

Disaster Preparedness Workshop



American Red Cross

About Us

The American Red Cross prevents and alleviates human suffering in the face of emergencies by mobilizing the power of volunteers and the generosity of donors.



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Pacific Northwest Hazards



Chehalis, WA
(2007)



Seattle, WA
(2012)



Nisqually
(2001)



Whidbey Island,
WA (2013)



Eastern
Washington
(2015)



Mount Saint
Helens (1980)



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Recovery Timeframe

Food System

- 1 Week to 1 Month

Emergency Response

- 3 – 7 Days

Water Systems

- 1 Day – 1 Month

Communications Networks

- 1 – 3 Months



Resilient Washington State: A Framework for Minimizing Loss and Improving Statewide Recovery after an Earthquake (Nov 2012)



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How To Be Prepared

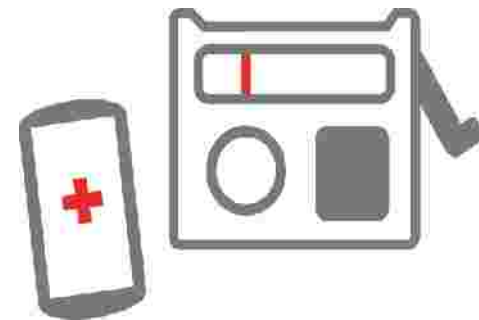
Make a
Plan



Build a
Kit



Get
Informed



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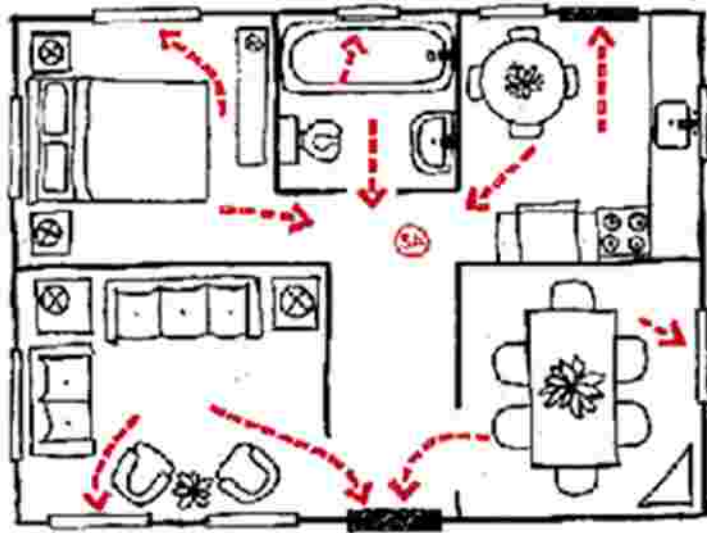


MAKE A PLAN

Communications Plan



Home Evacuation



Have two escape routes out of each room.

Establish a primary and secondary meeting place (and time!) outside your home in case you have to evacuate or reunite with your family



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Work Together

- Neighborhood Resources
 - Neighbors with tools or specialized skills
 - Map Your Neighborhood
 - Community Emergency Response Teams (CERT)
 - Emergency Communication Hubs

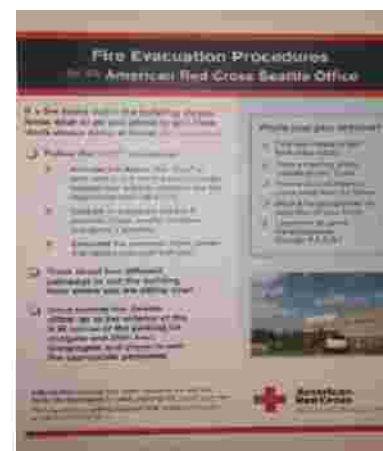


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Building and Workplace Resources

- Create an Emergency Action Plan with employees/residents. This should include:
 - Preferred method for reporting hazards (during and after)
 - Evacuation policies and procedures
 - Floor plans, maps, safe/refuge areas
 - Assignment of individual duties and responsibilities
 - Safety Czars / Floor Wardens
 - Locations of fire extinguishers/AEDs if applicable
 - Building emergency response manuals

American Red Cross Ready Rating:
ReadyRating.Org



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BUILD A KIT

Emergency Kits

You should have kits for:

- Home/family
- Mini kit by/under the bed
- Office/work
- Car

Kits can be built over time

Personalize your kit for you and your family



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Build a Kit

Red Cross recommends:

- 7 to 14 days of emergency supplies
- Food: **nonperishable**, can opener
- Water: **1 gallon** per person/per day
- Check supplies every 6 months (daylight saving time)



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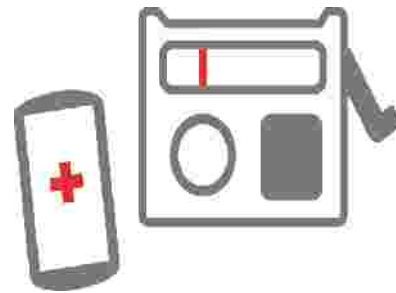
Remember Pets, Babies, The Elderly, Allergies



A mini kit for your pets is useful too!



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BE INFORMED

Know Where to Tune In

Download a Red Cross App



Know your local
radio and TV
stations



FM 97.3 | FM 94.9 | AM 1000
Channel 7



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Pacific NW Earthquakes

Earthquake Tracker

The Pacific Northwest has had: (M1.5 or greater)

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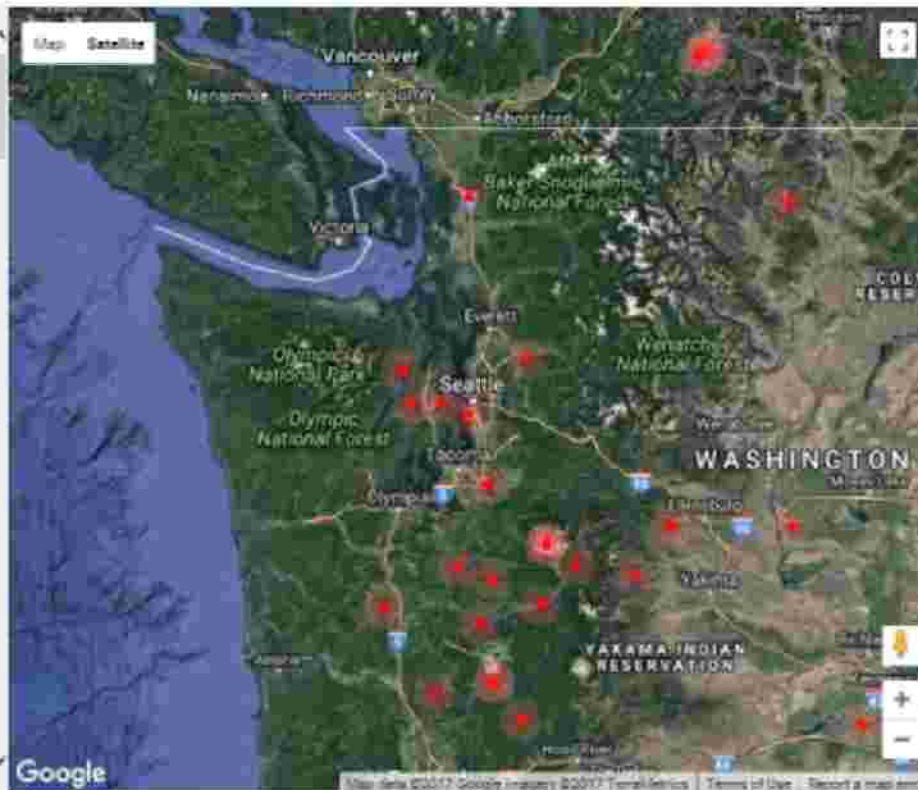
2 earthquakes past 24 hours

11 earthquakes past 7 days

47 earthquakes past 30 days

694 earthquakes past 365 days

7 hours, 34 minutes ago	1.9
3km WSW of Molalla, Oregon Depth: 18.82 km	
15 hours, 52 minutes ago	1.1
8km SSE of Seabeck, WA Depth: 18.86 km	
22 hours, 31 minutes ago	1
14km NNE of Morton, WA Depth: -2.17 km	
November 27 - 6:40 pm	1.5
1km N of White Center, WA Depth: 28.64 km	
November 27 - 3:56 pm	0.6
32km NE of Ambey, WA Depth: 8.03 km	
November 27 - 2:54 pm	0.9
9km SW of Cave Junction, Oregon Depth: 30.76 km	

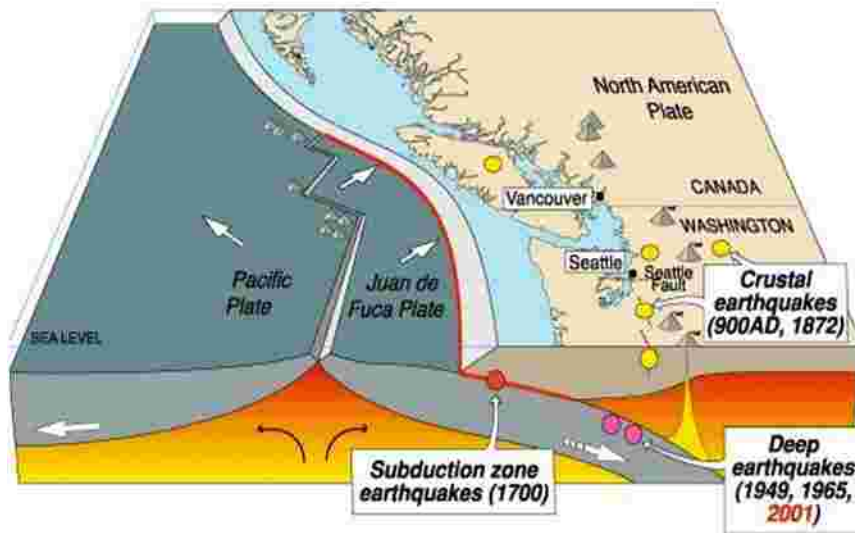


[4 days ago](#) 4.7 magnitude,
[Port Orford, Oregon](#)



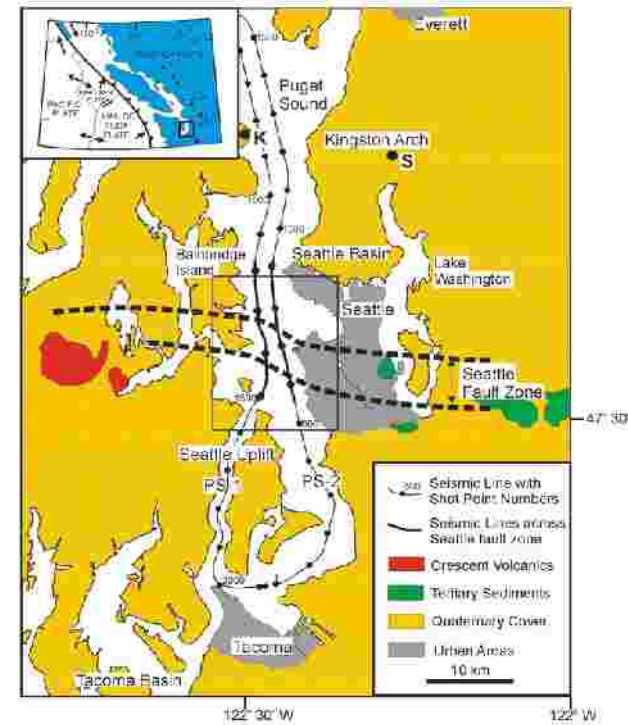
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Pacific NW Earthquakes



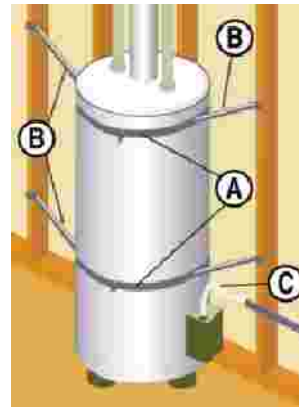
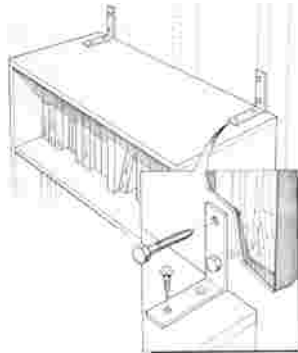
Nisqually
Seattle Fault
Cascadia Subduction Zone

deep quake
shallow quake
mega thrust



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Preparing Your Home & Office



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During an Earthquake

If inside, STAY INSIDE: Drop! Cover! Hold!

If in bed: Protect head/neck with pillow

If outdoors: Move away from fall hazards and drop!

- Avoid sheltering in a doorway!



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After an Earthquake

After an earthquake stay indoors.
Be ready for aftershocks.
Turn on the radio if possible.

Initiate Emergency Action Plan

Evacuate only if...

- You smell gas
- There is obvious building damage
- Fire or smoke are present



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Volcanoes



- Stay indoors with windows and doors closed, unless told to evacuate
- Stay upwind to avoid volcanic ash
- Remove contacts to avoid cornea abrasions
- Watch for lava flows and lahars



Landslides

The coast along Whidbey Island, Washington state, before and after, massive landslide that sent 40,000 dump-truck loads of earth plummeting into Puget sound in March 2013



- Evacuate immediately if conditions are unsafe
- Be alert while driving and near water, trees, hills

**Practice your
escape routes**



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Weather Terminology

Watch

The risk of hazardous weather has increased significantly, but its occurrence is still uncertain.

Advisory

Hazardous weather is occurring, imminent or likely. For less serious conditions than warnings.

Warning

A hazardous weather event is occurring, imminent or likely.



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Severe Weather/Power Outages

- Inclement Weather
 - Insulate water pipes
 - Kit in car
 - Fuel (½ tank minimum)
 - Stay with car
- Power Outages
 - Keep fridge closed
 - Generator/Gas Grills
 - (Never use indoors!)



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Flooding



- Flooding is the most common natural disaster in Washington
- Get to higher ground
- If car stalls while evacuating, abandon immediately

It only takes 6 inches to knock you down and 2 feet to float your car!



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Household Fires



www.getasmokealarm.org

- **Unattended cooking** is the most common cause of house fires
- **Test your smoke alarms monthly**
 - Change batteries every six months (daylight saving time)



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During a Household Fire

- Evacuate and stay low to avoid smoke
- Check door handles with back of hand
- If clothes catch on fire:
 - Stop Drop and Roll
- Call 911 after evacuating
- Go to meeting location
- NEVER go back inside



Fires double their size EVERY MINUTE



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Learn More

Learn critical life skills

Red Cross Courses

- First Aid, CPR, AED
 - Aquatics
 - Healthcare and Public Safety
 - Babysitting and Child Care
- + MANY more!



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Take Action Today!

What will you do in the next 24 to 48 hours to be better prepared?

Thank you for participating to help empower our community!

Questions?



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