Emergency Preparedness Planning Calendar

April 2005 to March 2006

A tool to assist you and your family with disaster planning over the coming year!

WASHINGTON MILITARY DEPARTMENT

Emergency Management Division

April is Disaster Preparedness Month

Now is the time to develop your disaster preparedness plan. Your plan will help keep your family safe and comfortable whenever a disaster strikes. Keep in mind that you and your family will want to practice your plan every 3 months, and review and update the plan at least every 6 months. Contact your local emergency management office for assistance in keeping your plan current.

During a disaster, law enforcement and emergency personnel may be unable to provide service to your family. You must be prepared to be on your own for at least 3 days.

Checklist of Disaster Emergency Supplies

You should be prepared to be on your own for at least 3 days. Prepare a kit for home, car, work and childrens' schools.

EMERGENCY SUPPLY KIT

- Dry or canned food, manual can opener, eating and cooking supplies
- Drinking water for 3 days (1 gal. per person, per day)
- First aid supplies and first aid book
- Copies of important documents (birth certificates, licenses, insurance policies, etc.)
- Special-needs items for family members (infant formula, eye glasses, medications, etc.)
- A change of clothing
- Sleeping bags or blankets
- Battery powered radio or television
- Flashlight and extra batteries
- Whistle
- Waterproof matches
- Toys, books, puzzles, games
- Extra house and car keys
- List of contact names/phone numbers

ITEMS YOU CAN STORE AT HOME:

COOKING SUPPLIES

- Barbecue, camp stove, chafing dish
- Fuel for cooking (charcoal, camp stove fuel, etc.)
- Plastic knives, forks, spoons
- Paper plates and cups
- Paper towels
- Heavy-duty aluminum foil

COMFORT

- Sturdy shoes, warm clothing
- Gloves for clearing debris
- Tent, blankets, air mattresses

SANITATION SUPPLIES

- Large plastic bags for trash and waste
- Large trash cans
- Bar soap and liquid detergent
- Shampoo
- Toothpaste and toothbrushes
- Feminine and infant supplies
- Toilet paper
- Household bleach to purify water (with no additives)
- Newspaper to wrap garbage

TOOLS

- Ax, shovel, broom
- Crescent wrench for turning off gas
- Screwdriver, pliers, hammer
- Coil of 1/2-inch rope
- Plastic tape and sheeting
- Knife or razor blades
- Garden hose for siphoning and fire fighting

SUPPLIES FOR PETS

- Food, dishes and water
- Medications and veterinarian records
- Toys and comfort items

APRIL 2005

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3 *Daylight Savings Time Begins*	4	5	6	7	8	9
10	11	12	13 Anniversary of 1949 Olympia Earthquake	14	15	16
17	18	19 Anniversary of 1965 Seattle-Tacoma Earthquake	20	21 STATEWIDE EARTHQUAKE DRILL 9:45-10:00 AM	22	23
24	25	26	27	28	29	30

April

Earthquake Preparedness

Washington is earthquake country. Earthquakes occur without warning at any time of year, day or night. They cause damage by strong ground shaking and by secondary effects of ground failures and tsunamis.

Contact your local emergency management office for more information.

Now is the time to begin your preparedness plan.

- Develop an emergency preparedness plan that enables you to be on your own for at least 3 days. Include plans for the elderly, disabled, persons with special needs and pets.
- Take time now to identify earthquake hazards in your home, and take steps to reduce or eliminate those hazards.
- Prepare disaster supply kits for your home, workplace and vehicles.
- Learn community warning signals and what to do if a warning system is activated. Buy an all-hazards NOAA weather radio.
- When you feel the earth shake, **DROP** under a sturdy desk or table and hold on to one of its legs. If it moves, move with it. Avoid windows and other objects that could fall on you. **COVER** your head with your other arm, and keep your face down to protect your eyes. **HOLD** that position until the shaking stops.
- If you are outdoors, move to a clear area away from trees, signs, buildings, or downed electrical wires and poles.
- If you are near a tall building, get into a doorway or lobby to protect yourself from falling bricks, glass and other debris.
- If you are driving, move to the side of the road and stop. Avoid overpasses, power lines and other hazards. Stay in the vehicle until the shaking stops.

A large van was crushed by falling debris during the March 2001 earthquake. Over 1,000 earthquakes occur each year in Washington, a dozen or more are strong enough that people feel the ground shake. Earthquakes can cause damage to both property and life.

Photo: FEMA News

MAY 2005

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5 *Cinco de Mayo*	6	7
8 *Mothers Day*	9	10	11	12	13	14
15	16	17	18 **Aniversary of 1980 Mt. St. Helens Volcano Eruption**	19	20	21 *Armed Forces Day*
22	23	24	25	26	27	28
29	30 *Memorial Day*	31				

May

Volcano Preparedness

Washington has five major volcanoes in the Cascade Range: Mt. Baker, Glacier Peak, Mt. Rainier, Mt. St. Helens and Mt. Adams. Volcanic dangers include not only an eruption of a mountain and associated lava flows, but also ashfall and debris flows. Volcanic ash is rock that has been pulverized into dust or sand. Volcanic ash is gritty, abrasive, corrosive and always unpleasant.

If you are near a mountain range, be prepared.

BEFORE A VOLCANIC ERUPTION

- Plan ahead. Have emergency supplies, food and water stored.
- Plan an evacuation route away from rivers or streams that may carry mud or debris flow.
- Keep a battery operated radio available at all times.
- If an eruption is predicted, monitor your all-hazards radio or TV for evacuation information.
- Follow the advice given by authorities.

AFTER A VOLCANIC ERUPTION

- Do not approach the eruption area.
- Evacuate if advised to do so. Follow the evacuation routes posted on roads in your community.
- Move toward higher ground if mudflows are approaching.
- Be prepared to stay indoors and avoid downwind areas if ashfall is predicted.
- Have dust masks available.
- Close doors, windows and dampers. Place damp towels at door thresholds and other draft and air flow sources.
- Keep roofs free of ash in excess of 4 inches.

The 1980 eruption of Mt. St. Helens was the most destructive volcano eruption in U.S. history. Mt. Rainier is one of the most hazardous volcanoes in the U.S. In advance of future eruptions, know what to expect and how to deal with it.

JUNE 2005

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7	8	9	10	11
12	13	14 *Flag Day*	15	16	17	18
19 *Fathers Day*	20	21 *Summer Begins*	22	23	24	25
26	27	28	29	30		

June

Home Fire Safety Preparedness

The U.S. has one of the highest fire death and injury rates in the world. Smoking and cooking are the lead causes of home fires and injuries. Half of the reported home fire deaths resulted from fires in homes with no smoke detectors.

- In case of fire, immediately *go to a neighbors* to call 9-1-1.
- Install A-B-C type fire extinguishers in the home and teach household members how to use them.
- Install smoke alarms. Smoke alarms decrease your chances of dying in a fire by *half*. Place smoke alarms on every level of your home: outside bedrooms on the ceiling, at the top of stairways or the bottom of enclosed stairs, and near, not in, kitchens.
- With family members, plan two escape routes from every room in your home. Practice your plan with the entire family.
- Keep matches, lighters and candles away from children. Use flashlights instead of candles. Don't leave candles unattended and never sleep with candles burning.
- Don't overload outlets and extension cords. Inspect all electrical appliances and equipment to verify that they are in good condition.
- Never put a portable space heater near drapes, furniture or bedding. Place heaters at lease 3 feet away from flammable materials.
- Clean storage areas—don't let trash (paper products) accumulate.
- Remove fuel sources (dry grass, brush and leaves) from around your home, and remove plants, shrubs and trees near power lines.
- Make certain that emergency personnel and vehicles can easily reach your home and workplace with fire vehicles.

Fire spreads quickly. There is no time to gather things or make phone calls. In 2 minutes a fire can become life threatening; in 5 minutes a home can become engulfed in flames. Asphyxiation is the leading cause of fire deaths.

Photo: FEMA News

JULY 2005

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4 *Independence Day*	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24 31	25	26	27	28	29	30

July

Wildland Fire Preparedness

The wildland fire season in Washington usually begins in early July and typically culminates in late September. People cause most wildland fires; major causes include arson, recreational fires that get out of control, smoker's carelessness, debris burning, and children playing with fire.

Tips for making your property fire resistant:

- Ask authorities to inspect your residence and property for fire hazards.
- Let your landscape defend your property. Keep lawns trimmed, leaves raked (within 100 ft.), and the roof and rain-gutters free from debris and dead limbs.
- Stack firewood at least 30 feet away from your home. Beyond 30 feet, remove dead wood, debris and low tree branches.
- Landscape with fire resistant plants. Hardwood trees are more fire-resistant than pine, evergreen, eucalyptus or fir trees.
- Store flammable materials in metal containers outside your home, at least 30 feet away from structures and wooden fences.
- Make sure water sources, such as hydrants, ponds, swimming pools and wells, are accessible to the fire department.
- Use fire resistant, protective roofing and materials like stone, brick and metal to protect your home.
- Do not burn trash or other debris without proper knowledge of local burning laws, techniques and the safest times of day and year to burn.
- If advised to evacuate, do so immediately. Choose a route away from the fire hazard. Watch for changes in the speed and direction of fire and smoke.

If you live on a remote hillside, or in a valley, prairie or forest where flammable vegetation is abundant, your residenc could be vulnerable to wildland fire. These fires are often triggered by lightning or accidents.

Photo: FEMA News

AUGUST 2005

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

August

Drought and Extreme Heat Preparedness

Drought conditions occur every few years in Washington. The droughts of 1977 and 2001 were the worst and second worst in state history. Periods of extreme heat or drought also are closely associated with wildland fires.

Most heat disorders occur because the victim has been overexposed to heat or has over-exercised for their physical condition.

- Heat kills by pushing the human body beyond its limits. Under normal conditions, the body's internal thermostat creates perspiration that evaporates and cools the body. In extreme heat, evaporation is slowed and the body must work extra hard to maintain a normal temperature.
- During extreme heat, stay indoors. If air-conditioning is not available, stay on the lowest floor out of the sunshine. Drink plenty of water regularly. Limit intake of alcoholic beverages.
- If a home is not air-conditioned, spend the warmest part of the day in public places, such as libraries, schools or shopping malls.
- Never leave children or pets alone in closed vehicles–not even in shade.
- Avoid strenuous work during the warmest part of the day. Lightweight, light colored clothes reflect heat and helps maintain normal body temperature.
- Heat stroke is a severe medical emergency. Call 9-1-1 to get a victim immediate medical assistance.
- Conserve water and electricity during severe heat periods. Cut back on household and yard water use. Turning off the water while brushing your teeth can save up to 3 gallons of water per minute. Install water-saving showerheads or flow restrictors. Wait until you have a full load before using the washing machine and dishwasher.

The elderly, young children, and those who are ill or overweight are more likely to succumb to extreme heat. During extreme weather periods, check family, friends and neighbors who spend much of their time at home.

SEPTEMBER 2005

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5 *Labor Day*	6	7	8	9	10
11 **National 9-1-1 Day**	12	13	14	15	16	17
18	19	20	21	22 *Autumn Begins*	23 *Native American Day*	24
25	26	27	28	29	30	

September

Wind Storm Preparedness

Washington is no stranger to strong, damaging winds. Each fall and winter season, several Pacific low pressure systems impact our area producing strong winds up to 60 mph, causing power outages and property damage.

What to do before a windstorm:

- Contact your local emergency management office to find out what types of storms are most likely to occur in your community.
- Assemble a Disaster Supply Kit.
- Contact vendors to know the proper use of home generators.
- Find out who in your area might need special assistance, specifically the elderly, disabled and non-English speaking neighbors.
- If you live on a coastal or inland shoreline, be familiar with evacuation routes.
- Know what emergency plans are in place at your workplace, school and daycare center.
- Conduct a home safety evaluation, including the garage door and especially nearby trees.
- If you have an electric garage door opener, locate the manual override.

What to do during a windstorm:

- Don't panic. Go indoors, move away from windows, and go to the lower floor in a multi-story home.
- Listen to your radio for instructions from authorities.
- Turn off the stove if you're cooking when the power goes out, and turn off natural gas appliances.

On Columbus Day, October 1962, the strongest non-tropical windstorm ever to hit the lower 48 states struck the Pacific coast. It claimed 46 lives, injured hundreds more, and knocked power out for several million people.

OCTOBER 2005

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5	6	7	8
9	10 *Columbus Day*	11	12 **Anniversary of 1962 Columbus Day Storm**	13	14	15
16	17	18	19	20	21	22
23 30 *Daylight Savings Time Ends*	24 31 *Halloween*	25	26	27	28	29

October

Flood Preparedness

Floods are the most common and widespread of all natural disasters. The sheer force of just six inches of swiftly moving water can knock people off their feet. Cars are easily swept away in just two feet of water.

What to do before a flood:

- Purchase flood insurance from your insurance agent.
- Keep your car filled with gas.
- Plan for evacuations so that you will know where you are going and how to get there.
- Take steps to flood-proof your home. Call your local building department or emergency management office for information.
- Keep all insurance policies and your household inventory in a safe, dry place, along with photos of your belongings in case they are destroyed.

What is a "flood watch" and a "flood warning?"

- A flood WATCH is issued by the National Weather Service when flooding is possible within the designated watch area. Be alert! A flood WARNING is issued when flooding has been reported or is imminent – take necessary precautions.
- Listen to your NOAA Weather Radio for flood advisories.
- Don't walk or drive through flooded areas.
- Stay away from moving water.
- Throw away all food that comes in contact with flood waters.
- If you come in contact with flood waters., wash your hands frequently with soap and clean water.

Home or renter's insurance does not usually cover flooding. If your agent does not provide flood insurance, call the National Flood Insurance Program 1-888-FLOOD29 or TDD# 1-800-427-5593 for lists of agents in your area who do underwrite flood insurance.

Photo: FEMA News

NOVEMBER 2005

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6	7	8 *Election Day*	9	10	11 *Veterans Day*	12
13	14	15	16	17	18	19
20	21	22	23	24 *Thanksgiving Day*	25	26
27	28	29	30			

November

Hazardous Materials Preparedness

Chemical accidents can happen underground, on railroad tracks, highways, at manufacturing plants, medical facilities or any other place that stores or moves chemicals. Hazards arise when chemicals are intentionally or unintentionally used or handled improperly.

Planning for major chemical emergencies

- Contact your emergency management office for information on hazardous materials in your area.
- Find out evacuation plans for your workplace and your children's schools. Know where you or your children may be taken in the event of a major chemical emergency.
- Assemble an Emergency Supply Kit. Develop an evacuation plan for your home. Everyone should know how to evacuate and where to go.
- Learn about industry and community warning signals. Use a NOAA Weather Radio to be aware of warnings while you are indoors.
- Discuss chemical emergencies with your family. Discussing major chemical emergencies ahead of time helps reduce fear and anxiety and lets everyone know how to respond and where to go.
- If necessary, local authorities will instruct people to either seek shelter where they are (shelter-in-place), or evacuate immediately.
- Learn shelter-in-place procedures, and evacuation routes from your home.
- If you witness a hazardous materials accident, or have symptoms of exposure to a hazardous material, call 9-1-1.

Chemicals and toxic materials are part of our everyday lives. Affecting all communities, hazardous materials accidents can range from a chemical spill on a highway to groundwater contamination by naturally occurring methane gas.

Photo: U.S. Dept. of Energy

DECEMBER 2005

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5	6	7	8	9	10
11	12	13	14 Anniversary of 1872 Lk. Chelan Earthquake	15	16	17
18	19	20	21	22	23	24
25 *Christmas Day* *Hanukkah*	26 *Kwanzaa*	27	28	29	30	31 *New Year's Eve*

December

Winter Storms and Extreme Cold Preparedness

Winter storms can range from strong winds, moderate snow over a few hours to blizzard conditions with blinding, wind-driven snow or freezing rain that lasts several days. A winter storm watch indicates severe weather may affect your area, while a winter storm warning indicates severe weather is in your area or is expected immediately.

Before the storm strikes:

- Turn on your NOAA Weather Radio or TV to listen for the latest updates and information.
- Keep your Emergency Supplies Kit handy.
- Do not over-exert yourself if shoveling snow, and watch for signs of frostbite and hypothermia.
- Store water (in plastic jugs) and canned or non-perishable food that does not require cooking, along with eating and cooking gear. Include a flashlight and battery-powered radio with extra batteries.
- Learn first aid and CPR. Have a first aid kit and first aid manual and needed medicines for family members.
- Have cold weather clothing, blankets or sleeping bags available, and plastic sheets to repair your home or to improvise shelter.
- Keep a covered container for a toilet and extra toilet tissue.
- Have and maintain a fire extinguisher and know how to use it.
- Learn how to turn off the gas, power and water in your home.

During an emergency or disaster

- Keep calm, take time to think, give assistance where needed.
- Use the telephone only for emergency calls.

Extreme cold and heavy snowfall can immobilize an entire region. The impacts include flooding, storm surge, closed highways, blocked roads, downed power lines and hypothermia.

Photo: FEMA News

JANUARY 2006

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 *New Year's Day*	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16 *Martin Luther King Jr. Day*	17	18	19	20	21
22	23	24	25	26 Anniversary of 1700 Cascadian Subduction Zone Earthquake	27	28
29 *Chinese New Year*	30	31				

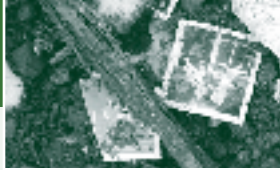
January

Landslide and Mudflow Preparedness

A landslide is the movement of rock, soil and debris down a hillside or slope. Landslides and mudflows can occur at any time of year, and may strike without warning. The force of rocks, soil or other debris moving down a slope can devastate anything in its path.

Before a landslide:

- Get a ground assessment of your property. Your county geologist or county planning department may have specific information on areas vulnerable to landslides.
- Mudflow is covered by flood insurance policies from the National Flood Insurance Program. Flood insurance can be purchased through a local insurance agency.
- Plant ground cover on slopes to stabilize the land.
- In mudflow areas, build channels or deflection walls to direct the flow around buildings. If you build deflection walls and the flow from your property lands on a neighbor's property, you may be liable for damages.
- Learn to recognize landslide warning signs, such as doors or windows sticking, cracks appearing in walls or in nearby ground.
- If you are inside when a landslide occurs, take cover under a sturdy piece of furniture.
- If you are outside when a landslide occurs, try to get out of the path of the slide. Run to the nearest high ground in a direction away from the path of the slide.
- If escape is not possible, curl into a tight ball and protect your head.



Landslides and mudflows can flow rapidly down slopes or through channels, and can strike with little or no warning at avalanche speeds.

Photo: FEMA News

FEBRUARY 2006

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7	8	9	10	11
12	13	14 *Valentine's Day*	15	16	17	18
19	20 *Presidents Day*	21	22	23	24	25
26	27	28 Anniversary of 2001 Nisqually Earthquake				

9-1-1 February

Terrorism Preparedness

Washington is susceptible to terrorist acts, including those perpetrated by foreign-sponsored groups, organized idologues, or angry extremists excluded from polarized social groups. Terrorists target high-profile sites with the intent of gaining attention, inflicting pain and creating chaos. Preparing for such events is critical, just as for any other type of disaster.

Being prepared for all disasters is everyone's responsibility.

- Willingly comply with established workplace access procedures and expect all employees to do the same.
- Report illegal and suspecious activities around your workplace. It impacts your personal safety.
- Buy an "all-hazards" NOAA Weather Radio, and listen for reports.
- Know how to shelter-in-place if authorities issue an alert to do so.
- Emergency Supply Kits for home, auto, school and workplace can add safety and comfort after any disaster. Kits should contain enough supplies to last at least 3 days, including medications. Keep items that you would need during an evacuation in an easy-to-carry bag.
- Create evacuation plans with specific routes out of the area and to safe places. Make sure all family members know these plans and store the plans in vehicle glove boxes. Practice these plans frequently.
- Create communications plans that include: telephone numbers of all family members; alternate contact information; how to contact each other; and meeting places.
- Ensure that school emergency response plans address these areas: Natural disasters; terrorism; school violence; health issues; facilities; and transportation.

Shelter-in-Place:
Go indoors, close all windows and doors. Turn off ventilation systems—heating, air, fireplace, etc. Go into a room with the fewest doors and windows and seal the room. Take a radio to receive information. Stay in the room until authorities say it is safe to come out.

MARCH 2006

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17 *St. Patrick's Day*	18
19	20 *Spring Begins*	21	22	23	24	25
26	27	28	29	30	31	

March

Tsunami Preparedness

A tsunami is a series of ocean waves usually caused by earthquakes. Following an earthquake far out in the Pacific Ocean, the West Coast and Alaska Tsunami Warning Center alerts local officials who may order evacuation. Remote areas may not receive that information. If you see a sudden drop or rise in sea level, move to high ground or inland immediately.

When you feel the ground shake:

- Drop, cover and hold. Get under a sturdy object and hold on.
- As soon as the shaking stops, move to high ground or inland immediately. Do not wait for an official notification.
- Tsunami and earthquake evacuation signs have been placed along roadways to assist people find safer locations or to higher ground.
- Take your NOAA Weather Radio or listen to your battery powered radio for information on shelter locations and emergency broadcasts.
- Stay away from the coast. Waves may continue to arrive for hours.
- Do not return to the beach until emergency officials give the "All Clear" notice.
- Be prepared. Each home should have a 3-day disaster kit. Your kit should be adapted to your personal needs – but keep it light and manageable in case you must evacuate on foot. Have your kit ready to go if told to evacuate immediately.
- Develop a family disaster plan. Everyone needs to know what to do on their own to protect themselves from earthquakes and tsunamis.
- Be familiar with local emergency management earthquake and tsunami plans. Know where to go to survive a tsunami.
- Take a first aid course and learn survival skills. Knowledge is your greatest defense against potential disaster.

The 2006 STATEWIDE EARTHQUAKE DRILL will be April 27, 2006

9:45 a.m. to 10 a.m.

Photo: FEMA News

Now that your plan is in place, keep in mind that you and your family will want to review and update the plan at least every 6 months. During a disaster, law enforcement and emergency personnel may be unable to provide service to your family. Be prepared to be on your own for at least 3 days. Contact your local emergency management office for assistance in keeping your plan current.

WASHINGTON MILITARY DEPARTMENT
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Web sites for more information:

Washington State Emergency Management . www.emd.wa.gov

Federal Emergency Management Agency . . . . www.fema.gov

American Red Cross . . . . . www.redcross.org

Citizen Corps . . . . . www.citizencorps.gov

State 9-1-1 Education Program www.cscdhh.org/911