



Disasters happen. They may be small and localized, or regional in nature.

We need to be prepared to take care of ourselves and our families.

We need to start now.



NEIGHBOR HELPING NEIGHBOR Disaster Preparedness

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Why prepare?

- Disasters happen
- Relatively unexpected
- Lives, property and ecology at risk
- Resources unavailable or overwhelmed

Many people live in a state of denial, but disasters do happen.

When they do, they are usually unexpected, and they may have very serious consequences.

First responders will respond to life-threatening situations first and may not be available to help with less serious situations for several days.

Types of local disasters

- Earthquake
- Flood
- Storms
- Landslides
- Fire
- Tornado
- Volcanic eruption
- Tsunami / Seiche
- Hazardous materials
- Plane crashes
- Train derailments
- Terrorism
- Civil unrest
- Pandemic

Different areas are vulnerable to different disasters. Today, we'll talk about some of the more common ones that occur in Washington State.

We are all vulnerable to earthquakes since the Puget Sound area is situated on top of five major faults as well as many smaller faults.

We experience storms in this area every winter.

Along with storms, many areas experience floods and landslides.

Fire refers to wildland fire, but can include brush fires and fires in greenbelts or other large, wooded areas.

Less frequent events that may occur are tornados (yes, they do happen in Washington on a rare basis!), volcanic eruption and tsunami or seiche (pronounced "saysh"). A seiche would be similar to a tsunami or large wave contained within a lake or the Puget Sound waterways.

Hazardous materials are found in our homes, being transported up and down the roads and freeways and by railroad.

We may experience a plane crash or train wreck.

Terrorism or civil unrest (such as the WTO demonstrations) are possibilities

And pandemic disease is always a possibility (as we recently saw with the H1 N1 – or "swine" – flu).

Disaster impacts

- Communications out / unusable
- Emergency resources overwhelmed:
 - 9-1-1 call centers
 - First responders
- Services / utilities not available
- Roads impassable
- Low / no supplies
(food, gas, medication, etc.)

We mentioned resources being overwhelmed. Here are some of the specifics.

Phone systems may go down due to damage. Even if they're functioning, the system will be overloaded.

The same applies to the 9-1-1 call centers.

As mentioned before, first responders (fire and police) will be used in life-threatening situations first.

Services we take for granted may be damaged or destroyed. This can include electricity, water and sewer, schools, banking, stores, etc.

Roads may be damaged and/or destroyed. Debris may block the way so that we can't get through, and neither can our first responders.

If the roads aren't functional, we may run out of supplies when delivery trucks can't get through.

Snohomish County - Bridges



As an example of the possibility of an earthquake disrupting our transportation systems, consider this:

There are 331 bridges in Snohomish County. King County has over 900 bridges.

What this means is that the region's transportation and roadway systems are breakable. And because of the way we're surrounded by water in this area, and then with the mountains to the east, the Puget Sound region is limited to I-5, I-405, I-90 and I-520 as the primary transportation routes.

If these routes are out of commission, transportation within the area is limited, and it will be very difficult to bring supplies in once the stores' three-day inventories are depleted. (Grocery stores, pharmacies, hospitals, and many businesses rely on just-in-time ordering. This means that the stock on hand is usually enough for about three days of normal demand.)

Depending on the disaster, this could be a relatively long-term problem.

What to do?

Plans and actions must be reasonable.

They must be:

- Affordable
- Simple
- Flexible
- Sustainable
- *REALISTIC*

So far, we've talked about:

HAZARDS (storms, earthquakes, etc.)

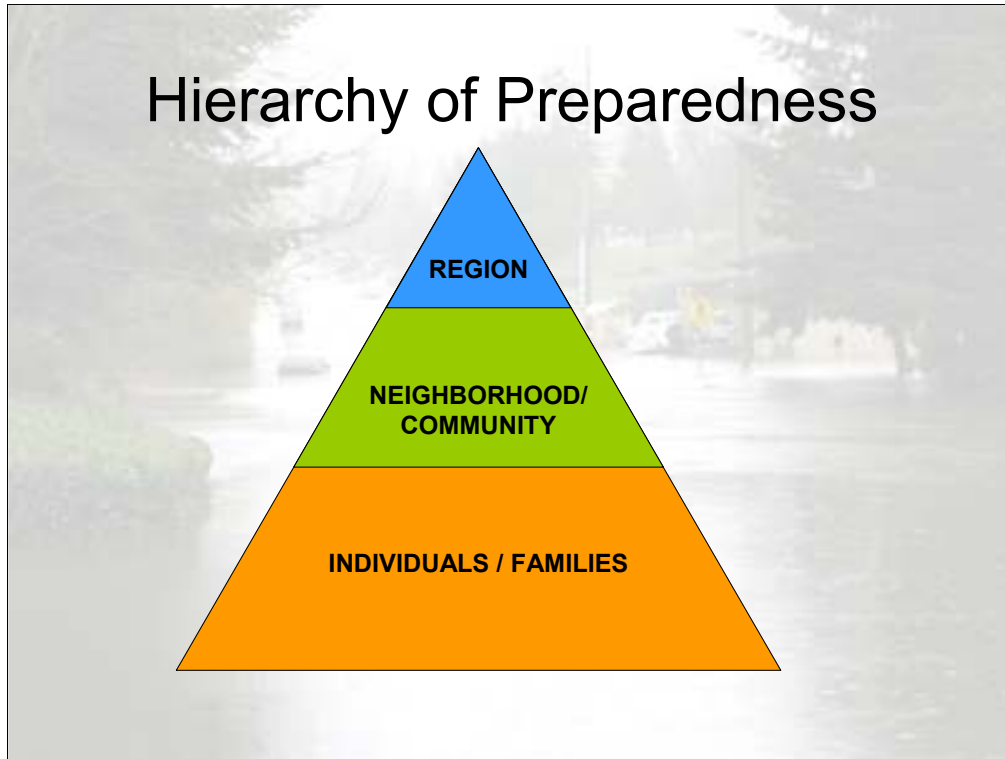
VULNERABILITIES (loss of services)

Now let's talk about what we can do.

It doesn't make any sense to make huge plans that we can never follow through on. Instead, we have to make sure that our plans are AFFORDABLE, SIMPLE, FLEXIBLE, SUSTAINABLE AND REALISTIC.

We'll start with the basics.

Hierarchy of Preparedness



Disaster Preparation is a series of steps and capabilities each building on top of the other.

The first level of preparedness is that of individuals and families. This means that we each need to prepare to take care of ourselves and our loved ones.

Once the personal situation is stabilized, we can help our neighborhood and immediate community (level 2).

And, if we have the capacity, skills and interest, we can also help the larger community and/or region through volunteering.

[NOTE TO FACILITATOR: You will see this triangle throughout the materials.

- When you see just one section colored or darkened, that section applies only to that section (e.g., individual/families, neighborhood/community, or region).

- Two or more sections

Hierarchy of Preparedness



Individual preparation establishes the core strength of all other activities.

Where should individuals begin?

Personal Preparedness

- Identify your local hazards
 - Make a plan
 - Build a kit
 - Maintain!
-
- Mitigate
-
- Get involved / trained



These are the basic steps to prepare yourself and your family against hazards. We'll be talking about all of these as we go through the rest of this discussion.

Notice the triangle in the lower right corner of the page. The top two portions of the triangle are grayed-out. We're focusing on PERSONAL preparedness.

We're going to talk about the primary steps of preparedness (planning and building a kit). Then we'll talk a little bit about mitigation. (Mitigation activities are things that you can do to minimize or stop damage from occurring.)

From there we'll talk about how to respond in your neighborhood. And, I'll tell you how to find out more about the additional trainings that are available.

Types of local disasters

- Earthquake
- Flood
- Storms
- Landslides
- Fire
- Tornado
- Volcanic eruption
- Tsunami / Seiche
- Hazardous materials
- Plane crashes
- Terrorism
- Earthquake
- Civil unrest
- Pandemic



First, figure out what hazards your home and/or neighborhood is vulnerable to.

We're going to talk about planning for local hazards. In Puget Sound, since we don't have hurricanes, it doesn't make sense to plan for them. Instead we want to focus on what will occur and what may occur.

Other examples:

Tornadoes are very rare in this state, so we need to be aware of the possibility, but it's not a major concern.

Earthquakes are an issue for everyone, though, as are storms.

If you plan for the worst-case scenario of an earthquake happening during a winter storm, you have 99% of any disaster covered.

DIRECTIONS: Turn to Worksheet 1 on page 17 – Hazard Identification.

Either individually, or as a group, go through the hazard sections (earthquake, fire, etc.) and check off the areas that apply to you. These are the main hazards that you will want to focus on in your planning.

Plan

- Identify plan participants
 - Who Depends On YOU?
 - Family members / friends
- Out-of-area contact
- Evacuation and meeting places
- Family discussions
- Practice



Planning is where you'll start getting into specifics. One of the first things you'll need to do is figure out who you need to include in your plan. Ask "WHO DEPENDS ON YOU?" -- This includes anyone inside your household: children, adults and pets. Now, turn to Worksheet 2 on page 19. Fill this form out with contact information on all members of your family and household.

Decide who else needs to know what your plans are. This may include people who don't actually live in the household such as extended family members. Decide on an out-of-area contact. Many times, the local phone lines are overwhelmed, but long distance calls can go through. Everyone who is participating in your plan needs to have the out-of-area contact information. Email may be functional even if phone lines aren't, so you may want to include that in the emergency information.

Pets are often considered part of the family. List your pets in the "Notes" section of the worksheet. Include the animal's name, type of animal, breed (if known), and a brief description. If the animal has a micro-chip, you may want to record that information as well.

This information is for yourself, your household members, and the other key people you want to be able to reach and find in a disaster. Print this form and include a paper copy in each of the disaster kits. You may want to give children an abbreviated version of this information to carry with them in their backpacks.

EVACUATION and MEETING PLACES

Using Worksheet 3, on page 23, sketch out your house's floor plan. Identify at least two routes out of the house from each room. Don't forget that windows may be a good option. (Fire ladders may be a good option to consider for rooms located on upper floors.)

Identify what family members should do in a fire, an earthquake, etc. Know "drop, cover and hold" and how to safely evacuate the building. Once out of the building, family members should go to the meeting place identified in the plan.

You should also decide on a meeting place if the family is separated at the time of the incident. This includes an alternate place in case the house is no longer safe or accessible. -- Once you've decided where the family will meet, write that information in the provided space on page 24.

DISCUSSION

A plan is only good if everyone knows what to do. Talk to all members of the family regarding your emergency plan. These conversations should be kept appropriate to the age and abilities of the family members. Talking about emergencies does not have to be scary, and shouldn't be. This is preparedness... "just in case."

Everyone needs to know who to contact and where to go. Everyone needs to have a written list of the critical information.

Once the plan is in place, practice! Have fire drills. Practice "drop, cover and hold." This makes sure that everyone knows what to do to stay safe and also makes sure that the plan will work.

Know how to turn off...

- Water
- Electricity
- Natural Gas



As part of your preparedness and planning, know when, how and where to safely turn off water, electricity and natural gas (if you have it). -- Appendix A, pages 29 – 31, in your booklet shows how to turn off utilities.

While knowing when, how and where to turn of utilities is a key part of your personal preparedness and safety, this may also be used in the neighborhood response as well as if you assist in the greater community or region.

[NOTE TO FACILITATOR: Notice that the triangle in the right-hand corner has all 3 colors showing. This activity applies to Individual and Family response, neighborhood response, and if disaster response activity is occurring on a regional level.]

[NOTE TO FACILITATOR: You may include the next few pages, or you can skip them for time purposes. Just refer the participants to the appropriate pages for future reference.]

Water

- Main shutoff at street
- Sinks and toilet
- Water heater



Turn off water to sinks and toilets *if* the pipe is broken.



Turn off water to the water heater if the water main in the street is broken.



Know where to turn off the water to the entire house (at the street).

Look for the individual controls under sinks and toilets.

If the water main in the street is broken, turn off the water to the house and to the water heater. This keeps contaminated water from coming into the house. It also keeps the water in the heater from being siphoned out. Your water heater can supply 30+ gallons of potable (drinkable) water.

Electricity

- Breaker box

Finish with the large breaker at the top



Start with the bottom breakers



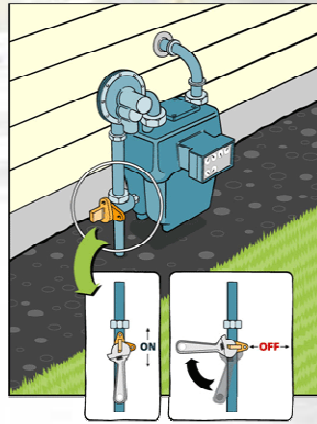
Electricity should be shut off at the breaker box. When turning it off, start with the SMALL breakers at the bottom and move up. When all the small breakers are off, THEN turn off the largest breaker.

(To turn power on, reverse the order.)

Turning the power on and off in this order will help minimize power surges to your circuits and your electrical equipment as well as minimizing surges on the power grid.

Natural Gas

- Know gas meter location
- Turn off if you smell or hear gas leaking



Do not turn off gas unless you need to. Once it is turned off, a professional must turn it back on.

Pilot lights must be safely relit by professionals for life safety reasons.

To turn off the gas, use a wrench or other appropriate tool.

Gas is turned on when the valve is straight up and down.

It is off when it is parallel to the ground. (You can tell because there's a hole for a padlock to keep it locked off.)

If the pipes are broken and the gas cannot be turned off, evacuate the building and keep people away from the area. Get word to the utility company as soon as possible.

Kit

- Water: 1 gallon per person per day
- Food: non-perishable (stuff you'll eat)
- Personal hygiene and sanitation
- First aid and prescription medicines
- Money (small bills)
- Clothing, including sturdy shoes
- Battery- or crank-powered radio and flashlight
- Special toy for child
- Pet supplies
- Important papers

See hand-outs for more complete listing



Our next step is to build one or more kits. A kit for the home is critical, but you may also want to consider having a smaller kit for the car, work, and/or school.

Don't feel overwhelmed by this step. You probably have a lot of the things already in your house. It's simply a matter of reorganizing some of your existing "stuff" and putting it into a kit. Then, add one thing every payday. This ensures that your kit is current and that you know what's in it.

Kits should be individualized for your family and household needs.

Water – this is a MINIMUM. You'll want more for the elderly, very young children, chronically ill individuals, pregnant and lactating (breast-feeding) women.

Also need water for pets.

Food: Minimum of 2 cans per person per day.

Hygiene and sanitation: Don't forget toilet paper and buckets and plastic garbage can liners for emergency port-a-potties.

Don't forget to cycle out medications. You don't want to take expired medications, and you want to make sure that the prescription meds in the disaster kit are the same ones that are still prescribed.

Important papers include information for insurance agents, copies of legal documents (including drivers licenses, marriage and birth certificates, etc.). You may want to have these scanned and stored on a CD or thumb-drive as back-up.

A more comprehensive list of suggested supplies is in your booklet on page 11. More information is available at: www.ready.gov .

Mitigation

- Structural: Usually requires professional evaluation and construction
- Non-Structural: Simpler, lower-cost



Mitigation is where we take actions to keep something from occurring or recurring. The idea is to minimize or stop future damage and/or destruction.

Structural mitigation is physical work done on or around the house or building. This is often done by professionals who can properly evaluate the risk and identify the appropriate cost-effective steps to give future protection against disaster.

Three examples:

Seismic retrofit: If your house was built before 1969, your house *may not* be bolted to the foundation. Consider having this evaluated by a professional, and retrofit if necessary.

Flooding: If your house is built on a flood plain, it is possible to get the house raised so that it sits above the flood high-water mark.

Landslide: If your property has a steep slope, you may want to have the slope evaluated for stability. Having the slope shored up and/or planted with better ground cover may help protect against landslides.

Non-structural mitigation, on the other hand, is more about fastening things down and reorganizing.

Non-Structural Mitigation

- Landscaping clean-up
 - Remove or cut back dangerous trees
 - Remove brush / fire hazards
- Tall shelves, china cabinets, etc.
 - Fasten to walls
 - Latches
- TV's and computers
- Pictures
- Knick-knacks
- Water heater



Make sure bookcases, tall shelves, china cabinets, etc. are securely attached to the walls. (A variety of straps, Velcro and hardware is easily available on-line as well as at hardware stores.)

Use “baby-proof” latches to keep cabinet doors and cupboards closed. This can keep dishes, etc., from falling out of cupboards and breaking. At the least, it confines the breakage to relatively small areas.

TVs, computers and other appliances can be strapped and secured to tables or desks.

Knick-knacks (and even pictures) can be safely and easily stabilized by using “museum wax” (also known as “quake wax”).

Strapping water heaters safely to the wall helps in several ways. First, it minimized the possibility that the water heater will break loose during an earthquake. Second, it decreases the likelihood of water damage from that broken water heater. And third, the water in that water heater is a source of emergency water if you lose water service.

More information on Mitigation is available in Appendix B, page 33, of your booklet. You may also go to www.fema.gov for other resources.

Get involved / train

- Community Emergency Response Team (CERT)
- Red Cross
 - First Aid
 - CPR
- Other
 - Amateur radio license
- Volunteer



There are many opportunities for training. The knowledge you gain from these trainings can be of use in daily life, such as CERT or the Red Cross trainings.

Community Emergency Response Team (CERT) is an 8-week series of classes that take the student through team organization, minor fire suppression, disaster first aid, and basic search and rescue techniques. The classes are a combination of lecture and hands-on activities.

Getting an amateur (ham) radio license can be a hobby as well as part of disaster preparedness.

And volunteering keeps your skills sharp at the same time you're giving back to the community.

[NOTE TO THE FACILITATOR: More information on CERT is available at the end of this document. You may also refer people to ESCA at (425)776-3722, or the website at: www.esca1.com for more information on amateur radio licenses and volunteer opportunities.]

Hierarchy of Preparedness



We've been talking about the first level of preparedness, focusing on individuals and families. Before we can help anyone else, we need to take care of ourselves and our loved ones.

Once the personal situation is a stabilized and we're sure our family is safe, we can help our neighborhood and immediate community (level 2).

During this next section, we'll be talking about planning and responding as a neighborhood.

Neighborhood Preparedness



Identify hazards

- Plan
- Coordinate
- Inform and educate
- **ACT**



The good news is that much of the Community Preparedness is a larger-scale version of what you've done for personal preparedness.

You've already identified the hazards or events that could occur in your neighborhood, so now it's time to figure out the neighborhood plan.

Neighborhood Plan

- Know your neighbors
 - Skills and knowledge
 - Contact information (if appropriate)
 - Children?
 - Elderly or chronically ill?
 - Pets?



The first step in developing a neighborhood plan is to get to know your neighbors. These are the people that you will be working with if and when a disaster strikes.

Find out who has the skills that you'll want to rely on during a disaster. Who's willing to help with:

- Medical or first aid training
- Child care or elder care skills
- Search and rescue
- Counseling or mental health
- Plumber, electrician, or carpenters
- Firefighters
- Feeding
- Organizing groups and activities

Other questions to ask:

- Who has children that need to be watched out for?
- Are there elderly or chronically ill people who need to be checked on?
- Other people who live alone?

What about pets? If you're away from home when the disaster occurs, does someone know to check on your animals and make sure they're okay? Food? Water?

As you identify the answers to these questions, fill out Worksheet 4 on page 25. At the least, you will want to capture an address and the skills that would be helpful in a disaster. (Hopefully, a first name, as well.)

Other information may be shared if you're comfortable.

(If you have friends in the neighborhood, you may want to share more of this information as well as the emergency contact information you developed earlier.)

After you complete Worksheet 4, map the neighborhood on Worksheet 5, page 27. Include house numbers and where utility turn-offs are located. This allows for faster response in case of leaks or pipe breaks.

Neighborhood Plan

- Know your neighbors
- Identify resources
 - Equipment
 - Supplies
 - Utility turn-offs



RESOURCES

Resources – “stuff” – are going to be needed.

Network to find out who has the following:

- First aid or medical supplies
- Crowbars, ropes and other rescue equipment
- Spare bedding
- Tents
- Other camping gear, such as camping stoves or lanterns

Anyone in the neighborhood have a generator?

Fuel to run it?

It is not suggested that you as individuals -- or as a neighborhood -- compile a master list. After all, if the “wrong” person got it, it’s potentially a shopping list for household robbery.

If you’re home, obviously, you know what you have and can provide the supplies and equipment as necessary. But if you’re not home, do you have equipment that you’re willing to allow people to use *IN A DISASTER*? If so, share basic information with one or two trusted people in your neighborhood regarding the location of important supplies or materials and how to access them.

Neighborhood Plan

- Know your neighbors
- Identify resources
- Identify “safe” meeting places for
 - Earthquake
 - Fire
 - Flood



WHERE WILL YOU ALL MEET?

Consider a centralized location, as well as one that will probably be safe in a disaster, or different types of disaster.

For example: An older house or building may not be appropriate for an earthquake, but it may be in a good location if there's a flood.

Don't forget to take access issues into account.

- Can someone with limited mobility get into and out of the building?
- Is the building accessible during a flood?

Consider a primary and a back-up location for the neighborhood to meet. The first option may not be the best one when the event actually occurs and you have to activate your plan.

Neighborhood Plan

- Know your neighbors
- Identify resources
- Identify “safe” meeting places
- Partners
 - Safety / status check
 - “Neighborhood watch”



PARTNERS

Most of the time, unless the house is unlivable and a shelter is activated, people will want to stay in their own homes. In that case, regular contact with people to ensure that they are staying safe is important.

Identify people you are comfortable and can partner with.

Agree to provide safety and status checks with each other.

Coordinate and Organize

- Child care
- Elder care
- Damage assessment
- Search and rescue*
- Medical/first aid
- Victim transport
- Fire suppression
- “Mass care”



We mentioned this earlier. Identify who's willing to take the lead in organizing the various activities.

An individual can take the lead in more than one area but needs to be careful not to overload themselves.

* Search and rescue activities are dangerous and should be organized and led by an experienced person. Additional training for anyone interested in this is strongly encouraged. CERT is one training resource.

“Mass care” is organizing the feeding (and possibly shelter) for neighborhood volunteers. Having someone in charge of organizing meals means that the people doing search and rescue, first aid, etc., are able to accomplish more of their tasks.

Appendices C through F provide “cheat sheets” for:

- Conducting damage assessment
- Search and rescue activities
- Marking buildings during search and rescue, and
- Treating the 3 killers in first aid

Again, it is suggested that you get additional training as your schedule allows.

Inform and Educate

- Share information
- Encourage personal preparedness
- Train



People may move in and out of the neighborhood over time. Make sure you're talking to the new people as they move in. Get to know them and encourage their participation in the neighborhood plan.

As new information comes available, or you learn of new tools or resources, share the information with your neighborhood.

As mentioned before, training is available in the greater community. Continue your education, and try to take along at least one of your neighbors. The more people who are educated and trained, the better your preparedness and response activity is likely to be.

Maintain!

- Review, update and exercise plans
- Check kits regularly
 - Food expires
 - Medications expire or change
 - Supplies are “borrowed”
- Keep training current
 - CPR / First Aid
 - CERT Refresher / CERT Leader



Preparedness is not a one-time activity. This applies to BOTH personal preparedness and to neighborhood preparedness.

People move and change phone numbers, so emergency (out-of-area) contact information should be updated regularly.

Kits need to be updated and refreshed.

Training gets old or out of date. Keep your skills current.

Act!

When the event occurs:

- Take care of yourself and your loved ones
- Protect your head, feet and hands
- Look for damage
- Deal with immediate dangers
 - Extinguish small fires
 - Check natural gas or propane *
 - Check water pipes *
- Call/email out-of-area contact



Up until now we've been talking about how to prepare and how to plan for disaster.

Then "IT" happens. -- It doesn't matter what "IT" is. Most of the response and activities will be consistent for any disaster. Start with the personal, and then focus on the neighborhood.

First thing!: Make sure that you're safe and your loved ones are safe.

Put on close-toed shoes, gloves and a hardhat. Disasters generate a lot of debris. Protecting your hands, feet and head is smart, and it allows you to accomplish more.

Check your house – inside and out – for damage. Decide if it's safe for you and your family to stay inside, or if you need to find another location.

Put out small fires and check the utilities. Turn off gas and/or water if it's leaking.

Call or email your out-of-state contact. – Even if your family is all at home at the time of the event, the disaster has probably made the news and extended family members will want to know that you're safe.

Act! – Next Steps

- Family is secure...
- Check on neighbors
- Report to meeting place
 - Report observed damage
 - Organize into teams
- Carry out assignments
- Report back



You've got your family secure and as safe as possible in the circumstances.

Check on your vulnerable neighbors, or those who you've agreed to partner with in disaster. Make sure they're okay.

Take note of damage. Continue to stabilize situations as possible:

- Putting out small fires
- Turning off leaking utilities

If you come across injured people, deal with life-threatening situations and stabilize them. Make notes on where they are and what the situation is.

Report to the meeting place. Tell the leader what you've observed (where and how bad):

- Injuries
- Damage
- Potential dangers and concerns

Organize into teams and carry out assignments. (No one should ever work alone. Use the buddy system.)

Once the assignment is finished, report back to the meeting place. Tell the leader what you found, what the situation is, and any other important information.

Don't forget to rest and take care of yourself and your buddy!



To Review

- Planning
- Building kits
- Working with neighbors

We've gone over personal preparedness, and the basic steps associated with personal preparedness. And we've talked about how we can work with our neighbors to respond in a disaster.

Plan Components

- Evacuation routes
- Meeting places
- Drop, Cover and Hold
- Utility turn-off
- Mitigation

We talked about getting safely out of our houses and where we'll meet.

Earthquake response of "Drop Cover and Hold"

That we need to turn of utilities if there's a gas or water leak. (We have Appendix A in the booklet to remind us how to do it.)

And we should try to mitigate our houses against future damage. (Appendix B in the booklet.)

Hazards



We've talked about what hazards this area is likely to experience.

For example: earthquakes, floods, windstorms, winter storms and landslides.

We need to evaluate our homes and our neighborhoods for these hazards. We should also evaluate our work and school surroundings. Consider what we would do...if...

Who Depends On YOU?



We've discussed that an important part of planning is figuring out who we need to include in the plan.

Family and other household members.

Out-of-state contact and a back-up contact

Extended family members

Build Disaster Kits



We talked about disaster kits for home, work and school.

The suggested items are a good starting point, but you should add the things that make sense for your family and situation.

Work With Neighbors

- Know your neighbors
- Identify resources
- Identify meeting places
- Coordinate and organize



We talked about getting to know your neighbors. Figuring out skills and abilities. Who's going to need a little extra help and who can give it?

What resources are available in the area?

Where are the safe places where you'll meet up when the disaster happens?

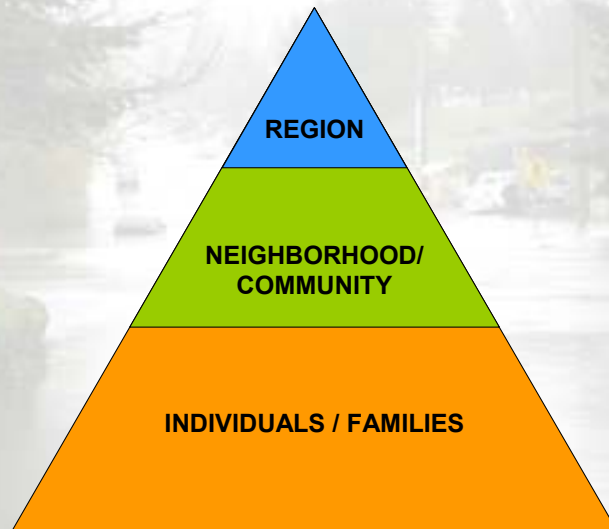
Talking about teams and how you might want to operate during the disaster.

The main thing to remember about this, and any plan, is that it won't happen exactly as you plan it. Stay flexible enough that you can adjust the plan as you need to. Remember:

- Everyone probably won't be there when the event occurs
- All the stuff you need won't be available
- Things will happen that you didn't expect

The combination of personal preparedness and neighborhood cooperation will pull you through until the first responders can get to you.

REGIONAL RESPONSE



If you find disaster preparedness interesting, there are opportunities to volunteer and participate in a regional response. In fact, in a large-scale disaster, volunteers will be critical.

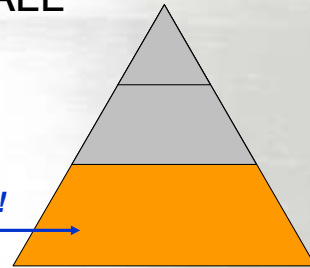
Before you can help on a regional scale, though, you must be personally prepared and, hopefully, your neighborhood will be prepared.

So what now?

- Research shows:

IF YOU DON'T TAKE *SOME* ACTION
WITHIN THE NEXT 24-HOURS, YOU
WON'T DO IT AT ALL

THE FIRST STEP STARTS WITH YOU!



All preparedness begins and ends with the individual...with YOU.

Do SOMETHING. Start your kit, and add to it on a regular basis: One item per pay period!

That's all it takes to keep your kit current and put yourself in the "disaster preparedness" frame of mind.

More Information

If you have questions:

- Contact your local emergency manager
- Or go to:
 - www.Ready.gov
 - www.fema.gov/plan/index.shtm
 - www.esca1.com

About ESCA

- Emergency Services Coordinating Agency
- Phone: (425)776-3722
- Ten (10) members:
 - Brier
 - Edmonds
 - Kenmore
 - Lake Forest Park
 - Lynnwood
 - Mill Creek
 - Mountlake Terrace
 - Mukilteo
 - Woodinville
 - Woodway

ESCA has been around for 25 years.

It has ten member cities and provides a variety of services that include city and regional planning, training, exercise and public education.





CERT

- Take care of yourself and your family
- If possible, help your neighbors
- ...and beyond?

If anyone wants to know more about CERT...

The purpose is to encourage personal preparedness so you can take care of yourself and your family.

If your personal situation is stable, you may have some capacity to give a hand to your neighbors...such as we've been talking about today.

And if you take the class and really enjoy it, ESCA has a CERT Leader program that gets together on a monthly basis to do refresher and advanced trainings.

Training

- 24 hours
 - 3 hours each Thursday evening
 - 8 weeks
- Team organization
- Disaster Psychology
- Fire suppression
- Search and rescue (light)
- Lifting and cribbing
- Triage and disaster medical
- Final Exercise

The training is very hands-on, and takes place over a series of 8 weeks. In all, there are 24 hours of training provided.

CERT teaches the basics of team organization. It teaches the importance of the buddy-system and how to put together a team to keep track of people and make sure they're safe.

Disaster psychology is to help you deal with stress during a disaster as well as giving you some tips on how to help others cope with the stress.

Fire suppression: We have firefighters teach the class how to use fire extinguishers to put out small fires.

Search and rescue: How to conduct a search pattern inside a building.

Lifting and cribbing: How to safely lift a heavy object off of a trapped victim.

Triage and disaster medical: Similar to Red Cross first aid training, but with a slightly different focus.

And then the Final Exercise puts you through your paces, and you get to put it all together.

Register for CERT Classes

- Contact ESCA: (425)776-3722
- ESCA website:
 - <http://www.esca1.com>
 - List available of CERT programs in King and Snohomish Counties
- Or go to:
 - <http://www.citizencorps.gov/cert/>

If you want more information, call ESCA at 425-776-3722.

If you want to find out about other CERT programs in the area, ESCA's website has a list of the other programs in the King and Snohomish Counties area.