up as a PLVC Emergency Management Block Captain or community volunteer at <http://bit.ly/plvcem-volunteer>.



## EMERGENCY SUPPLIES ACQUISITION CALENDAR FOR ONE PERSON FOR 30 DAYS

WEEK 1	WEEK 2	WEEK 3	WEEK 4
<input type="checkbox"/> Get 2 gallons of water + more for pets <input type="checkbox"/> Research types of prepared food, like canned, dried, freeze-dried, Ready to Eat Meals (MRE's), others <input type="checkbox"/> Obtain pet food for one month <input type="checkbox"/> Prepare storage areas for your supplies <input type="checkbox"/> Gather & scan important papers <input type="checkbox"/> Secure shelves, TVs, cabinets, pics, etc.	<input type="checkbox"/> Get 2 gallons of water + more for pets <input type="checkbox"/> Buy 1 weeks worth prepared meat <input type="checkbox"/> Have at least 2 flash lights and batteries <input type="checkbox"/> Batteries of all sizes <input type="checkbox"/> Waterproof bins, permanent marker <input type="checkbox"/> Start dating foods with expiration dates <input type="checkbox"/> Toilet paper, diapers, other paper products	<input type="checkbox"/> Get 2 gallons of water + more for pets <input type="checkbox"/> Buy 1 weeks worth prepared vegetables <input type="checkbox"/> Get local map, whistle, compass <input type="checkbox"/> Get small pads of paper, pencils, pens <input type="checkbox"/> Wooden matches in waterproof case <input type="checkbox"/> Hand sanitizer for a month <input type="checkbox"/> Plastic bags with ties, large and medium	<input type="checkbox"/> Get 2 gallons of water + more for pets <input type="checkbox"/> Buy 1 weeks worth of prepared fruit <input type="checkbox"/> Gather Rx meds with 30 day reserve <input type="checkbox"/> Have family plan, meeting place, out of area contacts <input type="checkbox"/> Get Zip-lock type bags – gallon, sandwich <input type="checkbox"/> Get two 5 gal. paint buckets with lids for elimination needs – lg plastic bag in each
WEEK 5	WEEK 6	WEEK 7	WEEK 8
<input type="checkbox"/> Get 2 gallons of water + more for pets <input type="checkbox"/> Buy 1 weeks worth of prepared meat <input type="checkbox"/> Get manual can opener <input type="checkbox"/> Get toilet seats that fit the buckets <input type="checkbox"/> Pet leashes, carriers, extra ID tags, meds. <input type="checkbox"/> Tools – shovel, pry bar, hammer, screw driver, nails, etc.	<input type="checkbox"/> Get 2 gallons of water + more for pets <input type="checkbox"/> Buy 1 weeks worth of prepared vegetables <input type="checkbox"/> Peanut butter, or other nut butters <input type="checkbox"/> Peat moss or other for the 'poo' bucket <input type="checkbox"/> Duct tape, rope, roll of plastic for windows <input type="checkbox"/> No rinse soap, body wash, shampoo, toothpaste and tooth brushes, dish soap	<input type="checkbox"/> Get 2 gallons of water + more for pets <input type="checkbox"/> Buy 1 weeks worth prepared fruit <input type="checkbox"/> Baby food, formula, special foods <input type="checkbox"/> Durable cups, bowls, plates, utensils <input type="checkbox"/> Camp stove fuel, sterno cups <input type="checkbox"/> Household chlorine bleach <input type="checkbox"/> Powdered eggs	<input type="checkbox"/> Get 2 gallons of water + more for pets <input type="checkbox"/> Lo-sodium soups/meals for lunch x 30 <input type="checkbox"/> Over the counter meds (OTC) <input type="checkbox"/> Plastic lidded container for perishables <input type="checkbox"/> Sunscreen, insect repellent, lotion <input type="checkbox"/> Hydrogen peroxide, disinfectant <input type="checkbox"/> ID home escape routes, practice drill
WEEK 9	WEEK 10	WEEK 11	WEEK 12
<input type="checkbox"/> Get 2 gallons of water + more for pets <input type="checkbox"/> First Aid kit, resupply, medicine dropper, needles, tweezers, tongue depressors <input type="checkbox"/> 1 weeks worth of prepared meat <input type="checkbox"/> Baking soda, iodized salt <input type="checkbox"/> Know your neighborhood meeting place <input type="checkbox"/> ID & know how to shut off gas/water shut off valves and electrical box	<input type="checkbox"/> Get 2 gallons of water + more for pets <input type="checkbox"/> 1 weeks worth of prepared fruit <input type="checkbox"/> Powdered Milk <input type="checkbox"/> First aid manual – review, take a class <input type="checkbox"/> Paper towels, Toilet paper <input type="checkbox"/> Check emergency plans for schools <input type="checkbox"/> Roller bandages, extra 4x4" gauze pads <input type="checkbox"/> Antibacterial ointment, skin antiseptic	<input type="checkbox"/> Get 2 gallons of water + more for pets <input type="checkbox"/> Extra eyeglasses, hearing aids, batteries <input type="checkbox"/> Granola bars x 30 <input type="checkbox"/> AM/FM Radio & Batteries, sts. 91.1, 91.9 <input type="checkbox"/> Individual packets of nuts to snack on <input type="checkbox"/> Toilet Paper, other hygiene supplies <input type="checkbox"/> Cash – small bills, coins <input type="checkbox"/> Several ready to eat meals	<input type="checkbox"/> 2 Gallons of water + more for pets <input type="checkbox"/> Thermometer, petroleum jelly <input type="checkbox"/> 1 weeks worth of prepared vegetables <input type="checkbox"/> Cereal <input type="checkbox"/> Pet health records, vaccinations up to date <input type="checkbox"/> Roll up ladder & drill for 2 story homes <input type="checkbox"/> Consider giving a disc of your important documents to a trusted person out of state
WEEK 13	WEEK 14	WEEK 15	WEEK 16
<input type="checkbox"/> Get 2 gallons of water + more for pets <input type="checkbox"/> Coffee, tea, hot chocolate for a month <input type="checkbox"/> Latches/fasteners for cabinets <input type="checkbox"/> Test smoke alarms, replace batteries yearly <input type="checkbox"/> Sewing kit <input type="checkbox"/> Tent to accommodate family <input type="checkbox"/> Freeze dried butter, small bottles oils	<input type="checkbox"/> Get 2 gallons of water + more for pets <input type="checkbox"/> Juice boxes/pouches/cans <input type="checkbox"/> Comfort foods – rotate out <input type="checkbox"/> Sturdy shoes, work gloves, safety goggles <input type="checkbox"/> Hard hat, bike helmet <input type="checkbox"/> Sleeping bag <input type="checkbox"/> Camp or utility knife	<input type="checkbox"/> Get 2 gallons of water + more for pets <input type="checkbox"/> Powdered lemonade <input type="checkbox"/> Strapping for water heater, computer, TV <input type="checkbox"/> Assemble activity box – cards, games, books, puzzles <input type="checkbox"/> Disposable dust masks <input type="checkbox"/> Consider buying a small generator & fuel	<input type="checkbox"/> Get 2 gallons of water + more for pets <input type="checkbox"/> Water proof, air tight containers <input type="checkbox"/> Museum putty wall art and small items <input type="checkbox"/> Honey, sm. Packets of jam/jelly <input type="checkbox"/> Sm. Packets of mayo, ketchup, mustard <input type="checkbox"/> Freeze dried pilot crackers <input type="checkbox"/> Plastic tarp, raingear
WEEK 17	WEEK 18	WEEK 19	WEEK 20
<input type="checkbox"/> Get 2 gallons of water + more for pets <input type="checkbox"/> Isopropyl alcohol <input type="checkbox"/> Immodium, Pepto Bismol <input type="checkbox"/> Plastic sheets, plastic bedpan, urinal <input type="checkbox"/> Photocopy ID & medical info and store in sealed plastic bags <input type="checkbox"/> 1 weeks worth prepared meat <input type="checkbox"/> Freeze dried potatoes	<input type="checkbox"/> Get 2 gallons of water + more for pets <input type="checkbox"/> 1 weeks worth of prepared vegetables <input type="checkbox"/> Facial tissues <input type="checkbox"/> Dental supplies, floss, denture cream, etc. <input type="checkbox"/> Disposable hand wipes/baby wipes <input type="checkbox"/> Allergy/cold meds <input type="checkbox"/> Vitamins	<input type="checkbox"/> Get 2 gallons of water + more for pets <input type="checkbox"/> 1 weeks worth of prepared fruit <input type="checkbox"/> Toilet paper <input type="checkbox"/> Check insurance coverage <input type="checkbox"/> Practice earthquake and fire drills <input type="checkbox"/> Antacids <input type="checkbox"/> Other, your choice	<input type="checkbox"/> Get 2 gallons of water + more for pets <input type="checkbox"/> Small plastic containers with lids <input type="checkbox"/> Video or take pictures of belongings – send to out of area friends to store <input type="checkbox"/> Latex free gloves <input type="checkbox"/> Consider solar powered battery pack to charge phone, iPad, etc.